



The DASH Diet for Hypertension

Thomas J. Moore , Mark Jenkins

[Download now](#)

[Read Online](#) 

The DASH Diet for Hypertension

Thomas J. Moore , Mark Jenkins

The DASH Diet for Hypertension Thomas J. Moore , Mark Jenkins

From Dr. Thomas Moore and a team of top doctors and nutritionists from Harvard, Duke, and Johns Hopkins medical schools comes the guide to the DASH diet, which is scientifically proven to significantly reduce high blood pressure!

More than 50 million Americans suffer from high blood pressure, and most of them control it by taking prescription drugs with potentially dangerous side effects. But there is a natural, affordable, and easy-to-manage alternative to medication: the DASH (Dietary Approaches to Stop Hypertension) diet. Developed by a world-class team of doctors and nutritionists, the DASH diet is clinically proven to lower blood-pressure levels and thereby reduce the risk of heart failure, stroke, and kidney disease. Now, with *The DASH Diet for Hypertension*, readers can benefit from:

- A hearty and healthful selection of DASH menus, recipes, even grocery lists
- DASH weight-loss and exercise programs for everyday living
- The science behind DASH, including calorie worksheets and a formula to calculate body-mass

...and much more from this revolutionary program, which is recommended by the American Heart Association; the National Heart, Lung, and Blood Institute; the American Society for Hypertension; and other leading medical authorities.

The DASH Diet for Hypertension Details

Date : Published March 1st 2003 by Pocket Books (first published October 9th 2001)

ISBN : 9780743410076

Author : Thomas J. Moore , Mark Jenkins

Format : Paperback 368 pages

Genre : Food and Drink, Cookbooks, Nonfiction, Health, Reference, Food

 [Download The DASH Diet for Hypertension ...pdf](#)

 [Read Online The DASH Diet for Hypertension ...pdf](#)

Download and Read Free Online The DASH Diet for Hypertension Thomas J. Moore , Mark Jenkins

From Reader Review The DASH Diet for Hypertension for online ebook

Kelsey says

Read for my boyfriend because of his high blood pressure. It's more of an eat healthy, be healthy book than a diet book, which is awesome!

Ammar says

Genetically being given the "gift" of high cholesterol and blood pressure while having a greater gift of loving high fat foods, this was a very important read for me. We live in an age of keto which works for some but I prefer that if I can get more discipline in me, I'd rather choose this proven and effective route/lifestyle.

Terri says

This is not a "weight loss" diet but more of a "eat healthy, be healthy" diet book.

Our family has a history of hypertension and I don't want my sons to develop this problem. This book outlines a plan for reducing or avoiding high blood pressure. We are adopting the guidelines in this book. More fruit, veggies, and whole grains. Less meat, salt, and fats.

I haven't tried any of the recipes in the back of the book yet but they look good.

Melanie says

Easy to read with solid medical evidence. simple recipes with uncomplicated shopping lists - which is especially good for beginners. This is the diet that I was told to follow by my doc over a year ago and have yet to adopt. Maybe one day but for now I'm relying on medication.

Fred says

Pretty interesting to follow their methodology that shows how the diet was constructed.

It is written for a very low grade level, so anyone can understand what they're saying. This is neither a good thing nor a bad thing, but I was expecting somewhat of a higher-grade discussion.

Pauline says

I don't have high blood pressure but saw some information on DASH and wanted to check it out. Seems like it might be a healthy way of eating and a simple plan to stick to on a day-to-day basis. Dr. Moore starts with the need for such a diet, the scientific studies and ends with recipes. I'm convinced that as I age, I need a more healthy way of eating--which this is. I don't know that I'd call it a "diet" (as we normally think of diets).

Tristi says

I liked the medical information in this book as it describes the effects of hypertension on the body and the need to reduce sodium. However, I was disappointed that the recipes in the book sometimes contained a lot more sodium than I feel comfortable allowing myself. Having recently been put on a low sodium diet as my ENT rules out Meneire's Disease, I've been searching for low sodium recipes and am much happier with just I've found on the Internet. Some of the recipes in this book take up fully 3/4 of my daily allotted sodium with just one serving of one meal.

Patrice says

The concepts are sound and work. The book has a lot of "filler". Information such as "do not buy fruits that smell bad". They tried to make a book out of something that is basically really short and simple. Don't eat salt. Eat lots of fruits and veggies and low fat dairy and your bp will drop. Mine has.

Gerald Kinro says

The author lists some easy steps to reduce hypertension by using "real" foods. In a nutshell the diet consists of grains, non-fat dairy products, fruits, and vegetables, lean meats and less sodium. For most with no allergies or food intolerances, this is safe and reasonable. If it does not work, you are eating healthy, nevertheless. Included are recipes to keep food from becoming boring.

Cindy says

I'm finding some of these books have exactly the same information in them, which is a struggle when I'm desperately looking for new recipes.

Pauline says

Good "go to" book for getting acquainted with and started on the DASH program (Dietary Approach to Stop Hypertension). Easy to read, and figure what the important aspects of the regimen are. I lost 4 pounds the first two weeks just following it for the hypertension reduction. Nice side effect :-)

Kay says

DASH stands for Dietary Approaches to Stop Hypertension but it is a way to eat healthy for the rest of your life that also lowers your blood pressure, cholesterol and blood sugar. The book explains what can cause high blood pressure and how eating more fruits, vegetables and whole grains can help change your metabolism. There are easy diagrams and charts to help you to track your progress on the DASH diet as well as a lot of sample menus and recipes.

Mamabear says

A great book for learning how to manage high blood pressure through diet, activity, and stress management. Includes recipes!

Cosette says

Difficult to stay interested

Joan says

I am looking at/reading a lot of these books out of need for a family member. I have not yet found any really outstanding ones.
