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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 bar

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The No Salt Lowest Sodium Cookbook Donald A Gazzaniga

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.

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If you have a "salt tooth," you can learn to prefer low-sodium food just by eating it. Within two months your tastes should adjust to the point where you won't miss the salt. Removing salt can bring out flavors that have been hidden by the salt.

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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.

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