



Low Sodium Foods: The Ultimate Low Sodium Guide for Healthy and Nutritious Low Sodium Diet That Helps to Avoid the Dangerous Low Sodium Levels with Tips to Maintaining the Daily Recommended Sodium Levels

By Pamela Stevens

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****. Do you crave for salty foods? If yes, your diet is high in sodium content. Yes, high sodium diet increases the risk of high blood pressure in particular groups of people. As a matter of fact, it may also complicate certain medical conditions. However, the truth is that Salt (or sodium chloride as it is technically known) is the primary source of sodium in our diet. And like all habits, your salt craving is a learned behavior, absolutely, you read that well. It is a learned behavior, which can be unlearned by making appropriate changes to your diet. Without a shadow of doubt. today, a countless number of people's favorite foods are apt to be high in sodium and to tell you the truth, it is not the healthiest type of foods! Nonetheless, to the healthy foods, sodium is also necessary; on the other hand, it has no harm if one uses proper amounts, as one actually need it to survive. Yes, the truth is that Sodium helps us maintain the balance of fluids in our body, besides;...



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