

Get the Salt Out: 501 Simple Ways to Cut the Salt Out of Any Diet, 9780307556349, Potter/TenSpeed/Harmony, 2010, Ann Louise Gittleman, Ph.D., C.N.S., 240 pages, 2010

Gittleman's book proves effective because it focuses on cutting refined sugar out of the diet. Refined sugar has been stripped (over 90 percent) of its natural ingredient and is a man-made, processed chemical that can lead the body to many illnesses. The body has zero use for refined sugar. This book does not read like a story. Who knew there is sugar in table salt! I ended up (gladly) throwing away half of the food in my kitchen. Get the Sugar out is extremely informative even if you don't want to cut your sugar to that extreme. It's very easy to read and understand. It is chock full of great tips and recipes which are also very simple to follow and tasty too! Anne Gittleman also does a great job of offering brand names so you know what to look for when your shopping. Get the salt out by Ann Louise Gittleman, unknown edition Hooray! You've discovered a title that's missing from our library . Can you help donate a copy? If you own this book, you can mail it to our address below. You can also purchase this book from a vendor and ship it to our address: Internet Archive Open Library Book Donations 300 Funston Avenue San Francisco, CA 94118. Better World Books. The Salt Solution Diet: Break your salt addiction so you can lose weight, get your energy back, and live longer! is a promotional item. To increase sales of the product. It can make you love it. The Salt Solution Diet: Break your salt addiction so you can lose weight, get your energy back, and live longer! is a great product. Quality of work. Corresponds to a very And that it is affordable. I bought it from the Internet to use The Salt Solution Diet: Break your salt addiction so you can lose weight, get your energy back, and live longer! . And it makes me very impressed. I introduced people I While salt is necessary for both bodily and cellular function, and is certainly crucial to the satisfying taste of some of our favorite foods, recent research shows that its excess consumption can also lead to hypertension, strokes, and a variety of cardiovascular problems. In Get the Salt Out, nationally recognized nutritionist Ann Louise Gittleman reveals 501 ways to avoid excess salt intake by serving a variety of delicious. that both your taste buds and your body can truly savor! From the Trade Paperback edition. Personal Review: Get the Salt Out: 501 Simple Ways to Cut the Salt Out of Any Diet by Ann Louise Phd Cns Gittleman "Get I have a number of low-salt cookbooks, but this book is the best in combining recipes with solid suggestions. In Get the Salt Out, nationally recognized nutritionist Ann Louise Gittleman reveals 501 ways to avoid excess salt intake by serving a variety of delicious low-sodium foods, taking advantage of tasty salt substitutes and steering clear of many surprising hidden sources of salt. She provides more than fifty delicious recipes for low-sodium foods, which will add healthful new staples to the diet of anyone who wants to "get the salt out." Other features include: Advice on how to use herbs effectively to reduce sodium intake, Tips for reading labels to expose salt where it is hidden in ingredie