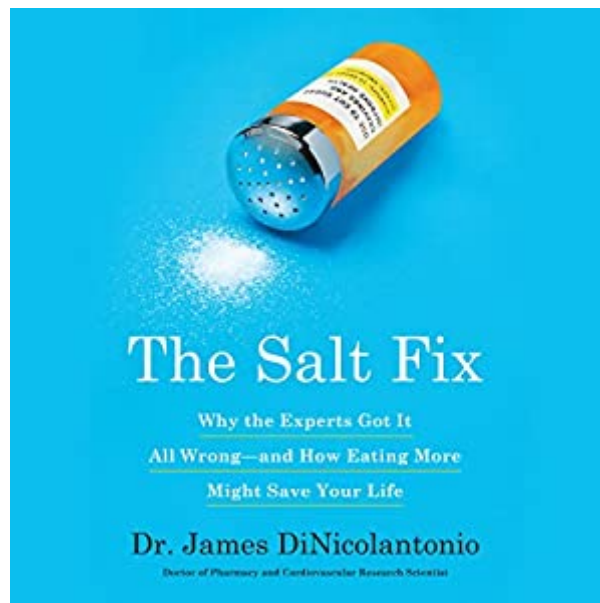




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The Salt Fix: Why Experts Got It All Wrong - And How Eating More Might Save Your Life



Synopsis

We all know the dangers of sugar and salt: but the danger attributed to the second white crystal has more to do with getting too little of it, not too much. Too little salt can shift the body into semi-starvation mode, causing insulin resistance, and may even cause twice as much fat to be absorbed for every gram that's consumed. Too little salt in certain populations can also actually increase blood pressure as well as resting heart rate. In order to hydrate and nourish our cells, transmit nerve signals, contract our muscles, ensure proper digestion and breathing, and maintain proper heart function, we need salt. In this book, a leading cardiovascular research scientist and doctor of pharmacy overturns conventional thinking about salt and explores the little-understood importance of it, the health dangers of having too little, and how salt can actually help you improve sports performance, crush sugar cravings, and stave off common chronic illnesses.

Book Information

Audible Audio Edition

Listening Length: 7 hours and 27 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Dreamscape Media, LLC

Audible.com Release Date: June 6, 2017

Language: English

ASIN: B071S4VVHZ

Best Sellers Rank: #4 in Books > Cookbooks, Food & Wine > Special Diet > Low Salt #15 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking #24 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

Customer Reviews

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, they are not. 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. 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, 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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