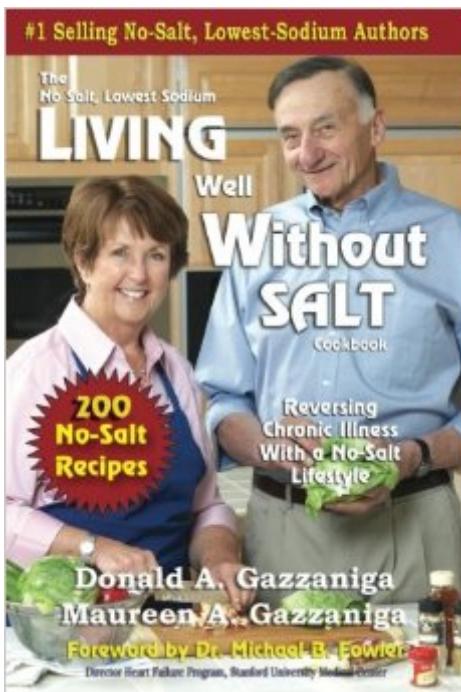


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# Living Well Without Salt: No Salt, Lowest Sodium Cookbook Series



## Synopsis

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](http://www.megaheart.com). Since then he's 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 Meniere's 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 Don's best recipes and it also helps guide readers with a great deal of information based mostly on Don's experience at reversing his congestive heart disease. Reverse Heart Disease Stop Meniereâ™s 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 & Where to buy low-sodium foods 134 of Chef Donâ™s 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 reason that we have no evidence that any human population needs it." â" Dr. Trevor Beard, Salt Skip Program, Australia "I work in a heart failure clinic. We have all of your books in our clinic. They are such a big help in showing patients that they can still eat the foods they like in a lower sodium version and improve their health. Thank you for all of your help." â" Dawn M. Wicke, CHF Clinic, Patient care Partner "Wow, stopped using salt and my Meniereâ™s dizziness is gone. So wonderful. Thank you." â" Flip Manne, President

## Book Information

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## Customer Reviews

This is the latest in a series of 5 cookbooks by this author. I have all 5 and they have been an absolute lifesaver!!! His recipes are wonderful and there's a very big variety. The first part of this book tells you his story and how he came to needing a very low sodium diet. It also explains the ways that too much sodium can damage our bodies and the overall health benefits of reducing it in our diets. Very informative and very interesting too. Some of his other book have more recipes in them - the baking book is wonderful for anyone who loves to bake - but all of the recipes I've tried from this book so far are excellent. One of the best things about these cookbooks is that beside every ingredient in his recipes, he lists the amount of sodium in that ingredient. Talk about a fantastic way to help you get used to remembering how much sodium is in certain food items. When you see it over and over in the recipes, it sticks! It also makes it very easy to recalculate the sodium level in the nutritionals if you decide to substitute any ingredients. And speaking of nutritional information, each and every recipe has a very comprehensive list of the nutritional value that includes calories, fat, sodium, protein, carbohydrates, sugar, Cholesterol, Potassium, etc. Another great thing is that he's ALWAYS been available whenever I have a question. If you email him through his website he's always very quick to respond - usually within a day - and very willing to help in any way he can. Learning to eat low sodium can be daunting but with these cookbooks, and with chef Don's assistance, it's been a much easier transition. I would definitely recommend ALL of chef Don's cookbooks to anyone that needs to eat a very low sodium diet, or to anyone that just wants to eat healthier. He not only watches the sodium level for each recipe, he's very attentive to the amount of fat in the recipe and many of the recipes offer notes on how to make it diabetic friendly. His cookbooks have been a lifesaver in learning to live low sodium and I can't thank him enough!!

After receiving Living w/o Salt, I quickly sent to .com for the rest of Don Gazzaniga's books. How exciting to find cookbooks written by someone who "walked" the heart failure path first. I have already chosen some favorite meals and can look forward to many meals that will not add more

sodium to my life, usually added by the food industry. My only problem is that there just aren't days in the week to try each of the recipes. (smile). Don is always available by email and answers within a day or so, ready to share his experiences, his recipes and his encouragement. I was so discouraged with my diagnosis of Systolic heart failure, and after finding Don and his excellent books, written in such a way that I feel that he is in the room discussing all of this with me, I now have hope that I can manage my own health, when the doctors said there is nothing they can do for me. Thank you, Don, for putting your many talents to work for we who suffer. I am now ordering the books to donate to my library, for those who have not yet met Don and his wife.

I am just so grateful to Mr. Gazzaniga for all his time and effort expended in compiling this cookbook. I have two other cookbooks he has written and use them all the time. It makes preparing low sodium possible when otherwise I would not have that many options. I purchased this particular cookbook because of the cracker recipes in the book. I have a lot of difficulty finding low sodium crackers and am looking forward to trying the recipes.

Haven't had time to make the recipes yet but from reading the book (love to read cookbooks just like it were a novel) what I like is that you can tell they actually made these meals themselves so they sound "family tested".

While the info in this book is more than relevant and helpful, the editing was virtually non-existent--so be warned! Entire paragraphs are duplicated right after each other; recipe instructions call for the addition of ingredients that are not listed in the list of ingredients for the recipe; page numbers for items given in the index do not match the page the recipe is actually on; and there are countless typos--including the word "CHROMIC" that is on the cover of the book, that is supposed to be "CHRONIC"--you get the idea. It is as though grammar school children assembled this information and then never took a second look at it before it went to the publisher. That being said, if you can get over these frustrations that arise when using the book, then you will have a valuable addition to your cookbook resources. The book contains much general and specific health info; an extensive glossary to define the terms and ingredients discussed in the health section; long lists of suppliers for low- and no-sodium foods; nutrient data; lists of foods one CAN eat, if they are curtailing sodium consumption; info on interpreting FDA labels, etc., in addition to the recipes. I was very pleased to discover a simple recipe to replace soy sauce that utilizes only molasses, rice vinegar, fresh garlic and onion powder. For my stir-frying purposes this one recipe

was worth the cost of the book. So, do not throw out the baby with the bath water, as it were. Distill the information, turning a blind eye to the presentation. and forge ahead on the path to better health!

Excellent resource for a person beginning to learn how to live a low sodium lifestyle. Very helpful recipes that add to the Gazzangia's cookbook collection. If you need to get started and get serious about getting your sodium intake under control, this is the book you should start with.

My husband has been able to decrease his blood pressure meds (diuretic type) and has lost most of the edema in his feet and lower legs after a month following the dietary info provided by Gazzaniga. I would recommend his other books and website resources also.

Excellent book that confronts the dilemmas of managing food for specific illnesses and still being able to enjoy a decent meal. The abundance of research and information offered is amazing, as is the story of the author. A good read, informative and helpful for those of us who have to manage menus without using salt.

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