



## Food Addiction: Breaking the Addiction to Salt: How to Eat Less Salt to Live a Healthier Life (Paperback)

---

By Ron Kness

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Your body needs sodium (salt) to live, so it deserves a place in your diet. Unfortunately, because of the modern day preference for fast, processed foods over veggies and fruits, you are probably getting too much salt in your diet. That over-consumption in turn can lead to multiple health issues. High blood pressure, osteoporosis, asthma, kidney disease, kidney stones, diabetes and vascular dementia all are related to a high salt diet. The good news is that in some cases, the effects of these diseases can be reversed or at least minimized by reducing the intake of salt. In this book we show you the foods you should be eating and how to prepare them so that you can stay within the guidelines for salt consumption. It isn't too late to tack your health back! Start today for a healthier tomorrow!.

DOWNLOAD



READ ONLINE  
[ 5.5 MB ]

### Reviews

*If you need to adding benefit, a must buy book. It really is writter in straightforward words and phrases and not confusing. You will not feel monotony at anytime of your respective time (that's what catalogues are for concerning if you ask me).*

-- **Dr. Celestino Treutel**

*This publication is very gripping and exciting. Better then never, though i am quite late in start reading this one. I am very happy to inform you that here is the finest pdf i actually have read inside my very own daily life and could be he greatest publication for actually.*

-- **Dayana Aufderhar**