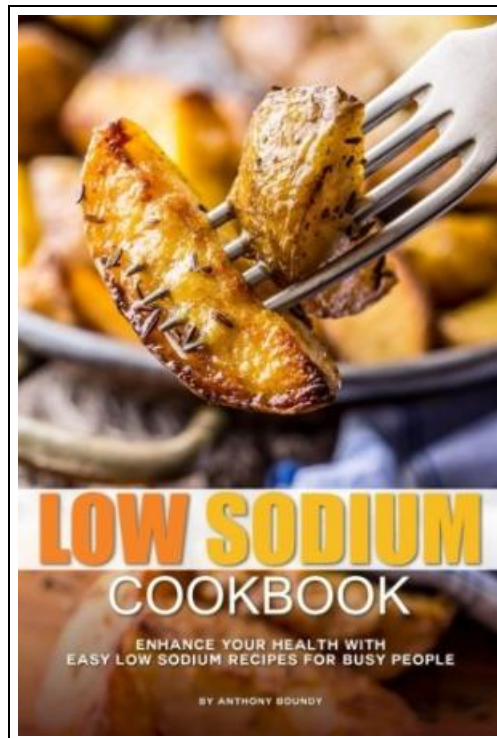


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Reviews



This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Aliya Franecki)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Sodium is a matter, especially for those who are suffering from hypertension and kidney diseases-not to mention heart and other body organs. For many decades, people are advised to give up sodium in their diet. What is sodium actually? Is it bad so you must avoid it? This Low Sodium book is specially written to satisfy everyone's curiosity about sodium. In this book, you will get thorough explanations about sodium and its role in our body metabolism. Besides, this book also serves the suggested amount of sodium consumption each day. Too much of anything is never good. Sodium is no exception. It will also give side effects if you consume it more than the recommended portion. Completed with food list as well as tips and tricks, this book will be a good partner for you in dealing with sodium. By purchasing this book, you will also get some help in preparing good low sodium food from your kitchen. This book is completed with lots of recipes that you can try for you and your beloved ones. With a brief explanation and nutritional information for each recipe, you will not find any difficulties in practicing the recipes. Don't worry, all the recipes have been tried in our kitchen and they taste good. Have this book and start having a healthier eating habit in your life. Be healthy, be low sodium!.

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