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Dash diet - wikipedia, the free encyclopedia

The DASH diet (Dietary Approaches None of the plans were vegetarian, but the DASH plan The DASH-sodium results indicate that low sodium levels correlated with

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Dash diet foods for high blood pressure

What is the DASH diet and how can it help people Studies of people on the DASH-Sodium plan lowered their blood pressure as The Dangers of Low Blood Pressure .

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Dash diet - diet.com

Dash Diet: DASH stands for The results showed that the combined effect of a lower sodium intake with the DASH diet was greater than just the DASH diet or a low

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What is the dash eating plan? - nhlbi, nih

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