



THE **28-DAY**
DASH DIET
WEIGHT-LOSS
PROGRAM

Recipes and
Workouts to
**Lower Blood
Pressure**
and Improve
Your Health

Andy De Santis, RD, MPH, and
Julie Andrews, MS, RDN, CD

Foreword by Annie F. Kelly, MD, FACC

A Day With Dash

DJ Losen



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