

April 5, 2013 | [Diets](#), [Nutrition](#)

Benefits of the DASH DIET



Janet Bond Brill, PhD, RDN, LDN, CSSD, Nutritionist and bestselling author (<http://www.drjanet.com>), talks about the DashDiet:

All Americans should be eating a heart-healthy diet scientifically proven to lower blood pressure and prevent cardiovascular disease—the leading cause of death among American men and women. DASH stands for Dietary Approaches to Stop Hypertension.

The DASH diet recommends up to 12 servings of low-calorie fruits and vegetables per day (depending on chosen calorie level)—that’s a lot of fiber-filled produce which will result in weight loss if eaten in lieu of the typical SAD (standard American diet).

DASHing to the rescue—the original blood-pressure-lowering mineral machine:

The famed DASH diet studies provided the first convincing scientific evidence that a non-pharmaceutical lifestyle treatment could significantly reduce blood pressure and contribute to heart health. In those studies, a special trio of minerals—potassium, magnesium, and calcium, taken as food rather than supplements— were proven to be especially valuable for blood pressure management. Eat this way *Blood Pressure Down* is unique in that it incorporates the DASH diet principles in addition to *all* of the additional heart-healthy lifestyle factors proven to lower blood pressure—*combined together* into one simple yet highly potent program—one that may even save your life.

“There is no medicine more powerful or supplement more effective in promoting health and longevity than the combination of good nutrition with daily exercise.”

What the Experts Say:

“A simple, holistic and achievable 10 step plan that is highly effective in reaching the ideal blood pressure in 4 weeks. Maintaining optimal blood pressure is critical in preventing heart disease and stroke.”

~Jennifer H Mieres, MD, FACC, FASNC, FAHA, Professor of Cardiology & Population Health Hofstra North Shore, LJJ School of Medicine

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