



# **The DASH Diet Younger You: Shed 20 Years--and Pounds--in Just 10 Weeks**

*Marla Heller*

[Download now](#)

[Read Online](#) 

# The DASH Diet Younger You: Shed 20 Years--and Pounds--in Just 10 Weeks

Marla Heller

**The DASH Diet Younger You: Shed 20 Years--and Pounds--in Just 10 Weeks** Marla Heller  
*New York Times* bestselling author and DASH Diet specialist Marla Heller reveals groundbreaking research to help prevent and even halt signs aging through a combination of DASH-approved superfoods and strategies designed to target aging.

The most trusted brand in diets--the DASH diet--has helped millions of people lower blood pressure, lose weight, and improve their health. Now, in this groundbreaking new program, it can help you look and feel 20 years younger! Marla Heller, *New York Times* bestselling author and premier DASH (Dietary Approaches to Stop Hypertension) dietitian, has combined key elements of the DASH diet with the latest cutting-edge research to develop a program that can halt and even reverse many of the effects of aging.

Based on the diet rated the #1 Best Overall Diet by *U.S. News & World Report*, THE DASH DIET YOUNGER YOU reveals five age-defying strategies designed to target the root causes of aging, including Oxid-Aging, Inflamm-Aging, and Glyc-Aging. You'll lose weight and turn back the clock while enjoying a delicious diet of antioxidant rich superfoods, satisfying plant-based meals, and foods that promote healthy gut bacteria and decrease inflammation and cravings. Featuring a natural detox that fights aging at the cellular level and proven blood pressure "busters," this powerful program will help you erase years with visible and measurable results. In just 10 weeks, you can:

Reverse the diseases of aging

Fortify and rejuvenate hair and skin

Revitalize and strengthen bones, muscles, and joints

Improve heart health and blood pressure

Lose weight, especially in the tummy

Look and feel younger, healthier, and slimmer!

Complete with 28 days of meal plans and over 75 delicious recipes, THE DASH DIET YOUNGER YOU has everything you need to look and feel years younger!

## The DASH Diet Younger You: Shed 20 Years--and Pounds--in Just 10 Weeks Details

Date : Published December 27th 2016 by Grand Central Life & Style (first published December 30th 2014)

ISBN : 9781455554553

Author : Marla Heller

Format : Paperback 272 pages

Genre : Nonfiction, Food and Drink, Diets, Food, Health, Cookbooks, Adult

 [Download The DASH Diet Younger You: Shed 20 Years--and Pounds--i ...pdf](#)

 [Read Online The DASH Diet Younger You: Shed 20 Years--and Pounds- ...pdf](#)

**Download and Read Free Online The DASH Diet Younger You: Shed 20 Years--and Pounds--in Just 10 Weeks Marla Heller**

---

# **From Reader Review The DASH Diet Younger You: Shed 20 Years--and Pounds--in Just 10 Weeks for online ebook**

## **Heydi Smith says**

The clearest and simplest to understand book I've read about food and health and how they go hand and hand. I can honestly say I understood everything she said and agree with about 85% of it so that's pretty close to as good as it could get.

I think everyone who truly wants to lead a healthy life needs to read this book and get their families to read it!

---

## **Angela Gentile says**

DASH (Dietary Approaches to Stop Hypertension) has been named the Best Overall Diet and the Healthiest Diet by U.S. News & World Report for six years in a row. I am a fan of the Mediterranean diet (very similar to DASH) and healthy aging, so I had to pick up this book to see what all the fuss was about.

Marla Heller, MS, RD is a bestselling author and registered dietitian who has written four books on the DASH diet. Heller's fourth book on the subject, "The DASH Diet Younger You" is written from the perspective that if we follow a DASH diet, and live the DASH lifestyle program, we will help prevent diseases that come with age (hypertension, stroke, dementia, cancer, etc.). Heller does a great job of convincing me that DASH is a great program by highlighting several scientific studies and quite a few testimonials from people who have had success with the program.

The book is full of reminders to eat lots of plant-based foods (and reasons for doing so) and to keep moving. Heller includes a 14-week meal plan complete with recipes (Chapter 8 is loaded with her favourites) and she tells us it's okay to drink a glass of wine daily. DASH encourages us to choose foods with flavinoids (colourful foods), antioxidants and probiotics. We are discouraged to eat added sugar, added salt and processed foods. In order to help eliminate toxins and help us feel (and look) younger, she says it's better to eat organic and to choose food that is "clean" or in its natural state.

One of the differences I noticed when comparing the two diets, is that Greek yogurt is preferred by the Mediterranean diet and discouraged in the DASH diet. Heller states she "discourages Greek yogurt...because much of the potassium and calcium is lost during the filtration process, and these are the key mineral you need for the DASH diet to work." Instead, she recommends low-fat and nonfat dairy and states yogurt is a source of "good bacteria" for your gut.

Overall, the book is easy-to-read, informative and very convincing. The DASH program for a younger you (by lengthening telomeres) appears to be very easy to attain. I plan to implement some of the ideas I learned in this book to my own dietary and lifestyle habits in pursuit of healthy aging.

