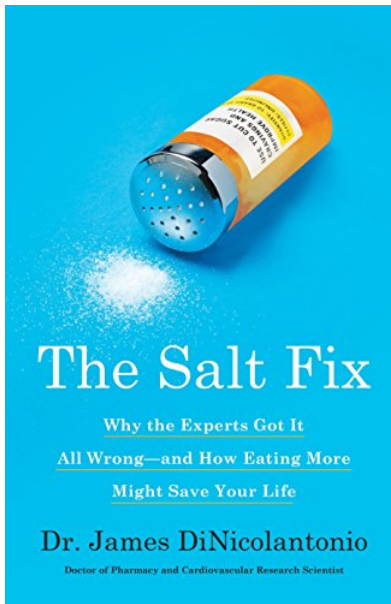


[Free PDF File] The Salt Fix: Why the Experts Got It All Wrong--and How Eating More Might Save Your Life



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We've all heard the recommendation: eat no more than a teaspoon of salt a day for a healthy heart. Health-conscious Americans have heeded 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 cardiovascular research scientist, has reviewed over 500 publications to unravel the impact of salt on blood pressure and heart disease. He's reached a startling conclusion: The vast majority of us don't need to watch our salt intake. In fact, for most of us, more salt would be advantageous to your health. The Salt Fix tells the remarkable story of how salt became unfairly demonized—a never-before-told drama of competing egos and interests—and took the fall for another white crystal: sugar. In fact, too little salt can: Cause you to crave sugar and refined carbs. Send the body into semi-starvation mode. Lead to weight gain, insulin resistance, type 2 diabetes, cardiovascular disease, chronic kidney disease, and increased blood pressure and heart rate. On the other hand, eating the salt your body desires can: Improve everything from your sleep, energy, and mental focus to your fitness, fertility, and sexual performance. And stave off common chronic illnesses, including heart disease. Dr. DiNicolantonio shows the best ways to add salt back into your diet, offering his transformative five-step program for recalibrating your salt thermostat to achieve your unique, ideal salt intake. Science has moved on from the low-salt dogma, and so should your life may depend on it.

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