



Mediterranean and Dash Diet Box Set: Easy to Follow Diet Recipes for Weight Loss, Lower Cholesterol, and Lower Blood Pressure To Improve Your Health and ... for beginners, Dash diet for weight loss,)

Debra Brooks, David Clark

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BOOK #1: Mediterranean Diet: 23 Healthy Mediterranean Recipes To Improve Your Health and Increase Longevity

If you have considered the importance and possibility of adopting a healthy eating dietary plan that will ultimately protect your heart and keep it in a proper functioning state, then, The Mediterranean dietary plan is just what you need.

The Mediterranean diet includes the fundamentals of healthy eating with the paramount emphases on the heart and its healthy functioning. While many dietary plans are considered or classified as healthy, many so called healthy diets do not explore the possibilities of maintaining a healthy heart condition. They might enrich the general body condition like the skin or and body tissues but endanger the heart's ability to function properly and stay healthy. The Mediterranean diet has a lot of benefits on the human body. Most significantly the heart – the heart is kept on a very healthy platform void of every form of heart diseases that may want to threaten its ability to function at its best.

This book is definitely one book you must not miss as you will be able to:

- Learn what the Mediterranean diet is all about.
- Learn what food items are included in a Mediterranean dietary plan.
- Learn how to maintain a good eating habit and stay healthy with the Mediterranean dietary plan
- Have access to these 23 healthy Mediterranean dietary plan already included for you to help you improve your health and increase longevity.

BOOK #2: Dash Diet: Get Healthy with Easy to Follow Diet Recipes for Weight Loss, Lower Cholesterol, and Lower Blood Pressure

Has your doctor told you that you have high cholesterol or blood pressure, and you're looking for a natural

way to lower those values? Perhaps they've mentioned the DASH diet to you on more than one occasion, but you're afraid to try it because you think your food might be bland or that you can no longer eat dessert? Well, rest assured! The DASH diet is not bland and you can eat dessert five times a week! That's a lot more than most other diets offer. Plus, you won't have to consume artificial sweeteners if you don't want to. You can use good old, plain sugar for your recipes and still be within the requirements of the DASH diet. This diet is focused on helping people lower their blood pressure and high cholesterol levels. Studies have shown that people who follow the diet have been able to lower their cholesterol levels and their blood pressure rates within the first few weeks of starting the diet. So what are you waiting for? Pick up a copy of this book and get started on a healthier lifestyle!

In this book, you will learn the following:

- What the DASH diet is
- What You Can Eat
- Whether or Not You Will Lose Weight
- How to Cut Back Your Sodium Levels
- Salad, Dinner, and Dessert Recipes To Get You Started!

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

Download your copy of "*Mediterranean and Dash Diet Box Set*" by scrolling up and clicking "**Buy Now With 1-Click**" button.

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