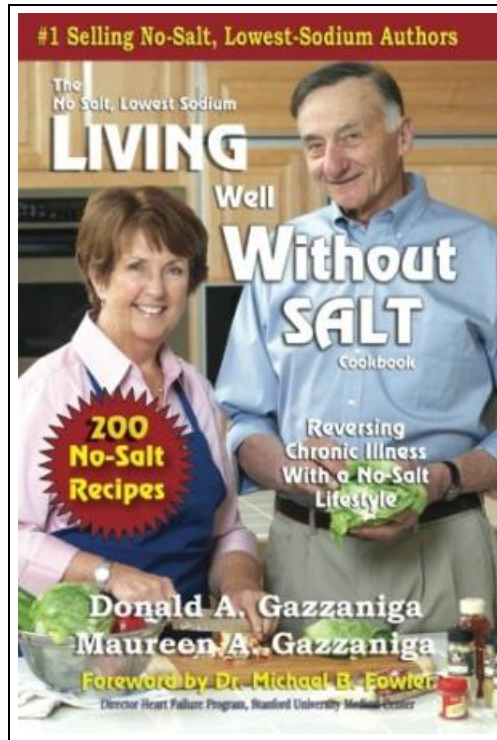


Living Well Without Salt: No Salt, Lowest Sodium Cookbook Series



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Reviews

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LIVING WELL WITHOUT SALT: NO SALT, LOWEST SODIUM COOKBOOK SERIES



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 448 pages. Dimensions: 8.8in. x 6.0in. x 1.2in. Living Well Without Salt was written by Donald Gazzaniga, the creator of our current no salt world. He was first to write a no salt, lowest sodium cookbook aimed at helping those who needed to cut salt out of their lives for survival or an improved lifestyle. He was the first on the Internet with a no-salt Web site in 1997: www.megaheart.com. Since then he has responded to more than 100,000 E-mails and letters from those who needed help converting to a no salt lifestyle. They also provided the author with a sense of the positive responses visitors were having when using his 28-day meal planning guide and his recipes. Like his own experience, many visitors had reversed heart disease, hypertension. Added benefits were realized by Menieres patients who had been able to control their debilitating dizziness. Below is from the back cover of his new book, Living Well Without Salt. This book contains 200 of Dons best recipes and it also helps guide readers with a great deal of information based mostly on Dons experience at reversing his congestive heart disease. Reverse Heart Disease Stop Menieres dizziness Prevent or reverse hypertension How to develop a no-salt lifestyle Carb Choices rating for each recipe Vegetarian rating for each recipe Foreword by Dr. Michael B. Fowler Introduction by professional chef Scott Leysath Survival lessons learned by the author Surviving your diagnosis How to eat out in America What and Where to buy low-sodium foods 134 of Chef Dons Best recipes A glossary of terms, foods, nutrients and more Internet support No human population has ever been offered salt as a public health measure, for the very good...



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