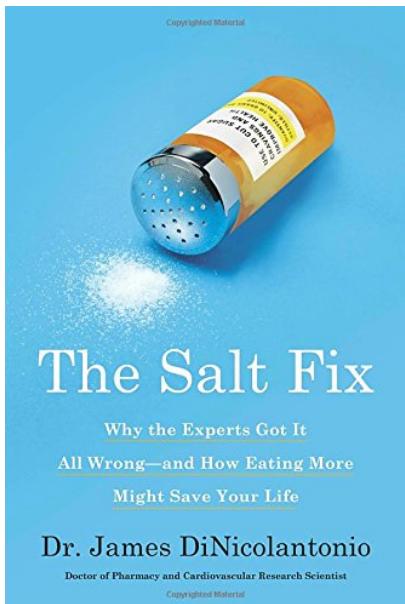


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by Dr. James DiNicolantonio : **The Salt Fix: Why the Experts Got It All Wrong--and How Eating More Might Save Your Life**

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Description :

PDF-ba077 | We've all heard the recommendation: eat no more than a teaspoon of salt a day for a healthy heart. Health-conscious Americans have hewn to the conventional wisdom—that your salt shaker can put you on the fast track to a heart attack—and have suffered through bland but ‘heart-healthy’ dinners as a result. What if the low-salt advice is wrong? Dr. James DiNicolantonio, a leading cardiova... *The Salt Fix: Why the Experts Got It All Wrong--and How Eating More Might Save Your Life*

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