

Dear Doctor:

We would like to provide you with some information about our online wellness and nutrition education program called ***DASH for Health***. Developed by my team of nutrition specialists at Boston University Medical Center and Duke University School of Medicine, the program provides, over the internet, information about healthy nutrition and exercise habits. All our advice is consistent with accepted principles and guidelines. Our dietary advice is based on the DASH diet, which encourages fruit, vegetables, and low-fat dairy foods. The DASH diet has been shown to lower blood pressure, cholesterol, and homocysteine levels and is suitable for diabetics. It is recommended in the JNC 7 Hypertension and Treatment Guidelines and is recommended by the American Heart Association. The [National Institutes of Health](#) has a web page about DASH if you would like more information about this dietary pattern. Nutritionists commonly recommend the DASH diet as a template for general, healthy nutrition counseling. In our experience with over 4000 enrollees in a 2-year pilot study, we found that participants in ***DASH for Health*** showed significant blood pressure lowering and weight loss, as well as significant improvements in intake of fruits, vegetables, and whole grain products.

Our program is designed to be suitable and safe for a wide audience. But we cannot know your patients as well as you can, and we do not intend to provide medical advice to your patients. We tell the participants in our program that, if we suggest something that seems to differ from what you have advised, they should follow your advice until they have a chance to talk to you about it.

If you have any questions about ***DASH for Health***, please email me at [tmoore@bu.edu](mailto:tmoore@bu.edu)

Sincerely,

A handwritten signature in black ink that reads "Thomas J. Moore". The signature is written in a cursive style with a large, prominent "T" and "M".

Thomas J. Moore, M.D.

*Director, **DASH for Health***