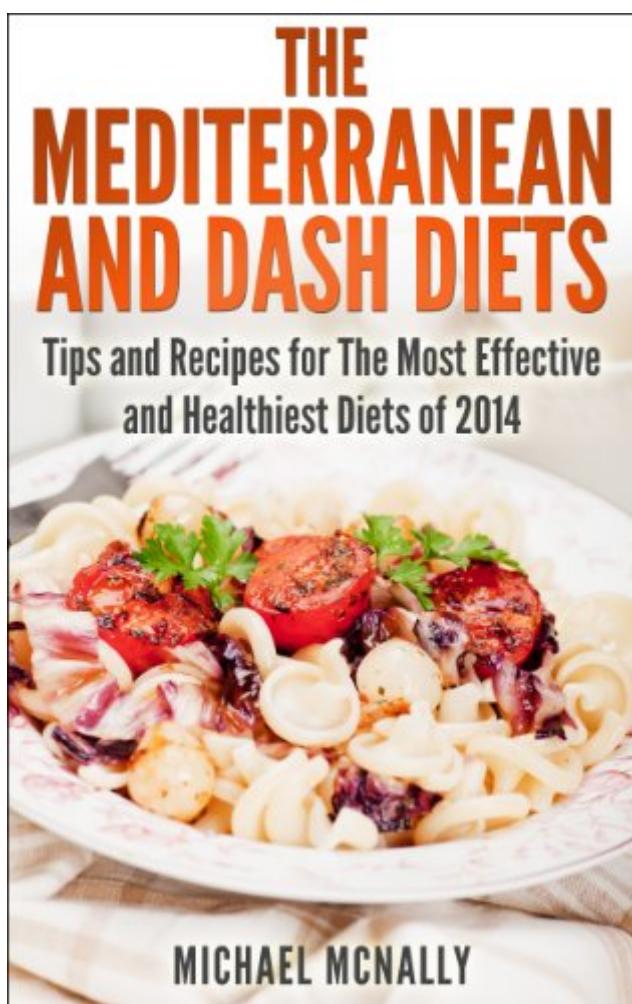


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# The Mediterranean And DASH Diets: Tips And Recipes For The Most Effective And Healthiest Diets Of 2014



## **Synopsis**

The Road to a Healthier Lifestyle Starts here Today only, get this #1 bestseller ON SALE. Regularly priced at \$4.99. Read this book on your PC, Mac, smart phone, tablet or Kindle device You are about to discover and learn about two of the most effective and influential diets of 2014. This book contains detailed explanations of both the DASH and Mediterranean diets as well as an overview of all of the positive effects that come from each. Studies have shown that both of these diets are essential in improving heart health, lowering blood pressure, and being effective for general weight loss. This book will provide you with a great jumping off point towards starting a healthier happier life. The goal of this book is simple. First I want to provide you the knowledge necessary to fully understand each diet, and then provide you with recipes and instructions for you to start exploring these diets on your own for a healthier lifestyle. Here's a Preview of What You'll Learn When You Download Your Copy Today. What Exactly is the Mediterranean diet and the DASH diet? Which diet should I use? What are the benefits to using either diet? What are the major foods and ingredients for each diet? Instructions on how to find and prepare foods for each diet. Detailed recipes for lunches, dinners and snacks. Download your Copy Today! The contents of this book are easily over \$5, but for this limited time you can download "The Mediterranean and DASH diets" for a special discounted price. To order your copy, click the BUY button and download it right now! Tags: The Mediterranean diet, Mediterranean diet, DASH Diet, the DASH diet, D.A.S.H. Diet, Mediterranean diet recipes, DASH diet recipes, Healthy diets, Weight loss,

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## **Customer Reviews**

I'm always looking for new healthy cookbooks. I'm glad I found this book. There are two cookbooks in one. The Mediterranean, and Dash Diet. Both are great eating plans. Needless to say there are tons of creative, healthy, and delicious recipes in this book. Can't go wrong- Thanks

I LOVE Mediterranean food and I am so pumped to find out that it's so good for me! This book outlines the benefits of the Mediterranean diet, tips on how to follow it for best weight loss and health results, and lots of great recipes. It also spends some time on the DASH diet, which is a top way to treat high blood pressure. Great book to have around!

The book is so simple but straight to the point. It's easy to understand and follow as the guide is for everyone who wants to lose weight quickly and safely. So if you want to start losing your weight naturally, then this book is recommended for you...

This book does an excellent job of telling the reader basic information about these two eating plans. The recipes sound yummy and fairly easy to make. There are a few typos, but it is easy to understand what was being said.

I really enjoyed looking through this book. I had heard of the Mediterranean diet before, but not of the DASH diet. I'm glad to have read up on both of them and even though they are similar, I see that there are some key differences. One of these diets is sure to meet the needs of anyone needing to lose weight. What I really like about both of these diets is that losing weight is secondary to simply feeling good. Great resource and some good, solid information on these two eating programs.

I've tried many fad diets but this was easy to follow. Once you meet the 2 week goal it becomes easier (at least 8 lbs right away). The rest is a steady weight loss that stays off if you continue following the plan. An easy fail proof diet that although requires some effort (mostly choosing the

right foods when food shopping), can become a healthy lifestyle.

You know, I didn't know much about this going in. What I mean is that my diet has been pretty much random as of late, and I've been wanting to improve and be more healthy. I didn't know the Mediterranean diet was so varied. I'd heard about its health benefits though. Anyway, about the book, it actually more in depth than I thought. I don't know what the other review was about saying it was so so. It was packed with tons of info on diets and teaching you the right steps to take to begin. Now I know what a DASH diet is and what it means I think I'm going to use this book to help me eat more healthy.

I have been wanting to find a book just like this one. I'm trying to change the eating habits we have at home, so we can live a better and healthier life, but I didn't really have any GOOD recipes that would help me reach my goal AND still be enjoyed at dinner time. I am really excited to use the recipes with my family. Thank you for this wonderful book!

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