---

## **Amanda Adams says**

I looked into some of the references in this book and they don't support her stance very well in my opinion. Some of the research has small sample sizes and aren't very diverse. She also has false information regarding saturated fats and cholesterol; recent research is proving her wrong. I don't doubt that this plan can work for people, but overall it's just like any other diet fad out there.

---

## **Y says**

I know the book is just throwing out suggestions to encourage people to exercise, which is good, but "Think exercise is boring? Get a dog and walk it." C'mon, that's just an irresponsible suggestion. Want to lose weight and look younger? Buy a dog for your needs, then once you've met your goal, who cares about the dog. If you don't believe that there are people foolish and ignorant enough to actually take up that suggestion without realizing how much responsibility a pet is, look up pet sales of certain animals after a big Hollywood hit movie featuring said animal hits theaters. There are often reports of how many owners will then get rid of said pet once they realize keeping a pet actually involves "work". Get a dog because you want one and are willing to properly care for it, not because "exercise is boring."

Other than that, I guess the book says good things that you've probably heard before: Eat real foods, less meat, and exercise more. It doesn't cover anything very extensively, however, and the author says "she doesn't believe in" or is "opposed to" certain elements in a couple of sentences here and there without going into much description, while I've read other books that are pro-whatever it is and have gone into much more detail as to why it's good for you. Conflicting opinions and even research will always be present if you read multiple health books, but I'm less likely to listen to something when it doesn't give much reason behind why you should or shouldn't do something.

Other than that, I guess the only thing I took away from the book is to look into the taking of Vitamin E supplements (not that I was taking any in the first place), as it's supposedly more damaging than it is helpful.

---

## **Jules says**

No gimmicks, sound research, plenty of vegetarian options. I could do without the 20 years and 20 pounds marketing malarkey, but all books of this kind need a false promise on the cover.

---

## **Dana says**

This book explains the Dash Diet which has been around for many years and claims to have a brand new Dash Diet anti-aging program. The diet is one of the only diets proven to improve health and help with weight loss and is a very healthy diet. Despite the claims of new research and new food choices to benefit anti-aging, I see very little new information in this book. The author claims that new research shows that having healthy gut microbes will reverse the aging process and that her new plan can promote a healthy gut leading to weight loss, healthier skin and a longer life and more.

While this plan is excellent, and I do highly recommend it, I don't think it is new or remarkable. I think it is

being marketed that way because that is what people tend to want. The concept behind this diet plan is to eat a whole foods plant based diet and get a proper amount of exercise. The diet is healthy and should be very beneficial to everyone. I think that by now, most people should have heard that if we stop eating processed foods and eat real foods, mostly plants, we will be healthier. The problem is that it is much easier and more convenient to eat processed foods. I was hoping that the "Younger You Meal Plans" would be helpful, but they are not very practical. The serving sizes of the recipes range from 4 to 8 servings and the weekly plans don't allow for leftovers or using up the rest of the ingredients if you chose to cut a recipe in half or quarter it.

Despite that and despite the fact that I think the anti-aging claims are over the top, and the 10 weeks time period is rather random and just put in to get people interested, there are many things that I like about this book and this plan. The diet is well balanced and healthy and the foods included are not outrageously expensive or hard to find. Sugar is discouraged and probiotic foods are encouraged. Juicing is discouraged and so are dietary supplements.

I think that the whole book could be summed up by saying eat healthy whole foods, mostly organic if possible and exercise. I received this book free to review from Netgalley and I recommend it.

---

### Cince says

This book came to me as a winner of a Goodreads giveaway and a winner it is. Many health and diet tomes offer vague or widely general statements exclaiming improper diet will cause your body to ail. This book, while not overly long on the page numbers, is amazing in it's comprehensive depth. It doesn't just tell you to eat this way because we have researched it and we know it's good for you, it explains how different foods affect your body, why and what you can do about it. This book is the first health book that I have found (and believe me when I tell you I have read many) that I can follow based on my body's current needs. The doctor's have told me the specifics of digestive and other problems, and based on the diagnosis, I can find in The DASH Diet Younger You book exactly what I need to improve my condition to make a healthier me. Don't let the title fool you! This is not just about looking younger...it is about taking the years off on the inside as well as the outside because we are usually healthier when we are younger.

---

### Karen Potts says

Really glad I read this book. Some new ideas to consider along with an in-depth coverage of nutrition principles & practices as well as lifestyle choices that promote & maintain health & vitality. This wasn't necessarily new stuff but a great presentation & summary of how to live well. Not everything fits for me but overall it's sound for anyone.

---

### Leo Walsh says

First off, DASH -- which stands for Dietary Approaches to Stop Hypertension -- is an excellent diet. It's based on scientific research, and can be boiled down to the formulation Michael Pollan espoused in **In Defense of Food: An Eater's Manifesto**. 1) Eat food [whole, not processed -- food your great grandmother would recognize], 2) Eat mostly plant-based food, and, 3) Don't eat too much.

