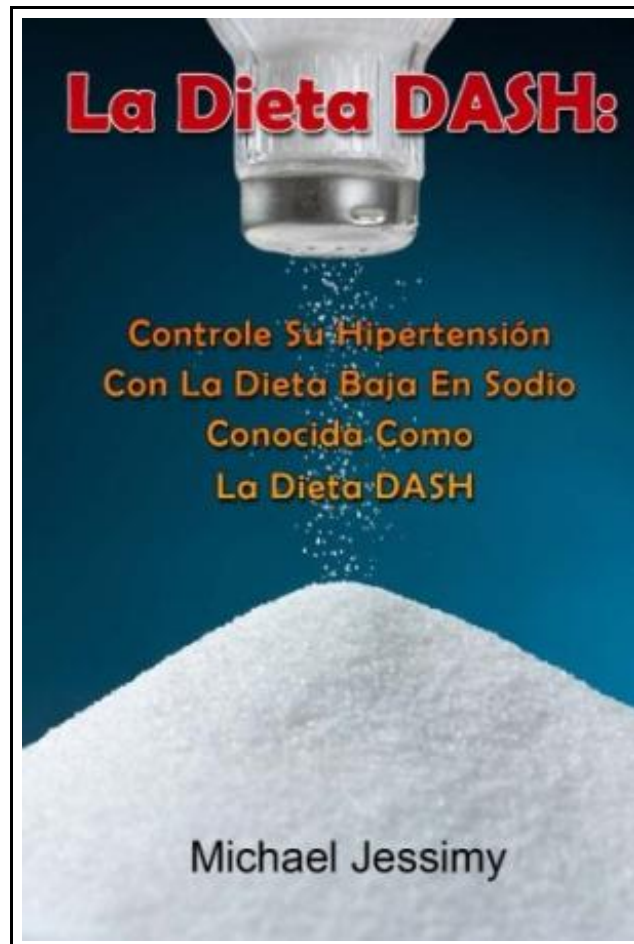


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LA DIETA DASH CONTROLE SU HIPERTENSI N CON LA DIETA BAJA EN SODIO CONOCIDA COMO LA DIETA DASH SPANISH EDITION



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 24 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. La Dieta DASH: Controle Su Hipertensi n Con La Dieta Baja En Sodio Conocida Como La Dieta DASH La Dieta DASH no es una tpica dieta Le garantizo que La Dieta DASH: Controle Su Hipertensi n Con La Dieta Baja En Sodio Conocida Como La Dieta DASH lo motivar a hacer cambios positivos en su vida. Conocida como la dieta para la presi n arterial elevada o la dieta baja en sodio; esta dieta le ayudar paso a paso a alcanzar todas sus metas para controlar la hipertensi n y llevar un estilo de vida ms saludable. Es un plan tan efectivo que usted lo querr incorporar permanentemente a su vida diaria! En tan slo unas semanas, su presi n arterial puede ser algo del pasado! Nunca ms tendr miedo de subirse a la bscula porque usted ya no tendr sobrepeso. Aunque los resultados de la Dieta DASH pueden variar de persona a persona; en promedio usted perder alrededor de 5 libras durante las primeras dos semanas y entre 10 y 35 libras en los siguientes dos meses. En poco tiempo descubrir que come mejor, se siente mejor, se ve mejor, se ejercita mejor y tiene ms energ a! En este libro fcil de leer encontrara: Informacin fcil de entender acerca de la hipertensi n, la prdida de peso y el por qu este plan lo ayudar a reducir ambos Una gua paso a paso de la Dieta DASH que incluye una lista de los grupos alimenticios y ejemplos de planes nutricionales Cmo manejar los bocadillos y las bebidas Cmo manejar su ingesta diaria de sodio y ejemplos de alternativas bajas en sal Consejos prcticos de cmo hacer el ejercicio divertido y acomodarlo en su...

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