

HF-DASH Diet for Weight Loss

Lose weight and improve your heart health!

If you want to lose weight and keep it off, this high-fat, low-carb diet will do it. You will still follow the common-sense rules you know, such as avoiding fast-food, overeating and loading up on foods high in sugar content. The more you dine on fresh foods, the faster your body will respond and reinforce permanent changes. When you continue to fuel your body with the right ingredients your health will soar while the pounds drop away.

Did you know?

More than one-third of U.S. adults, over 80 million people, are obese. The leading causes of preventable death – heart disease, stroke, type 2 diabetes – are obesity-related. Obese people each spend thousands of dollars more for medical care per year compared to those of normal weight, accounting for over \$150 billion per year in the U.S. Sticking to this diet plan will guarantee you won't ever be in the obese group who have a myriad of health issues.

Who is this for?

This book was written for those who are tired of going on fad diets and want to tackle their weight and health head-on. The HF-DASH (Higher-fat Dietary Approaches to Stop Hypertension) plan is extremely effective for weight loss as well as providing guidelines for a healthy and sustainable lifestyle.

It is easy to follow and is not a typical deprivation plan, where weight loss is generally regained once the ideal weight has been achieved. It is for both women and men in all age groups. After all, feeling and looking your best isn't limited to body builders or exercise gurus. We are all capable of fueling our bodies to enjoy life in the most efficient ways possible.

Bonus - High fats are "in" and inefficient higher-carbs are "out"! That means you will be able to enjoy some of the foods you have given up for years - like cheese, all-fat dairy and more! *Are you ready to become a sleek, powerful Ferrari rather than a sluggish 1975 Chevy?*

My expertise

As a health-care provider, I have worked alongside many talented (some brilliant) doctors, nurses, nutritionists, psychologists, and therapists during a variety of surgical, non-invasive and diagnostic procedures. Although, I don't consider myself an expert, I have a vast amount of experience in the healthcare field, which proved to be invaluable over the years. I always collected and assimilated valuable information while working side-by-side with those who are considered experts. I have been able to help many unhealthy and overweight people along the way. The I want to contribute to changing the obesity trend in our country and help reverse the momentum of poor health. Living a healthy life is joyful and I wish it for everyone. This HF-DASH diet is the first step.

Recipes to reinforce long-term success

Cooking has been my hobby for many years. I have whipped up more than a few elaborate concoctions, but the vast majority of my meals, by far, have been simple preparations. Simple and colorful is often the best both visually and taste-wise. Excessive use of sauces and complex cooking methods tend to overpower the delicious taste and texture of the main ingredients... plus they add extra calories that no one's body requires.

Keeping food prep simple supports home cooking rather than settling for local fast food or grocery-prepared meals that are low in quality. I have included some relatively simple and inexpensive recipes and ideas that I think you will love. Most people do not have an excess of time and money to spend on ingredient-laden menus, so I encourage you to give these recipes a try. Alter as you like, but remember to keep it simple and in-line with the HF-DASH guidelines.

From me to you

I know you are busy, so I wrote this book without anecdotes and fluff. It is more important for you to understand the HF-DASH diet and how to best incorporate it into your life than to double the page-count. I believe you can change your weight and health for good by making choices that support your dreams. I hope you find this a useful guide.