

**THE DASH DIET ACTION PLAN: PROVEN TO LOWER
BLOOD PRESSURE AND CHOLESTEROL WITHOUT
MEDICATION**

Clare G. Pisarski

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She has taught thousands of people how to adopt the DASH diet. A full healthy lifestyle, including healthy eating, is part of the Canadian recommendations for the management of high blood pressure. Ornish brings you the future of medicine today: the tools to customize a way of eating, managing stress, and exercising that is based on your own desires, needs, and genetic predispositions.

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