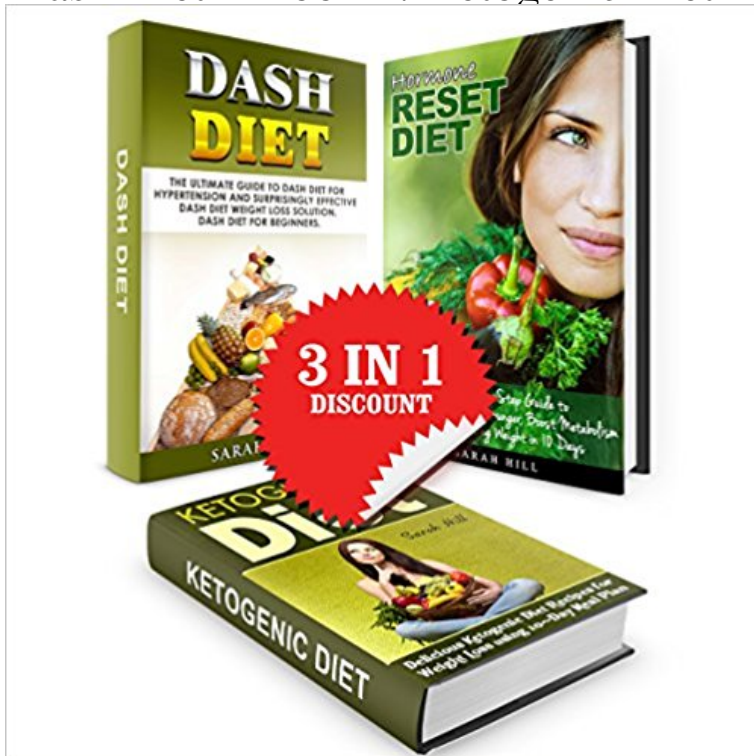


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DASH, Ketogenic and Hormone Reset Diets 3 in 1 Box Set!: Book 1: Dash Diet + Book 2: Ketogenic Diet + Book 3: Hormone Reset Diet



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 - 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. Book 3: Hormone Reset Diet Proven Step by Step Guide to Balance Hormones, Look

Younger, Boost Metabolism, and Lose Weight in 10 Days? This book Hormone Rest diet: proven step by step guide to balance hormone, look younger, boost metabolism and lose weight in 10 days is a comprehensive write up that presents proven steps and strategies on how to properly plan your meals for successful hormone reset. This book was made to help you sort out your meal plan. Can you imagine you are with someone, and after you both departed, you dont 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 dont need to worry your head about how you will prepare them. A step by step instruction is rolled out on preparation and serving.

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