It doesn't have to get much more complex than that. And Pollan captures the essence of the Dash Diet in

those three sentences. Further, since he's a top-notch writer and excellent researcher, his book is captivating.

Marla Heller, on the other hand, writes like a self-help guru. Which is to say shallow, spunky, full of feel good soundbites and flirting with pseudoscientific nonsense. So **The DASH Diet Younger You: Shed 20 Years--and Pounds--in Just 10 Weeks** takes a simple, scientifically sound diet and cheeses it up.

Instead of focusing on the boring, white-bread nutrition science, she makes some spurious claims that seem silly. Like, "Following the DASH Diet will make you genetically younger!!!!" How? By lengthening your genes' telomeres, which are the ends of our strands of DNA that shorten as we age. It's a claim sort of based on science, but Heller takes it too far. And repeats it over and over like a mantra. Until I questioned the veracity of her claims. And, sure enough, it turns out that the research, while thought-provoking, is not as dramatic as Heller would have you believe.

She also makes unsubstantiated claims about GMO's, which research has found to be as healthy as non-GMO foods. While I have my reservations about GMO's -- they encourage overuse of agrochemicals and funnel money away from local agricultural enterprises, like seed shuckers, to Monsanto and Wall Street -- Heller's health objections are alarmist and non-scientific.

But I don't want to be too critical. Since Heller is very scientific when it comes to the core diet when you strip away the hype. Eating healthy will improve your life. If you eat fruits and vegetables instead of chips, you're going to be healthier and probably lose weight. Ditto if you eat cold-water fish and lean poultry instead of a fatty burger. And this healthy eating pattern will also lower your blood pressure naturally by omitting much salt and most or all refined sugar from your diet.

So I applaud Heller for popularizing the core diet.

But **The DASH Diet Younger You** just goes too far. And gets too eye-rolly and corny.

So the diet, which rates well with health and nutrition experts, gets 5-stars. But this treatment gets 3.

Disclaimer: I checked this book out from the library in error. I wanted to lose weight, and DASH won USA Today's Best Diet six years in a row. I had wanted the basic DASH Diet book, but got this and didn't realize the error until I got home. So the review may read more negative than the book warranted.

---

## Jenny says

First off I got this book through Goodreads First Reads

I think for weight loss/diet books this is one of the best I have ever read. There is a detailed meal plan with recipes which I think is a great thing for some people. Not so much me as I am a pretty picky eater but I did enjoy looking at the meal plan that was available.

Also, there were different charts at the end of the book which I found super helpful.

---

## **Sorento62 says**

Even though I didn't lose 20 pounds in 10 weeks (not even close), I think I could have if I were more consistent in following the DASH diet and the exercise and meditation habit recommendations instead of visiting Taco Bell and Dunkin' Donuts so often. I need a low salt diet to keep my feet from swelling, etc. so the DASH diet is great for me. I also appreciate the vast quantities of fruits and vegetables included in the suggested menus.

I depend on the menus and recipes in this book so much that I did not return it to the library when overdue until I had bought my own copy.

Drawbacks:

1. Pages are not at all water resistant as many cookbooks are, so it really shows the kitchen spatters.
  2. Much of the text is repetitive and/or "fluffy".
  3. Many of the recipes could use more testing and refining with regard to cooking methods and times, etc. They are good, but often are not delicious. (I made the Caribbean Chicken using thighs instead of breasts, and that one was a hit with my husband. The salads are pretty good too.)
- 

## **Crystal Hunter says**

Worthwhile read and reference.

---

## **Emily says**

Seems doable and sensible. Glad I got it at the library because it's not long or detailed enough that you'd have to keep consulting it.

---

## **Deb says**

I think this sounded like a decent diet to try. It will fit in with my high blood pressure.

---

## **N. says**

I received this book as a Goodreads Giveaway. (Hardcover)

It's a generally useful book, and easy enough to read and understand. It had research to backup its claims and enough information to make the plan seem worthwhile.

The book is broken up into three parts. The first part is basically all the research, information, background, and data to support and recommend the plan. The second part is the meal plans and recipes. The third part is about recommended lifestyle changes.



Although the bulk of the plan is plant-based, I liked that it included meat recipes as well. And I also liked that it acknowledged that some of the recommended food versions are pricier than the originals and didn't require them for the plan. The main health benefit for this plan seems to be with hypertension and metabolic disease, I didn't really find anything that was specifically about anti-aging other than the fact that by being healthier in general it will help you look and feel younger.

The book was okay, but I did find it a bit repetitive. It spends a good deal of time trying to convince the reader of the benefits of the DASH diet plans, which I feel is unnecessary since anyone willing to read the book would probably already be open to trying it.

Overall I would recommend it. Be aware that it is more of an informative book than a specific day-to-day plan; it offers advice on lifestyle, exercise, and meal planning but leaves the specifics up to the reader to figure out how to best incorporate the plan into their lives.

---