



# No-Salt, Lowest-Sodium Barbecue & Grilling Cookbook (Volume 6)

*Donald A Gazzaniga*

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## **No-Salt, Lowest-Sodium Barbecue & Grilling Cookbook (Volume 6)** Donald A Gazzaniga

Two-hundred plus recipes for outdoor living including grilled meat, vegetables, side dishes, desserts, Dutch Oven recipes and more. Author Gazzaniga survived a terminal heart disease diagnosis and created a no-salt program that has saved thousands of lives and helped scores of heart patients to avoid a heart transplant. Together with his wife they have created six no-salt books, each one dealing with special recipes they created, tested and published. Featured in national magazines, on TV and radio, The No-Salt, Lowest-Sodium lifestyle is becoming more and more an acceptable way of life for all who want to live a longer and healthier life. Patients with Meniere's Syndrome, Nephrotic syndrome, kidney and liver ailments and other maladies requiring a no salt lifestyle have returned to health after adopting Gazzaniga's no-salt lifestyle. "It worked for thousands of us," he says, "and it's a forever way to live that requires very little effort."

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