

THE
C O O K B O O K S
FROM

MegaHeart  **com**



THE
NO-SALT,
LOWEST-
SODIUM
COOKBOOK

**HUNDREDS OF FAVORITE
RECIPES CREATED TO COMBAT
CONGESTIVE HEART FAILURE AND
DANGEROUS HYPERTENSION**

DONALD A. GAZZANIGA

WITH A FOREWORD BY DR. MICHAEL B. FOWLER, F.R.C.P.,
DIRECTOR OF THE STANFORD HEART TRANSPLANT PROGRAM

THE NO-SALT, LOWEST-
SODIUM COOKBOOK

Macmillan-St. Martin's Press

The First "Reverse Your Heart Disease" program ever created appeared in this book, first drafted by Gazzaniga in 1997 and published in 2001. It remains the only book of its kind published by an internationally strong New York publisher (Macmillan-St. Martins).

The author's 28-day dietary plan—designed to lower blood pressure and return diseased hearts to normal functioning—first appeared on Megaheart.com, which went online in early 1997. This 28-day plan, later parsed by Don and Maureen's eldest daughter Jeannie, PhD, R.D., has helped thousands to take control of the very deadly diagnosis of Congestive Heart Failure (CHF). Hundreds have avoided heart transplants. The author's own "terminal" diagnosis has reversed to what is considered a full return to a normal heart. In fact, his enlarged heart returned to normal size, a feat that was thought "impossible" before 1997.

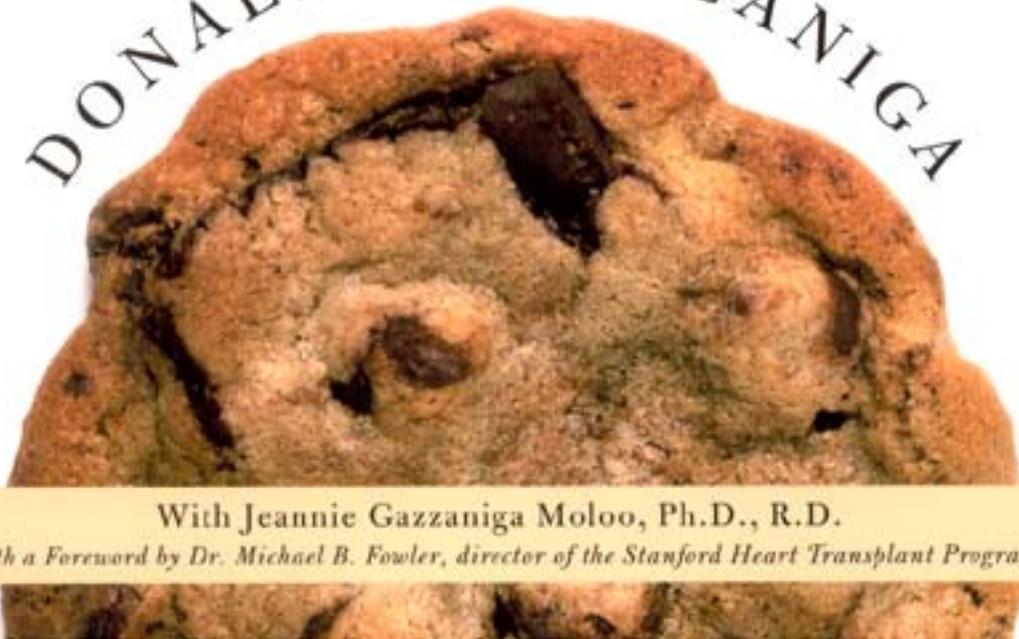
Megaheart.com and this cookbook were the first to feature salt as the harmful added ingredient in nearly all processed foods. Gazzaniga, along with a good friend in Australia, were also the first to strongly prove that the hype about sea salt being lower in sodium was a deception by sea salt marketers. Sea salt has the same amount of sodium per weight and teaspoon as table salt. Kosher salt also has 2,350 mg of sodium 6 grams.

The No-Salt, Lowest-Sodium Cookbook also aids those with Meniere's Syndrome, Nephrotic Syndrome, Lupus, stomach cancer and other illnesses. Today it is recommended by medical professionals for each of these diseases.

