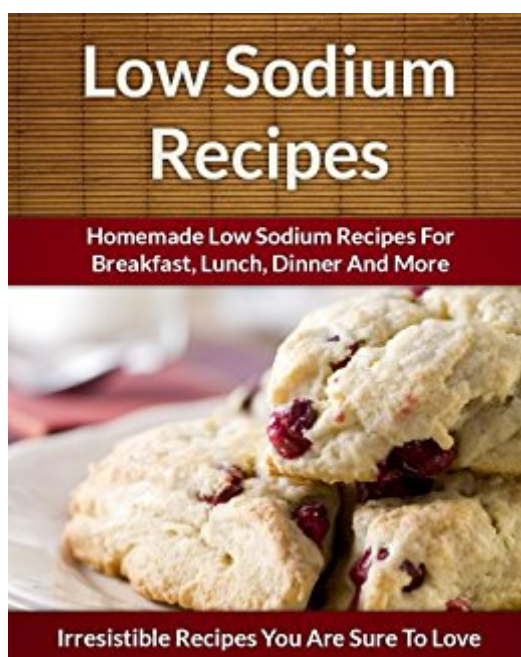


The book was found

Low-Sodium Recipes: Decadent Sodium Free, Breakfast, Lunch, Dinner And More (The Easy Recipe)



Synopsis

So what does excessive amounts of sodium do to your body? Sodium is responsible for regulating your blood pressure and the normal function of your health. A regulated blood pressure means a better functioning heart and your organs working together to help you perform closer to your peak. What happens if you consistently consume sodium well above the recommended limit? If you have too much sodium, your blood pressure increases to levels that can start affecting your organs such as your heart, kidneys, and more. You could have an increased chance of a stroke, heart failure, kidney stones, and several other diseases that could start popping up in your later years. The idea of suffering these diseases is quite grim, so we'll consider that a sufficient cautionary tale. Enjoy the sodium-free breakfasts, lunches, dinners and more!

Book Information

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Customer Reviews

This set of recipes look great and I appreciate that household measurements are used rather than metric. However, I would have liked to see an analysis of the amount of sodium each recipe

contains. When the claim is made for "sodium-free," it means the product contains no more than 5 milligrams of sodium in each serving. There is nothing shown to back up that claim. The 3 stars are for the variety of recipes but the rating would have been higher if the sodium content was displayed.

I have high blood pressure and need to eat low sodium food and this book has some really great recipes in it that are good for you too.

Helpful for us but many recipes just not to our taste but would be to others

If I had spent more than a dollar for this, I would have been extremely upset. Save your money!

Beautiful pictures, easy link table of contents and an assortment of recipes to try. Just downloaded it and checked the formatting as others have complained on Kindles but on my Kindle Fire HDX it is perfect!! Look forward to trying the recipes!

It's ok

This book is practically useless to those of us who have serious medical diseases that require monitoring of sodium intake each day.

Loved recipes but no nutritional info ruined it for me. Worth buying if u want to do all the math.

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