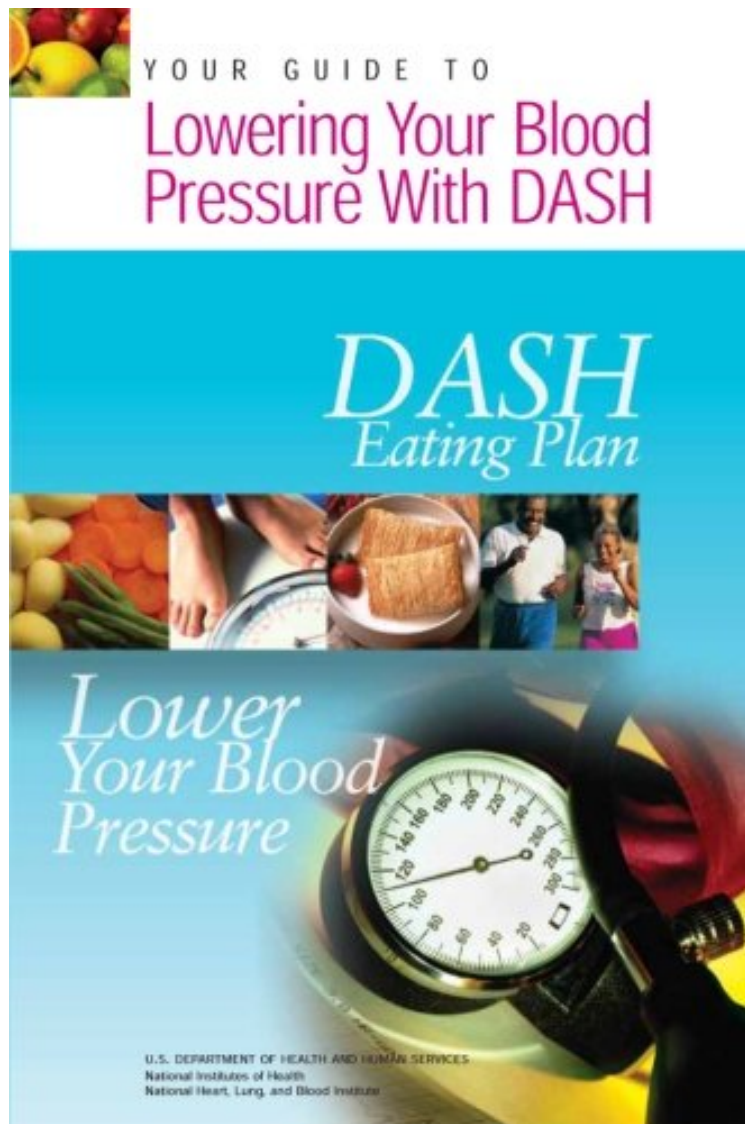


(Read ebook) Your Guide to Lowering Your Blood Pressure with DASH: DASH Eating Plan

## Your Guide to Lowering Your Blood Pressure with DASH: DASH Eating Plan

*U.S. Department of Health and Human Services, National Institutes of Health, National Heart, Lung, and Blood Institute*

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**U.S. Department of Health and Human Services, National Institutes of Health, National Heart, Lung, and Blood Institute : Your Guide to Lowering Your Blood Pressure with DASH: DASH Eating Plan** before purchasing it in order to gage whether or not it would be worth my time, and all praised Your Guide to Lowering Your Blood Pressure with DASH: DASH Eating Plan:

1 of 1 people found the following review helpful. This small book will help you make big changes!By ChrisAfter reading a review on a medical website, I learned that the DASH diet is the #1 healthiest eating plan in the U.S. My entire family struggles with hypertension. After receiving this book, I read it cover to cover and immediately started making changes in my diet. Sodium is in everything and this book will teach you how to read food labels and make much better food choices. In just a short few weeks since receiving this book and following the advice it contains, my blood pressure has dropped significantly! This book is easy to read and offers meal plans and recipes. Compared to the many fad diet books out there that are hundreds of pages long, this small book will truly help you make big changes in your life.0 of 0 people found the following review helpful. getting healthy DashBy janie d morganI was so pleasantly pleased as how well defined this book to be on tips on lowering your blood pressure and the tips on hidden sodium . My pressures are now much better and lab values are now all within normal limits .0 of 0 people found the following review helpful. Easy readBy SJFThis book is an easy read, didn't learn much more than I already did although the diet plan and recipes were very helpful.

This book by the National Institutes of Health (Publication 06-4082) and the National Heart, Lung, and Blood Institute provides information and effective ways to work with your diet because what you choose to eat affects your chances of developing high blood pressure, or hypertension (the medical term). Recent studies show that blood pressure can be lowered by following the Dietary Approaches to Stop Hypertension (DASH) eating plan and by eating less salt, also called sodium. While each step alone lowers blood pressure, the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure. This book, based on the DASH research findings, tells how to follow the DASH eating plan and reduce the amount of sodium you consume. It offers tips on how to start and stay on the eating plan, as well as a week of menus and some recipes. The menus and recipes are given for two levels of daily sodium consumption 2,300 and 1,500 milligrams per day. Twenty-three hundred milligrams is the highest level considered acceptable by the National High Blood Pressure Education Program. It is also the highest amount recommended for healthy Americans by the 2005 U.S. Dietary Guidelines for Americans. The 1,500 milligram level can lower blood pressure further and more recently is the amount recommended by the Institute of Medicine as an adequate intake level and one that most people should try to achieve. The lower your salt intake is, the lower your blood pressure. Studies have found that the DASH menus containing 2,300 milligrams of sodium can lower blood pressure and that an even lower level of sodium, 1,500 milligrams, can further reduce blood pressure. All the menus are lower in sodium than what adults in the United States currently eat about 4,200 milligrams per day in men and 3,300 milligrams per day in women. Those with high blood pressure and prehypertension may benefit especially from following the DASH eating plan and reducing their sodium intake.