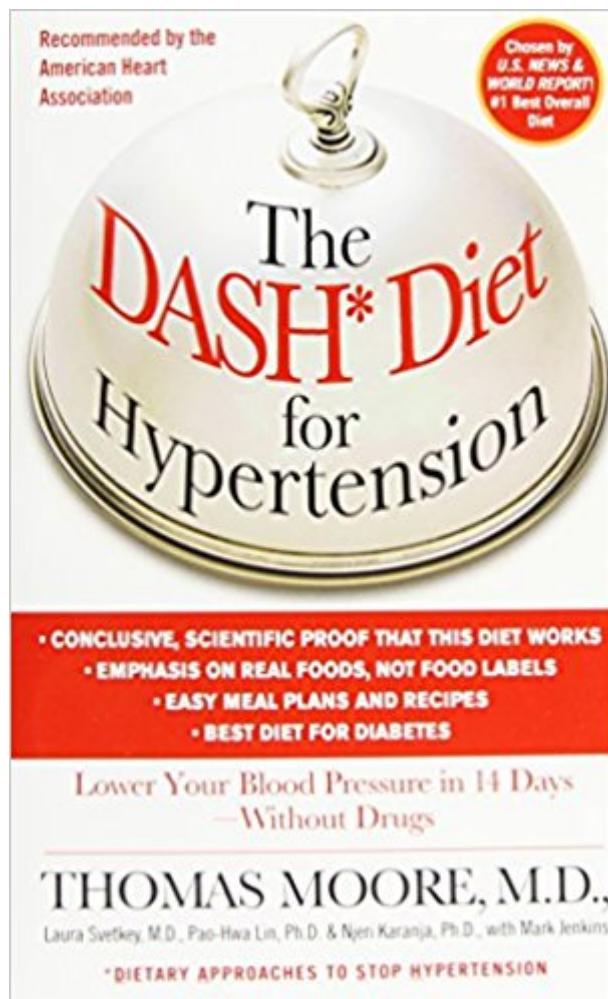


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# The DASH Diet For Hypertension



## **Synopsis**

From Dr. Thomas Moore and a team of top doctors and nutritionists from Harvard, Duke, and Johns Hopkins medical schools comes the guide to the DASH diet, which is scientifically proven to significantly reduce high blood pressure! More than 50 million Americans suffer from high blood pressure, and most of them control it by taking prescription drugs with potentially dangerous side effects. But there is a natural, affordable, and easy-to-manage alternative to medication: the DASH (Dietary Approaches to Stop Hypertension) diet. Developed by a world-class team of doctors and nutritionists, the DASH diet is clinically proven to lower blood-pressure levels and thereby reduce the risk of heart failure, stroke, and kidney disease. Now, with *The DASH Diet for Hypertension*, readers can benefit from:

- A hearty and healthful selection of DASH menus, recipes, even grocery lists
- DASH weight-loss and exercise programs for everyday living
- The science behind DASH, including calorie worksheets and a formula to calculate body-mass ...and much more

from this revolutionary program, which is recommended by the American Heart Association; the National Heart, Lung, and Blood Institute; the American Society for Hypertension; and other leading medical authorities.

## **Book Information**

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## **Customer Reviews**

The DASH Diet for Hypertension, recommended by the American Heart Association, has been shown in studies to lower blood pressure in two weeks without the use of drugs. The DASH (Dietary Approaches to Stop Hypertension) diet emphasizes fruits, vegetables, and low-fat dairy; includes

moderate amounts of fish, poultry, and nuts; and reduces consumption of red meat and sweets. Studies from the National Institutes of Health followed 800 participants and found that the DASH diet lowered blood pressure as much as typical medication. This is no quirky diet--it's the way the major medical groups have been advising us to eat all along, but with a specific formula that tells you how many servings to eat from each Food Pyramid food group. You also get suggestions for exercising moderately, losing weight, reducing salt, and food shopping. Included are two weeks of daily menus and 62 recipes, with modified favorites like Macaroni and Cheese and Sweet and Sour Pork with Vegetables, plus innovative dishes such as Mango/Black Bean Salad with Grilled Shrimp and Sweet-Potato Chips (baked). The authors are medical hypertension experts associated with Harvard and Duke medical centers. Recommended for people who want to lower their blood pressure or just eat more healthfully. --Joan Price --This text refers to the Paperback edition.

