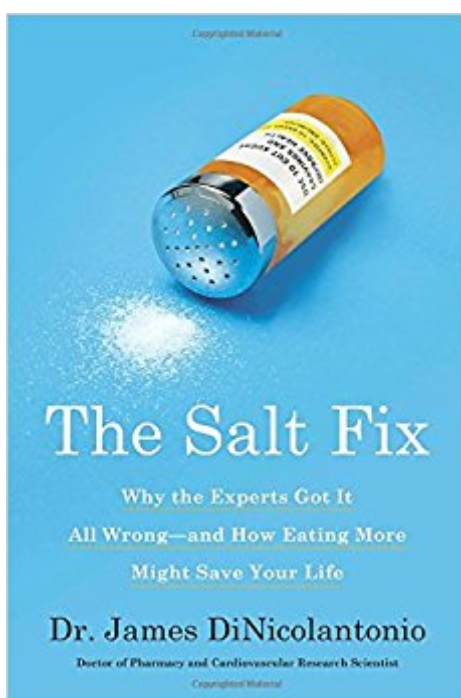


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The Salt Fix: Why The Experts Got It All Wrong--and How Eating More Might Save Your Life



Synopsis

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 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 you—your life may depend on it.

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Customer Reviews

"The truth about what salt is really doing to your body." The Telegraph "James DiNicolantonio shakes up a nutritional hornet's nest with his new book... [A] smart and interesting account of [the ferocious scientific debate]." Michael Bader, author of *More than Bread and Butter*, for Alternet.org "DiNicolantonio's premise completely overturns the conventional wisdom about salt consumption. Take Care Broadcast, wrvo.org "Thought-provoking, evidenced-based information for anyone interested in improving their health." Library Journal "Why we should embrace the salt shaker, not shun it." Canadian National Post "Dr. DiNicolantonio takes us away from hype and hyperbole to a place of rationality as it relates to salt. This extensively researched text lets us finally erase the guilt all of us felt when catering to our desire for this important mineral." David Perlmutter, MD, #1 New York Times bestselling author of *The Grain Brain* and *The Grain Brain Whole Life Plan* "In his new book *The Salt Fix*, Dr. James DiNicolantonio shatters the age-old myth that salt is a cause of heart disease. He also makes excellent recommendations for a heart-healthy diet that your tastebuds will really enjoy! If you want to learn how to make food taste great again, discover tips to improve your heart health, and be enlightened about the truth about salt, you've got to check out this book!" Dr. Josh Axe, author of *Eat Dirt*, founder of DrAxe.com "For decades, doctors and mainstream medicine have recommended that you lower your salt intake, but in this well-researched and surprising book, Dr. DiNicolantonio explains why this seemingly well-informed advice is, in fact, wrong. *The Salt Fix* provides the advice and the program you need to add back the salt and in the process improve your health and your waistline." Robb Wolf, New York Times bestselling author of *The Paleo Solution* and *Wired to Eat* "The medical profession has done a disservice to millions of people by misleading them into thinking they need to avoid salt in their diets. Our blood is salty; our tissue fluids are salty; we need salt to thrive. In *The Salt Fix*, Dr. DiNicolantonio charts the ill-begotten thinking that got us to this sorry state of almost universal salt avoidance, and imparts invaluable scientifically-sound advice for adding this healthful substance back into your diet. Dr. DiNicolantonio's book will help you improve your health by actually adding salt back into your favorite foods." Michael R. Eades, M.D., New York Times bestselling author of *Protein Power* "This superb book busts many misconceptions around salt consumption. It's a must read." Dr. Aseem Malhotra, Consultant Cardiologist and advisor to UK's National Obesity Forum

JAMES J. DINICOLANTONIO, PHARM.D. is a cardiovascular research scientist and doctor of pharmacy at Saint Luke's Mid America Heart Institute in Kansas City, Missouri. A well-respected and internationally known scientist, and expert on health and nutrition, he has contributed extensively to health policy and has even testified in front of the Canadian Senate regarding the harms of added sugars. He serves as the Associate Editor of British Medical Journal's (BMJ) Open Heart, a journal published in partnership with the British Cardiovascular Society. He is the author or coauthor of approximately 200 publications in the medical literature. He is also on the Editorial Advisory Board of several other medical journals, including Progress in Cardiovascular Diseases and International Journal of Clinical Pharmacology & Toxicology (IJCPT).

