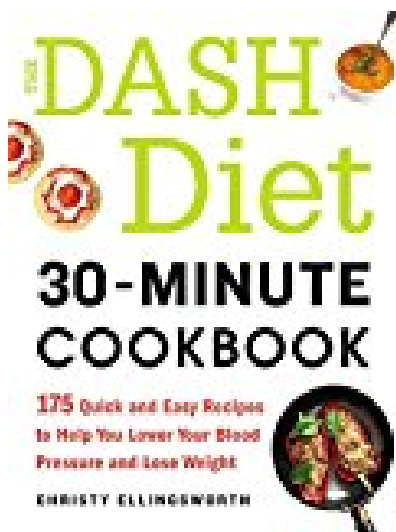


The DASH Diet 30-Minute Cookbook 175 Quick and Easy Recipes to Help You Lower Your Blood Pressure and Lose Weight



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