



DASH Diet Slow Cooker Cookbook: 15 Minute Set and Forget It DASH Diet Slow Cooke

Dorothy Kay

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The American Heart Association (AHA) created the DASH diet to provide individuals with a means of lowering their high blood pressure without the use of medication. By improving your eating habits and reducing your sodium intake you can reduce your blood pressure and boost your health. If you are curious to see what the DASH diet can do for you, then this book is the perfect place to start. In this book you will receive the following: • An introduction to the DASH diet and its background • A basic list of DASH diet foods to help you get started • A collection of 25 DASH diet slow cooker recipes So, if you are ready to give the DASH diet a try, pull out your slow cooker, pick a recipe, and get cooking! You won't be disappointed.

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