



# Recipe Seasoning Spike

**Judy Carter**



## **Recipe Seasoning Spike:**

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Chavez, 2014-03-18 March 1 2014 The DASH Diet shows significant improvements in reducing kidney stone formation conditions as compared with conventional low oxalate diets January 3 2014 US News World Report selects the DASH diet as the best diet for the 4th year in a row November 12 2013 The new guidelines for preventing heart disease and strokes from The American Heart Association and The American College of Cardiology recommend the DASH diet Why has the DASH diet been ranked as the best diet the healthiest diet and the best diet for diabetes 4 years in a row The expert panel of physicians assembled by US New World Reports chose DASH because it is proven to improve health has a balance of healthy food groups and it actually works It has been proven to lower blood pressure and cholesterol and is associated with lower risk of several types of cancer heart disease stroke heart failure kidney stones reduced risk of developing diabetes and can slow the progression of kidney disease Hypertension is called the silent killer because about one third of the people with it DO NOT KNOW that they have it One in every four adults some 50 million people in the USA alone have high blood pressure High blood pressure often has no warning signs or symptoms Once it occurs it usually lasts a lifetime Research has shown that following a healthy eating plan can both reduce the risk of developing high blood pressure and lower an already elevated blood pressure If uncontrolled it can lead to heart and kidney disease and stroke Those diagnosed with high blood pressure especially benefit Actually ALL ADULT could follow this heart healthy plan and benefit **200 Low-Carb High-Fat**

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