This book is recommended by doctors, nurses and dietitians throughout the English-speaking world. The author's efforts were lauded in national magazines like *Today's Diet and Nutrition*, the Lupus association national magazine, *Better Homes & Garden's "Heart Healthy Magazine,"* and hundreds of newspapers. This book was also featured in a national publication in Australia authored by a leading salt researcher, Dr. Trevor Beard.

The
NO-SALT,
LOWEST-
SODIUM
BAKING
BOOK

DONALD A. GAZZANIGA



With Jeannie Gazzaniga Moloo, Ph.D., R.D.

With a Foreword by Dr. Michael B. Fowler, director of the Stanford Heart Transplant Program

THE NO-SALT, LOWEST-
SODIUM BAKING BOOK

Macmillan-St. Martin's Press

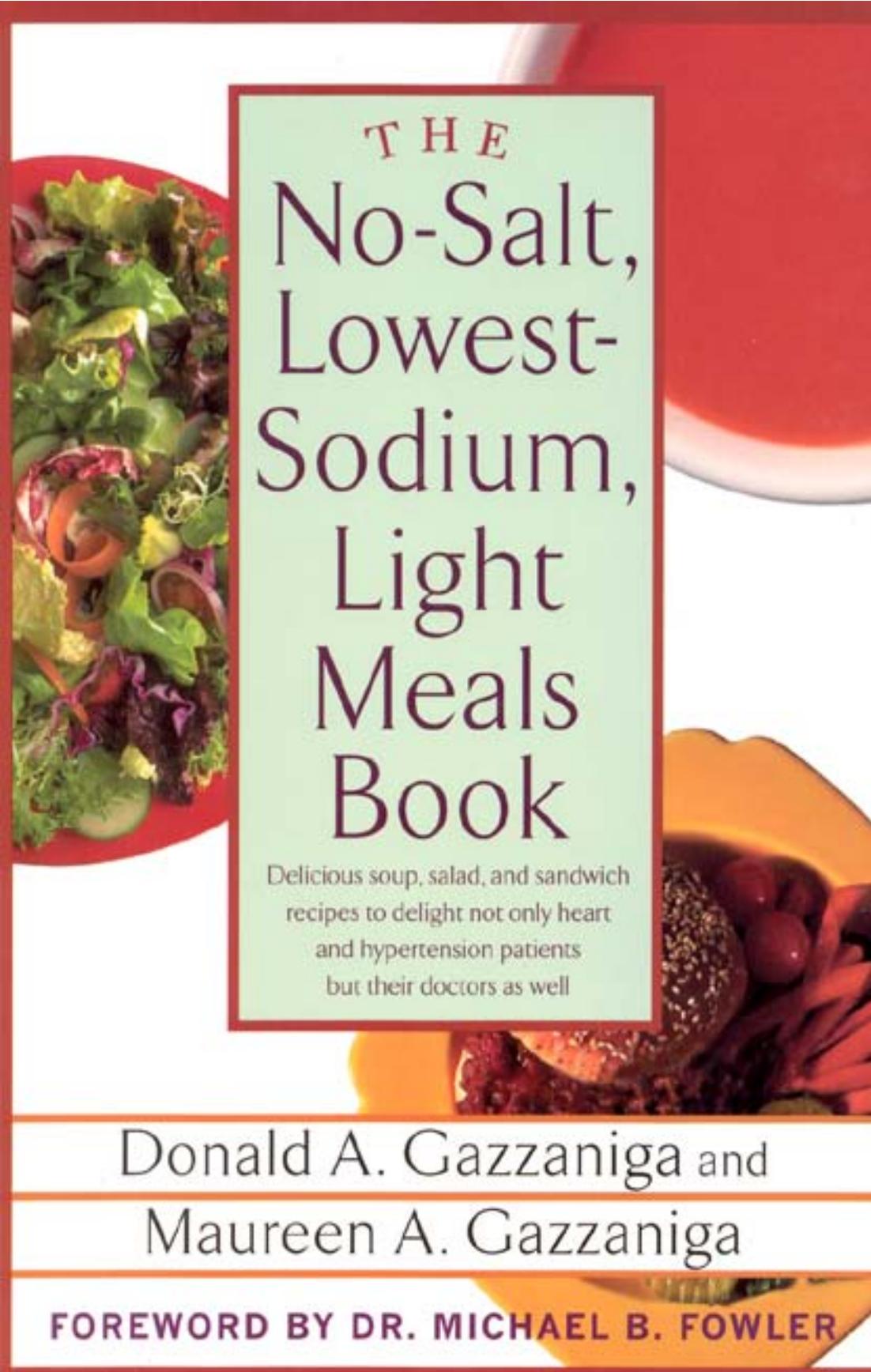
The baking book, published by Macmillan-St. Martin's was the next natural step for Chef Don. This book remains the only publication on the market to directly and effectively guide and help heart patients—who by the nature of the system when he wrote it had little direction for how to survive or even stabilize CHF.

