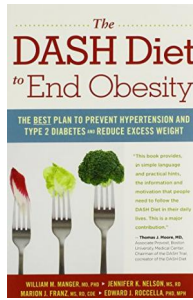


## The DASH Diet to End Obesity: The Best Plan to Prevent Hypertension and Type-2 Diabetes and Reduce Excess Weight



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