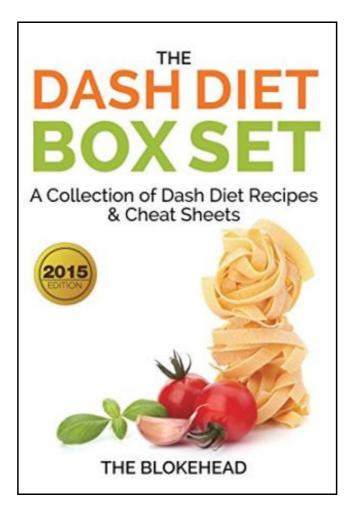
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## **Reviews**

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(Oceane Stanton DVM)

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Blurb, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A research study conducted on 810 volunteers who were asked to follow the DASH diet plan while lowering their sodium intake proved that people who follow the eating plan can actually lose weight while reducing their sodium consumption. Majority of the volunteers were actually overweight and all of them were asked to increase their physical activity while following the DASH diet plan at lower calorie levels. By the end of the 18-month period, the volunteers did not only have enhanced control of their blood pressure but they lost weight, as well. Grab the Dash Diet Box Set now!

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