

December 2010

NEW LIVING WELL WITHOUT SALT COOKBOOK FEATURES 134 RECIPES And A "How To" Guide For Those Who Need To Lower Their Salt & Sodium Intake

In January of 1997, Donald Gazzaniga of Auburn, California was diagnosed with terminal heart disease. His only chance for survival he was told, was a heart transplant.

But Gazzaniga, who was a filmmaker and writer in the motion picture business, changed his life's course and became a Chef. Not because he liked to cook for commercial purposes, but, instead, because he hoped changing his diet from a high intake of sodium to a very low level would save his life. "Nearly everyone in America is eating way too much sodium," he explains. "Salt is added to nearly everything we eat and that's not healthy."

Other than his cardiologist, Dr. Michael Fowler at Stanford Heart Clinic, few believed his proposal would work.

However, while he was being worked up for a heart transplant something did in fact change and all to the amazement of the medical staff. His heart was returning to normal size. "Dr. Fowler is the one who got me thinking about drastically lowering my salt intake. I guess I was the first one to really try to it and stick with it."

Gazzaniga had completely stopped eating salt and had balanced his diet to consume fewer than 500 mg of sodium a day (the average American consumes 4,000 to 6,000 mg a day), yet get all the other required daily levels of nutrients. And it worked. Gazzaniga avoided the heart transplant and his heart condition lessened and he now leads a normal life.

Concurrently with his no-salt regimen Gazzaniga developed a Web site, Megaheart.com, that drew in thousands of members who were seeking ways to lower their sodium intake as well.

Gazzaniga's was the first low sodium site on the Web. He developed an online dietary plan, provided new recipes and was encouraged by his members to get a no salt cookbook published. None existed on the market that would fulfill the nutrition needs of users as well as cutting down sodium.

That's when the No-Salt, Lowest-Sodium Cookbook series started.

Today, Gazzaniga is known as the "pioneer" of no salt cooking and he has become world famous in that arena.

This month Gazzaniga, who has fast become the leading authority on no-salt, low-sodium cooking, has just released his fifth no-salt, lowest sodium recipe book -- "Living Well Without Salt" -- and, once again, he and his wife, Maureen, have produced a wide-range of kitchen-tested meals that will please everyone's palate despite the fact that all of the recipes are intentionally designed to have the very minimum sodium and salt content.

"Health experts are finally beginning to take serious note of how dangerous too much salt can be in the American diet," Gazzaniga says.

"It was early on in my no salt campaign that I was determined to develop recipes that were tasty but were strictly low in sodium. With the help of my understanding and patient wife, Maureen, we developed hundreds of recipes that resulted in our first cookbook, "The No-Salt, Lowest Sodium Cookbook."

That book was so successful that it was followed by three more, "The No-Salt, Lowest Sodium Baking Book," "The No-Salt, Lowest Sodium Light Meals Book," and "The No-Salt, Lowest Sodium International Cookbook." In addition, Gazzaniga's website, www.megaheart.com, features recipes, no-salt health tips and other pertinent information for those seeking to lower their salt/sodium intake.

"All in all we probably have developed and tested more than a thousand no-salt, low sodium recipes," Gazzaniga says. "The new book has 134 new recipes, from party sandwiches and hot buffalo wings to chocolate scones and Boston baked beans. There's no reason people can't enjoy a wide variety of tasty foods while keeping the dishes salt free and healthy."

In addition to the recipes, the new book is an expository about Gazzaniga's trip from first diagnosis to his high energy output today. He has chapters on High Blood Pressure and Salt, Salt Myths, Eating Out in America, What We Can Eat, and much more. It also has a forward by Dr. Michael B. Fowler, director of the heart failure program at Stanford University Medical Center.

The book is available at all book stores or via the Internet at Amazon, Barnes & Noble, Megaheart.com, and other book sites. It is also available for Kindle and most eBooks.