



# **DASH Diet + Anti-Inflammatory Diet + Hormone Reset Diet + Ketogenic Diet 4 in 1 Bundle!: Effective Weight Loss Solution!**

*Sarah Hill, Linda Williams*

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## **Book 1 - DASH Diet**

### **The Ultimate Guide to DASH Diet For Hypertension and Surprisingly Effective DASH Diet Weight Loss Solution. DASH Diet for Beginners.**

“The Ultimate Guide to DASH Diet For Hypertension and Surprisingly Effective DASH Diet Weight Loss Solution. DASH Diet for Beginners” is a masterpiece which directly address specific issues as it concerns a healthy living. It focuses attention on how people can maximize their life by staying absolutely free of disease called “Hypertension”. It is important to note that your health system cannot be better than what you eat. Thus, a need for you to be fully informed on how to stay healthy without threat of disease on your precious life. And if however you are struggling with high blood pressure, this book is what you need to grab to know how to keep your blood pressure normal. This book will provide you with concise and precise firsthand information on eating and physical activities patterns that are focused on consuming fewer calories, making informed food choices, and being physically active which can help of course will surely help you attain and maintain a healthy weight, reduce risk of chronic disease, and consequently promote your overall health.

## **Book 2 - Anti Inflammatory Diet**

### **Quick Guide to Healing Inflammation, Heart Disease, Weight loss in 7 days (7-Day Meal Plan)**

“Anti inflammatory Diet - Quick Guide to Healing Inflammation, Heart Disease, Weight loss in 7 days (7 - Day Meal Plan)”, is a book written out of passion to reach out to people suffering from inflammation of any

kind, which has resulted into a chronic or rather severe disease that is currently a threat to their health. Quite a number of times, lack of information is the real cause of an unease rather than the presumed real cause. In this book, you will learn various tips that directly address your current health situation. It provides in sequence and in series, several formulas you can easily adopt to get your health going good. This masterpiece also provides you with adequate information about how what you eat can be a great threat to your health and also, how what you eat can be a great blessing to your health. All depending on what exactly you eat.

## **Book 3 - Hormone Reset Diet**

### **Proven Step by Step Guide to Balance Hormones, Look Younger, Boost Metabolism, and Lose Weight in 10 Days•**

Can you imagine you are with someone, and after you both departed, you don't want to be with them again because of their look, body weight, and the likes? All these, of course, can be greatly traced to daily diet.

In this book, you will come across chapters that address a particular issue as it concerns your diet. What to eat and what not to eat, what to drink and the ones to reduce. Also, there are diet recipes that are very simple to prepare. You don't need to worry your head about how you will prepare them. A step by step instruction is rolled out on preparation and serving.

## **Book 4 - Ketogenic Diet**

### **Delicious Ketogenic Diet Recipes For Weight Loss (10 Day Meal Plan)•**

The Ketogenic diet plan program gets you ready for weight lose.

This e-book explains a ketogenic diet plan regimen of weight reduction, which will be of excellent worth to those which their physical bodies developed to reduce their weight. This e-book highlights the essential ideological background on the ketogenic diet plan program for weight shed. Folks on a regular basis need to identify exactly what the best diet plan routine plan. And what they need to do to lose fat quicker.

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