



The No-Salt, Lowest-Sodium Cookbook

By Donald A. Gazzaniga

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The No-Salt, Lowest-Sodium Cookbook By Donald A. Gazzaniga

Donald Gazzaniga, diagnosed with congestive heart failure, was headed for a heart transplant - the only effective medical treatment. Urged by his doctor to keep his sodium intake "under 1,500-2000 mg. a day," Don headed for the kitchen and went to work. Aware that cutting out table salt is the barest beginning of a true low-sodium diet, Don devised recipes for delicious low-sodium dishes that added up to less than 500 mg. daily, 70% lower than those in other low-sodium cookbooks. The result? Don's name has been removed from the transplant list and his doctors believe that his diet played a significant role.

The No-Salt, Lowest-Sodium Cookbook contains:

- * Hundreds of good tasting, easy-to-make recipes
- * An introduction by Dr. Sandra Barbour of the Kaiser Permanente Foundation
- * Advice on finding low-sodium prepared foods, eating in restaurants, etc.
- * Accurate sodium content of every ingredient and of the total servings
- * A twenty-eight-day low-sodium menu planner by Dr. Jeannie Gazzaniga, Ph.D., R.D.

This book is for informational purposes only. Readers are advised to consult a physician before making any major change in diet.

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The No-Salt, Lowest-Sodium Cookbook By Donald A. Gazzaniga Bibliography

- Sales Rank: #20409 in Books
- Brand: Gazzaniga, Donald A.
- Published on: 2002-07-31
- Released on: 2002-07-31
- Original language: English
- Number of items: 1
- Dimensions: 9.18" h x 1.20" w x 6.14" l, 1.08 pounds
- Binding: Paperback
- 432 pages

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Editorial Review

From Publishers Weekly

Even though it's a cookbook, this work reads like high drama: Gazzaniga suffered from heart failure, a condition that can in some cases necessitate a heart transplant; but because he successfully controlled his salt and sodium intake, he has restored his health. Gazzaniga realized that he'd first have to adapt his tastes and cravings to new flavors and textures. Cream, soy sauce, ketchup and commercial breads were just a few things that had to be eliminated, but as he avers, "All is not lost." Gazzaniga bakes all his own breads with a lowest-sodium baking powder, buys no-salt canned goods from the health-food store and has even found an acceptable no-salt ketchup. It may take some extra planning and shopping, but, he promises, readers will find his wide-ranging recipes (Chicken in Almond Sauce, Scampi in Wine, Snake River Carrot Salad, and Way Good Oatmeal Cookies) more than worth it. With personal flourishes and encouragement and detailed sodium-content information, Gazzaniga dishes up a cookbook that's much more creative and satisfying than its dry, even didactic, title may lead one to believe. (Jan. 12)

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Review

A congestive heart failure survivor becomes a no-salt cooking guru and proves you don't have to sacrifice flavor to cut salt. He shares his journey to better health and his favorite low-sodium recipes. -- Marsha McCulloch, M.S., R.D., Meredith Publications, Heart Healthy Magazine, Spring, 2009.

Even though it's a cookbook, this work reads like high drama: Gazzaniga suffered from heart failure, a condition that can in some cases necessitate a heart transplant; but because he successfully controlled his salt and sodium intake, he has restored his health. - Publishers Weekly (Jan.12)

"Gazzaniga has already received rave reviews of his 28-day meal planning guide from readers and visitors to his Web site (megaheart.com) whose improvement has seemed miraculous to them." -- Neil Miller, USC Trojan Family Magazine, winter 2001

"Recommended for most consumer health and diet collections." Pauline Baughman, Library Journal, Copyright 2003 Reed Business Information

"With personal flourishes and encouragement and detailed sodium-content information, Gazzaniga dishes up a cookbook that's ...creative and satisfying." *Publishers Weekly*

From the Author

It is Thanksgiving week, 2011. I have lived fifteen years longer than I was first diagnosed to live in January of 1997. In that time I have met thirteen new grandchildren and learned to do things I always wanted to do, like oil painting, playing a saxophone, cruising around in my own bass boat and generally enjoying life. I have reversed my heart disease. From a close-encounter with a transplant to my activities today is rather amazing. I credit four things for this.

1. Consuming no salt. Absolutely no salt. Sodium levels at or below 500 mg per day.
2. Heart medications including Carvidilol, Cozaar and digitalis.

3. Exercise daily.

4. Do something new every day or at least try to learn something new. In other words, keep the brain active as well as the body.

The recipes I have created over the past fifteen years have helped others as well. Please read the testimonials at megaheart.com for confirmation. They are each unsolicited and each is there with the permission of those who sent them to me at their own volition.

This cookbook and the other books in this series will help you recover. And you will note many testimonials come from those with Meniere's Syndrome, hypertension, diabetes and other maladies. When I first wrote this book I thought only of heart disease. I have learned since that a multitude of diseases are helped with a no-salt, low-sodium lifestyle.

I encourage you to at least give it a try. Check this or one of the other books out of your library or download an E-book version of *Living Well Without Salt* or go ahead and order a copy from your favorite online book dealer or a bookstore. The *Living Well* book offers many pointers on how to reverse your heart disease or stop the dizziness created by Meniere's. Each of the books in this series is chock full of great information as well as superb no-salt recipes. And by the way, we don't use any ingredients with salt in them, either.

I am always available to help you get started via E-mail. Just write from the Web site and I'll get back to you ASAP.

Users Review

From reader reviews:

Robert Johnson:

Here thing why this specific The No-Salt, Lowest-Sodium Cookbook are different and trustworthy to be yours. First of all studying a book is good but it depends in the content from it which is the content is as scrumptious as food or not. The No-Salt, Lowest-Sodium Cookbook giving you information deeper and different ways, you can find any e-book out there but there is no guide that similar with The No-Salt, Lowest-Sodium Cookbook. It gives you thrill looking at journey, its open up your eyes about the thing this happened in the world which is might be can be happened around you. You can actually bring everywhere like in park your car, café, or even in your technique home by train. Should you be having difficulties in bringing the branded book maybe the form of The No-Salt, Lowest-Sodium Cookbook in e-book can be your alternative.

Lewis Dall:

Information is provisions for folks to get better life, information presently can get by anyone in everywhere. The information can be a information or any news even restricted. What people must be consider while those information which is within the former life are challenging to be find than now is taking seriously which one would work to believe or which one the actual resource are convinced. If you obtain the unstable resource

then you have it as your main information you will see huge disadvantage for you. All of those possibilities will not happen with you if you take The No-Salt, Lowest-Sodium Cookbook as the daily resource information.

Samuel Gorman:

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Amelia Page:

In this time globalization it is important to someone to obtain information. The information will make professionals understand the condition of the world. The condition of the world makes the information quicker to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publisher this print many kinds of book. Typically the book that recommended for your requirements is The No-Salt, Lowest-Sodium Cookbook this reserve consist a lot of the information of the condition of this world now. This book was represented how do the world has grown up. The words styles that writer use to explain it is easy to understand. The particular writer made some study when he makes this book. Honestly, that is why this book appropriate all of you.

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