

Living Well Without Salt - , Maureen A Gazzaniga

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200 No-Salt, Lowest-Sodium recipes plus an entire section of how to reverse heart disease, stop dizziness from Meniere's and where and what to buy and eat plus a dictionary (glossary) all the medical and food terms you'll run into during your recovery. From the best selling author of the world's first heart-saving no-salt, lowest-sodium cookbooks, published by Macmillan-St. Martin's, Living Well Without Salt in e-book format offers a guide to reversing heart disease, stopping the dizziness caused by Meniere's Syndrome and step by step how to recover to a full and active life. Author: Gazzaniga, Donald A Author: Gazzaniga, Maureen A Publisher: Arrowhead Classics Publishing Co. Illustration: N Language: ENG Title: Living Well Without Salt Pages: 00000 (Encrypted EPUB) On Sale: 2011-11-29 SKU-13/ISBN: 9781886571303 Category: Cooking : Health & Healing - Low Salt Category: Cooking : Health & Healing - Heart

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