



**The DASH DIET COOK BOOK : FOR  
GUARANTEED WEIGHTLOSS (The secrets to  
speedy weight loss, lower blood pressure and  
diabetes prevention)**

*Beatrice King (PhD)*

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# **The DASH DIET COOK BOOK : FOR GUARANTEED WEIGHTLOSS (The secrets to speedy weight loss, lower blood pressure and diabetes prevention)**

*Beatrice King (PhD)*

## **The DASH DIET COOK BOOK : FOR GUARANTEED WEIGHTLOSS (The secrets to speedy weight loss, lower blood pressure and diabetes prevention) Beatrice King (PhD)**

Getting healthy and achieving a speedy weight loss and loving life is only a read away! Understanding what it takes to live a healthy lifestyle, eat right, achieve your goal weight and love your life shouldn't be so complicated. Your time is very valuable and the last thing you and I need is not to tackle a 300 page book on how to get your weight, health, and life on track. If you're like most folks, you just want the facts in bite-sized, easy to understand pieces that you can apply to your life today! that being the case, I'm determined to share what I have learned in an easy, non-overwhelming, "no fluff, no filler, straight to the point" kind of way that will allow you my reader to achieve maximum results in a very short amount of time. I am passionate about every book I write and my goal with each book is to make it simple, concise yet power-packed with the necessary information you need to transform your life. I have learned first-hand the incredible value of healing ourselves with natural organic foods, natural remedies, exercise and a positive mindset. i want to congratulate you once again for downloading. Thanks and happy reading.

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