For once, something that sounds too good to be true really works. Developed by the medical school staffs of Harvard, Duke, Johns Hopkins, and Louisiana State University after a large clinical trial, the Dietary Approaches to Stop Hypertension (DASH) diet significantly reduces blood pressure, cholesterol, and homocysteine levels through diet alone, and experts agree that widespread adoption of the DASH diet would result in a substantial decrease in coronary heart disease and stroke. The diet includes eating four servings of fruits, four servings of vegetables, and two or three servings of low-fat dairy foods daily. Fatty foods, red meat, and sugar-sweetened foods and beverages are limited. Moore, who chaired the DASH trial, and his fellow authors explain the history of the DASH research as well the diet itself and provide clear and achievable tips on improving health and incorporating the diet into daily life. Two weeks of diet plans and 61 tempting recipes are included. The steps listed for making lifelong dietary changes are excellent. Recommended for all consumer health collections. Janet M. Schneider, James A. Haley Veterans' Hosp., Tampa, FL  
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DO NOT GET THE KINDLE VERSION. THE BOOK ADVERTISED IS THE NEW 2011 VERSION, BUT IF YOU ORDER THE KINDLE VERSION THEY SEND TO YOU THE OLD, OUTDATED 2001 VERSION. IF YOU WANT THE BOOK MAKE SURE ITS THE JUNE 2011 EDITION!!!![ASIN:145166558X The DASH Diet for Hypertension]

My blood pressure is slightly high and my doctor advised getting a copy of The Dash diet. I am hesitant to take medications for something I might be able to control with a change in my daily diet.

The focus is on lots of fresh foods, fruits & vegetables. This book is about lower salt intake, increasing potassium etc though foods rather than pills. The book includes food lists recommended, and many recipes as well. Seems that it may also have a positive effect on cholesterol too, although that is not addressed to any extent in the book. Looking forward to lower numbers at next check up. If you have high blood pressure and want to avoid taking prescription meds, I think this book is well worth the \$8

The Dash Diet for Hypertension more than likely saved me from a stroke or heart attack. When I started this plan I was fifty pounds overweight and my blood pressure was in stage II. After reading and studying this book I could not believe the amount of sodium I was taking in everyday. Eating out at least once and sometimes twice a day was literally killing me. This plan for eating was hard for me at first. Food was bland, nothing taste good, I was hooked on salt really bad. But I endured, stayed the course and now I have cut my sodium to around 900 a day and calories to 1600 or less. I had to play with the menu some to get my calorie intake to where I wanted it but made sure I was still getting the potassium I was suppose to have. I have got to say that my family doctor never mentioned trying to control my blood pressure with what I eat. Blood pressure pills was the answer. Well let me tell you blood pressure pills ought to be a last resort. I tried pills for awhile and felt worse taking them than when I wasn't. I thought to myself there has to be a better way naturally so I searched the net and found the dash diet book by Dr. Moore. The book is the answer for me. I have lost weight and my blood pressure is now in the high normal range. I have more weight to loose and hopefully my blood pressure will go down even more.

A fantastic book! Grounded in scientific research and analysis, this diet is great for anyone who seeks balance and healthy blood pressure levels. I highly recommend this book.

Hypertension kills. Suffering a stroke, heart attack, congestive heart failure, or damage to your eyes should be enough to get anyone to change their bad habits and get their lifestyle on track with the DASH diet. There is nothing difficult about eating fresh fruits instead of cookies or candy, and making fresh salads and cooking fresh vegetables instead of opening up a can of soggy, sodium laden mush passing as food. Believe it or not, I told MY doctor about the DASH diet when I first got diagnosed with high blood pressure about 10 years ago. She'd never heard of it. I was only 34 but African Americans seem to have a higher rate of hypertension than any other ethnic group. My blood pressure was an unbelievable 170/110 but I had no symptoms at all. Fearful of medications,

but even more fearful of dying, I looked for an alternative solution that would provide fast results, and happened across the DASH study results. I ordered two booklets from the NHLB website and started changing my life. When I went back for a checkup a month later, my blood pressure had dropped an amazing 32 points systolic and was within the normal range of 138/85. She was stunned and ran from the room with the booklet I gave her to show other doctors in the office. They were in disbelief and actually came in to talk to me about the program. My blood pressure continued to drop once I got a better handle on sodium and liquor intake until it reached normal where it now stays unless I go off on a tangent too many days in a row. This was accomplished without any medication, just a steely determination to live which meant giving up things I shouldn't have been eating anyway. The book is great because it goes into a great deal of explanation and provides menu ideas to get you started. If you can't afford to order the book right now, at least look on the web and review the online documents which support changing your eating habits per the Dietary Approaches to Stop Hypertension. I cannot recommend this book highly enough. The DASH diet saved my life.

I am not a fan of prescription drugs if I can find a healthier and risk-free alternative. So when my blood pressure started climbing (was hitting 165/95 pretty regularly) at age 67, and my doctor wanted me to start on BP meds, I asked for alternative suggestions. He gave me a little flyer that referenced the DASH Diet. I did further research and found this book. I started modifying my diet along the lines book recommends, but not in a very strict way. The book also recommends a low salt diet, which I follow to the best of my ability, but do not cut out salt completely. My blood pressure within a month dropped back to about 120-124/67-80. I am sure that if I followed the book more strictly, it would be even lower. I cannot recommend this book strongly enough. Buy it and follow it. You'll be very glad you did!

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