



# **The Salt Solution Diet: Break your salt addiction so you can lose weight, get your energy back, and live longer!**

*Heather K. Jones, The Editors of Prevention*

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BEAT BLOAT, SHED POUNDS, AND SLASH SALT FOR GOOD!

Salt is tasty and addictive, and even though it has zero calories of its own, it could be responsible for sabotaging your weight loss efforts. Hidden in foods you'd least expect (even in "diet" foods), salt is everywhere--and it's devastating your health and your waistline. But there are simple ways to nix the sodium and lower your risk for high blood pressure, obesity, diabetes, and other health issues while you're at it.

Low salt does not mean low flavor! In this book, you'll find recipes and quick fixes for more than 75 simple and delicious meals, including Sweet Potato Pancakes, Pork Tenderloin with Avocado Salad, Rosemary Salmon, Pumpkin-Maple Cheesecake, and Banana Nut Cake.

*The Salt Solution Diet* also serves as a store guide, helping you navigate your way through supermarket aisles and drive-thru menus, so you know which packaged and restaurant foods (yes, you can still have them) are the best ones for you and your health.

Thanks to *The Salt Solution Diet* slimming down and sidestepping disease has never been easier or more delicious. Here is the fix your health, diet, and waist-line have been looking for!

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**Eugene Glover:**

The book *The Salt Solution Diet: Break your salt addiction so you can lose weight, get your energy back, and live longer!* make one feel enjoy for your spare time. You can use to make your capable a lot more increase. Book can for being your best friend when you getting anxiety or having big problem together with your subject. If you can make studying a book *The Salt Solution Diet: Break your salt addiction so you can lose weight, get your energy back, and live longer!* being your habit, you can get more advantages, like add your own personal capable, increase your knowledge about a few or all subjects. You could know everything if you like start and read a book *The Salt Solution Diet: Break your salt addiction so you can lose weight, get your energy back, and live longer!*. Kinds of book are several. It means that, science e-book or encyclopedia or other people. So , how do you think about this guide?

**Lisa Gonzales:**

As people who live in the particular modest era should be change about what going on or details even knowledge to make them keep up with the era that is certainly always change and advance. Some of you maybe may update themselves by reading through books. It is a good choice for you personally but the problems coming to you is you don't know which one you should start with. This *The Salt Solution Diet: Break your salt addiction so you can lose weight, get your energy back, and live longer!* is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and need in this era.

**Kevin Ostby:**

This *The Salt Solution Diet: Break your salt addiction so you can lose weight, get your energy back, and live longer!* are generally reliable for you who want to be a successful person, why. The explanation of this *The Salt Solution Diet: Break your salt addiction so you can lose weight, get your energy back, and live longer!* can be on the list of great books you must have is giving you more than just simple reading through food but feed anyone with information that probably will shock your preceding knowledge. This book is handy, you can bring it everywhere you go and whenever your conditions both in e-book and printed ones. Beside that this *The Salt Solution Diet: Break your salt addiction so you can lose weight, get your energy back, and live longer!* forcing you to have an enormous of experience such as rich vocabulary, giving you test of critical thinking that we know it useful in your day exercise. So , let's have it and luxuriate in reading.

**Douglas Elem:**

A lot of people always spent their particular free time to vacation or even go to the outside with them family or their friend. Do you know? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you would like try to find a new activity this is look different you can read a new book. It is really fun for you personally. If you enjoy the book you read you can spent all day

long to reading a publication. The book *The Salt Solution Diet: Break your salt addiction so you can lose weight, get your energy back, and live longer!* it is rather good to read. There are a lot of those who recommended this book. These were enjoying reading this book. When you did not have enough space bringing this book you can buy the actual e-book. You can more simply to read this book out of your smart phone. The price is not too expensive but this book features high quality.

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