



# The Dash Diet Weight Loss Solution: 2 Weeks to Drop Pounds, Boost Metabolism, and Get Healthy

By Marla Heller

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**THE NEW YORK TIMES BESTSELLER--BASED ON THE DIET RANKED "#1 BEST DIET OVERALL" BY US NEWS & WORLD REPORT--FOR 6 YEARS IN A ROW!**

The DASH diet isn't just for healthy living anymore--now it's for healthy weight loss, too. Using the newest DASH diet research, bestselling author, foremost DASH dietitian and leading nutrition expert Marla Heller has created the most effective diet for quick-and lasting-weight loss. This is the only book to bring you the latest updates for the DASH diet, integrated with the latest weight loss research, which work synergistically to maximize results. This effective and easy program includes menu plans, recipes, shopping lists, and more. Everything you need to lose weight and get healthy!

Readers will enjoy a diet rich in fruits, vegetables, low-fat and nonfat dairy, lean meats/fish/poultry, nuts/beans/seeds, heart healthy fats, and limited amounts of whole grains. Banished are the empty calories from refined grains and added-sugars. The result: improved metabolism, lower body fat, improved strength and cardiovascular fitness--with the diet plan proven to lower cholesterol and blood pressure *without* medication, and *without* counting calories!

Superior to the original DASH diet for heart health *and* turbocharged for weight loss.

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**The Dash Diet Weight Loss Solution: 2 Weeks to Drop Pounds, Boost Metabolism, and Get Healthy** By Marla Heller **Bibliography**

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### Editorial Review

#### Review

Dec 2, 2012 "It's not too late to drop a dress size by Christmas! A brilliantly simple new diet that's sweeping the U.S. targets your tum - and boosts your health." from the Daily Mail (UK)

"The DASH diet: the weight-loss plan approved by doctors. When doctors devised an eating plan to fight high blood pressure, cholesterol and diabetes, weight loss was an added bonus. An eating programme devised by doctors to fight high blood pressure has become the latest weight-loss phenomenon and named America's healthiest diet two years in a row." - from the Weekend London Times

January 6, 2016 "What makes a diet best? In Best Diets 2016, the latest set of exclusive rankings from U.S. News, the DASH diet beat out 37 others. To be top-rated, a diet had to be relatively easy to follow, nutritious, safe, effective for weight loss and protective against diabetes and heart disease. The government-endorsed Dietary Approaches to Stop Hypertension (DASH) snagged the top spot."

November 12, 2013. "Recommended are dietary patterns that emphasize fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. . . including the DASH eating plan" -- The American Heart Association, The American College of Cardiology

January 7, 2014. "To be top-rated, a diet had to be relatively easy to follow, nutritious, safe and effective for weight loss and against diabetes and heart disease. The government-endorsed Dietary Approaches to Stop Hypertension (DASH diet) snagged the top spot." - US News & World Report

#### From the Author

**The DASH Diet Weight Loss Solution** is the only book with the powerful low-carb version of DASH. Based on the newest research, this plan is more powerful than the original DASH diet for lowering blood pressure and boosting weight loss, and perfect for people with type 2 diabetes, who need to limit refined carbs. For a vegetarian or mostly-vegetarian version, my new book, **The DASH Diet Younger You**, will help you become healthier, fitter, and younger from the inside out. And, I am pleased to share my cookbook, **The Everyday DASH Diet Cookbook**, which is the only cookbook specifically designed to complement the lower-carb plan from **The DASH Diet Weight Loss Solution**. These books will make it so easy stay on track with your DASH diet plan.

Best,

Marla Heller, MS, RD

#### About the Author

Marla Heller is a Registered Dietitian, and holds a Master of Science in Human Nutrition and Dietetics from the University of Illinois at Chicago (UIC) where she also completed doctoral course work in public health. Marla worked as a dietitian at the University of Illinois Medical Center in the Heart-Lung Transplant Unit, the Cardiac Intensive Care Unit, and the Cardiac Step-Down Unit.

She has taught thousands of people how to adopt the DASH diet. She was an adjunct clinical instructor in the Department of Human Nutrition and Dietetics at UIC, Dominican University, and National-Louis University. She taught nutrition to student chefs at the Cooking and Hospitality Institute of Chicago. Marla was a civilian dietitian with the US Navy and worked for the US Department of Health and Human Services.

In addition to The DASH Diet Action Plan, Marla wrote the 4-week menu plan for Win the Weight Game by Sarah, the Duchess of York. She is a frequent featured nutrition expert for broadcast, print, and internet media. She is a spokesperson for the Greater Midwest Affiliate of the American Heart Association, a Past-President of the Illinois Dietetic Association, from which she was awarded the prestigious Emerging Leader Award.

Marla hosts free online support groups on Facebook at dashdiet2 and veggidash, and can be followed at dashdiet.org, facebook.com/dashdiet, and Twitter @dashdiet.

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#### Alex Santana:

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#### Leslie Yazzie:

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