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Healthy Life By Jennifer Evans**

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And, DASH improves your body's response to insulin Remember, lifestyle choices we make each day are the basis of good health. DASH DASH for Good health Southern Style was compiled and edited by: Brent Egan, MD .. SEVEN DAY EATING PLAN *Recipes in cookbook. D. A. Y. 3. D. A. Y .. Calories150.

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Even dieters need dessert, or your plan could leave your cravings on overdrive. Satisfy yours without guilt by making this easy brownie recipe

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Dash diet - start a healthy lifestyle

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