The No-Salt, Lowest-Sodium Baking Book was the first book ever published to demonstrate that bread could be made without salt.

“Yes, we can make bread in our homes without using salt.” That statement comes from the author of this book who was up against every bread machine manufacturer as well as the marketers of bread flour and of course the salt institute, each of whom stated flatly either in their machine manuals or on their packaging and in their forceful news releases that “bread cannot be made without salt.”

Chef Don came up with various formulas that included the exclusion of salt and the addition of ingredients like vinegar, ascorbic acid and gluten to generate the same airy bread you buy in bakeries or grocery stores. And his bread tastes just like those breads. Each recipe has its own “secret” ingredient, which you can buy in any well-stocked grocery store.

This book includes bread recipes, muffins, cakes, rolls (even incredible cinnamon rolls), pastries, pancakes, crepes and other delights. Each one with zero levels of salt and very, very low sodium. His average slice of bread for nearly all of his recipes is under 5 mg of sodium.



THE
No-Salt,
Lowest-
Sodium,
Light
Meals
Book

Delicious soup, salad, and sandwich
recipes to delight not only heart
and hypertension patients
but their doctors as well

Donald A. Gazzaniga and
Maureen A. Gazzaniga

FOREWORD BY DR. MICHAEL B. FOWLER

THE NO-SALT, LOWEST-SODIUM LIGHT MEALS BOOK

Macmillan-St. Martin's Press

“This book was a testament to the addiction of no-salt in a dietary lifestyle, rather than just another book,” the author explained when asked about the light meals book. “Although Maureen shows no real need to cut her sodium levels, she discovered that the meals I was preparing were quite tasty and exceptionally healthy.”

Since then the NIH, ADA, ACA, and many others have established that a healthy person should not consume more than 1300 mg to 1800 mg of sodium per day.

The human body needs only 144 to 180 mg of sodium a day to function normally.

So Maureen came up with 25 soups and 25 salads and dressings and the Don added excellent spice mixes readers could mix up at home and 25 sandwiches and new bread recipes.

The Light Meals book has proved to be an impressive winner for the authors. Its sales record nearly matches the first two books, each of which hit the “health book bestseller” level. Amazon.com reports consistent sales numbers, that is these book simply don't drop in numbers simply because the percentage of people who need them never drops, but instead increases.

Three of these books are succeeded well with Kindle readers as well, with the fifth in the series selling in Kindle, Nook, iPads and other readers at a record clip.

Macmillan-St. Martin's is currently working on bringing the first book to Kindle as well the International Cookbook, which is on the next page.

the no-salt, lowest-sodium



international cookbook

Donald A. Gazzaniga and Maureen A. Gazzaniga

Foreword by Dr. Michael B. Fowler

Director of the Stanford Heart Transplant Program

THE NO-SALT, LOWEST- SODIUM INTERNATIONAL COOKBOOK

Macmillan-St. Martin's Press

One of a kind.

The only source for unsalted, very low sodium recipes from around the world. "A remarkable feat," say more than a few reviewers.

- Soy Sauce
- Teriyaki Sauce
- Sweet & Sour Sesame Seed Chicken
- Sushi
- Hoison Sauce
- & many, many more

Recipes from France, Spain, Mexico, South America, Great Britain, Australia, Japan, China, India and so many more.

The authors have traveled the world and they brought back incredible recipes like Chinese steam buns (the only native bread found anywhere in China), and an impressively low sodium sandwich from Vietnam. One of our favorites: Ethiopian Spice Bread is another.

British Bangers, French Baguettes and Crepes, Japanese Sushi, even a dish from Russia (found in a small restaurant in the Soviet Union during the Cold War years—when author Gazzaniga was invited to a small town near the border of Finland by Russian KGB agents who had been assigned to "keep him in line" while he filmed in Finland on the same border).

