

**The DASH Diet Action Plan: Proven To Lower Blood
Pressure And Cholesterol Without Medication (A
DASH Diet Book)**

By Marla Heller

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<http://www.acdsupport.com/index.php?/Knowledgebase/Article/View/7065/123/the-dash-diet-with-marla-heller-ms-rd--virtual--7065>

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<https://itunes.apple.com/us/book/the-dash-diet-action-plan/id448560767>

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<http://healthybodydaily.com/dr-oz-diets/dash-diet-meal-plan-phase-1-and-phase-2-dash-diet-eating-plan/>

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<http://www.target.com/p/the-dash-diet-action-plan-hardcover/-/A-13753795>

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<http://www.ibtimes.com/dash-diet-5-things-know-about-no-1-diet-plan-2012-390934>

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The NY Times best sellers, the authoritative DASH diet books, DASH ranked best diet by US News & World Reports, 2013, 2012 and 2011.

http://dashdiet.org/dash_diet_book.asp

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http://kaet.convio.net/site/RedirectHandler?key=dash_diet

Simple tools to help you personalize a DASH Diet Action Plan for guaranteed success; DASH-friendly recipes and shopping lists; Tips for eating on-the-run;

<http://www.sheknows.com/health-and-wellness/giveaway/the-dash-diet-action-plan>

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Jun 05, 2014 DASH Eating Plan Clinical Trials. Clinical trials are research studies that explore whether a medical strategy, treatment, or device is safe and effective

<http://www.nhlbi.nih.gov/health/health-topics/topics/dash/>

and is the Host/Star of the PBS special, The DASH Diet with Marla Heller. to lower cholesterol and blood pressure without DASH Diet Action Plan

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http://www.lifescrypt.com/health/centers/cholesterol/articles/lower_cholesterol_with_the_dash_diet.aspx

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