

La Dieta DASH Controle Su Hipertensi3n Con La Dieta Baja En Sodio Conocida Como La Dieta DASH Spanish Edition



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Reviews

Thorough manual! Its this kind of excellent study. It really is written in straightforward terms and never difficult to understand. I am very happy to inform you that this is basically the very best pdf we have read through during my individual existence and could be the greatest ebook for possibly.
(Dr. Arno Sauer Sr.)

LA DIETA DASH CONTROLE SU HIPERTENSIN CON LA DIETA BAJA EN SODIO CONOCIDA COMO LA DIETA DASH SPANISH EDITION

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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 t pica 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 energa! 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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