#1 Selling No-Salt, Lowest-Sodium Authors

The
No Salt, Lowest Sodium

LIVING

Well

**Without
SALT**

Cookbook

**200
No-Salt
Recipes**

Reversing
Chronic Illness
With a No-Salt
Lifestyle

**Donald A. Gazzaniga
Maureen A. Gazzaniga**

Foreword by Dr. Michael B. Fowler

Director Heart Failure Program, Stanford University Medical Center

LIVING WELL WITHOUT SALT

Arrowhead Classics Publishing Company

The culmination of fifteen years of creating recipes

for five books and more than a thousand no salt recipes for
Megaheart.com brought about this book.

Chef Don outlines his path from a terminal diagnosis to complete heart disease reversal and a healthy and normal life.

When he was “felled” with congestive heart failure he had been a competitive rower, owning and racing his own shell. After his diagnosis his cardiologist, Dr. Michael Fowler, director of the heart transplant program at Stanford Medical Center set a goal for Gazzaniga to get back to rowing.

“I got back to that level,” Gazzaniga explains in this book, “but we had moved away from our large piece of property and the closer proximity to the rowing center. Still, we succeeded” he adds, “and I took up other things like oil painting on canvas, playing a saxophone, fishing out of my bass boat and of course, writing books and managing Megaheart.com.”

More than 1700 no-salt recipes created in 15 years.

A Web site offering free services to aid thousands of others to recover plus all his other activities prove that his program works. You can find hundreds and hundreds of testimonials at Megaheart.com.

Setting a Course For Survival

is our goal, and it may also be yours. *Living Well Without Salt* walks you through the history of how Donald Gazzaniga survived to live a new, fresh life. The book also lists hundreds of no salt products available in your local store or online. The 200 recipes in this book are special and each is rated for vegetarians and diabetics as well. To learn more about where to get this and the other books, please turn the page.

STEAK COBB SALAD

This sample recipe appeared on Megaheart.com for the May, 2012 monthly newsletter. It is a complete dinner entree with just 86.6 mg of sodium. More great recipes are available at Megaheart.com and in The five cookbooks you have just reviewed.

Serves 1

Sodium Per Salad: 86.6 mg

Carbohydrates Per Salad: 30.5 mg

2 tablespoons sweet red bell pepper, chopped (.744 mg)
2 tablespoons sweet orange bell pepper chopped (.208 mg)
4 large mushroom caps, lightly wash (4.6 mg)
1 ½ cups chilled, chopped iceberg lettuce, chopped (10.8 mg)
4 green beans, cut to bite size, blanched (1.32 mg)
1 small carrot, skin removed, blanched (34.5 mg)
6 red cherry tomatoes, sliced in half (3.4 mg)
½ medium golden or gala apple, diced (.91 mg)
2-ounces cooked sirloin or other strip steak, lean and thin (28.9 mg)
Aged balsamic vinegar to taste* (1.219)
Extra virgin olive oil to taste** (trace)

Prepare ingredients as listed and lay out on large plate for serving.
Provide the vinegar and oil and once the view has been appreciated, toss and eat. Enjoy!

*Approximately 1 teaspoon — **Approximately 1 teaspoon

Nutritional Data Per Serving: Calories: 296.6 Protein: 17.1 g, Carbohydrate: 30.5 g, Dietary Fiber: 7.848 g, Total Sugars: 19.1 g, Total Fat: 13.6 g, Saturated Fat: 4.05 g, Monounsaturated Fat: 5.671 g, Polyunsaturated Fat: 2.19 g, Cholesterol: 29.5 mg, Trans Fatty Acids: 0 g, Total Omega-3 FA: .196 g, Total Omega-6 FA: 0 g, Calcium: 77.2 mg, Potassium: 1152 mg, Sodium: 86.6 mg, Vitamin K: 45.9 mcg

Megaheart Cookbooks are available by clicking on a book cover at Megaheart.com. This will take you to a page that has link buttons to Amazon, Barnes & Noble, Healthy Heart Market and for eReaders using Kindle, iBooks, Nook and other readers, you can click on the Smashwords button or the Kindle and Barnes and Noble buttons for your readers.

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