I just finished the book, The Salt Fix by James DiNicolantonio. Well worth the read. As a prevention and wellness family physician who prides himself in looking deeper at cause and effect in healthcare, I must admit that I had my blinders on when it came to salt. I too believed that salt was to be watched closely and tried to remain at the lowest recommended usage. Well, no longer! The author James DiNicolantonio makes a great case as to why limiting your salt to the national guidelines may be BAD for your health. In my practice, I have different views than mainstream medicine in many areas of health and wellness. Why? Well, I have arrived at the point in my career when I am not afraid to ask the "experts" "WHY?" Why is fat bad? Why is cholesterol bad? Do cholesterol lowering drugs really save lives? I like to dive deeply into cause and effect. But it appears like I did not look closely enough at how the human body uses salt. I was still advising people to watch their salt intake as I thought that the dietary recommendations were set in stone with irrefutable evidence. Well, let me add one more question for the "experts": Why is consuming more than 2 grams of salt a day bad? After reading The Salt Fix, I am disappointed in myself but that changes today. The author James DiNicolantonio very simply makes the case that the war on salt is as misguided as I believe the war on cholesterol and fat has been. He points out how salt is a vital nutrient that our body needs to stay in balance, just like fat and cholesterol. He clearly and simply shows how our body responds to different levels of salt intake. He brings together many other aspects of my practice, writing about how it is not salt, but that other white processed powder, SUGAR, that is really the issue in most people with metabolic health issues. He points out how sugar can cause insulin resistance leading to Obesity, High Blood Pressure, Diabetes, Heart Disease, etc, etc. He then shows how too LITTLE salt also leads to insulin resistance, Obesity, High Blood Pressure, Diabetes,

Heart Disease, etc, etc. See the twist? Besides learning about the many beneficial aspects of salt, this book should make you a more skeptical thinker when it comes to national dietary guidelines. You should ask yourself, "Is there real proof that these guidelines are good for my health AND were these guidelines based on real medical studies or are they a dietary or political/industry power play? If you are overweight, have High Blood Pressure, Diabetes, Thyroid Disease, or Kidney Disease, BUY THIS BOOK and READ IT. If you like salt but are afraid to use it, BUY THIS BOOK and READ IT. Then have a conversation with your physician(s). If they just restate the National Dietary Salt guidelines without understanding the true data, lend them this book, or buy them one so they can refer to it and help more patients.

We live in interesting times. In 1980, the first "Dietary Guidelines for Americans" were published, and we're now seeing the results. Along with most Americans, I assumed those guidelines were rooted in solid science, and I tried to adhere. I ate a lot of carbs -- the base of the food pyramid. I avoided eggs because of cholesterol. I avoided fat because of caloric density. And I avoided salt to avoid high blood pressure. To say those guidelines didn't work for me would be an understatement. I won't bore you with the details, but I improved my health by essentially doing the opposite of those guidelines. Salt was the last of that dogma to be purged from my brain. I got on the high-salt bandwagon a couple years ago when I saw how it "cured" my occasional headaches, fatigue, and light-headedness -- all symptoms of low blood volume. My exercise performance also improved. Dr. DiNicolantonio clearly explains the mechanisms of sodium regulation. It's not a simple matter of sodium intake increasing blood pressure. The body is very good at regulating homeostatic levels of sodium, and if intake is too low, your body has several tricks to compensate -- including vasoconstriction to compensate for low blood volume. In effect, following the low-salt guidelines can increase blood pressure and make you feel like crap. Dr. DiNicolantonio also tells a compelling story of salt in an evolutionary context, especially for those with European ancestry. And he tells us how the guidelines went wrong. Frankly, I was skeptical for a long time. I just couldn't believe that science could fail us for 40 years. I had faith in science. To me, it's sad that this book is necessary, but I'm glad somebody has finally written this book. It needed to be written, and it's another milestone. Hopefully, this marks the point at which nutritional science starts getting it right.

This is an important book on the level of Gary Taubes' "Good Calories, Bad Calories" or Nina Teicholz' "the Big Fat Surprise". Like Taubes and Teicholz, Dr. DiNicolantonio challenges the nutrition establishment. And in my opinion (and experience) he is successful in that challenge. I had upped

my salt intake prior to reading the book and saw immediate improvements in energy, sleep, and digestion. "The Salt Fix" confirms my earlier salt consumption decisions and even better provides guidelines on how to better fine tune (and likely increase) my salt. We are always told how great fermented vegetables are for us, maybe the real benefit (or another real benefit) is simply the high salt content. Great book, well researched and will likely be a real game changer.

This thorough book is another nail in the coffin for the wrongheaded advice to eat less salt. Dr. DiNicolantonio lays out the case for salt exhaustively. It's sad that a book like this is necessary. Simply put, not enough salt is much more dangerous than too much salt.

This is an interesting and even entertaining book. The history of our collective fear of salt provides an entertaining angle that prepares us for the meat of the matter--an interesting overview of the science that supports the perspective that we simply don't get enough salt. This is the sort of dogma-challenging science that I really enjoy.

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