



# The Salt Fix

Why the Experts Got It

All Wrong—and How Eating More

Might Save Your Life

**Dr. James DiNicolantonio**

*Doctor of Pharmacy and Cardiovascular Research Scientist*

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



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We' Science has shifted from the low-salt dogma, and so should you— Health-conscious People in america have hewn to the conventional wisdom—that your salt shaker can place you on the fast track to a heart attack— Result in weight gain, insulin resistance, type 2 diabetes, coronary disease, chronic kidney disease, and improved blood pressure and heart rate. James DiNicolantonio, a leading cardiovascular analysis scientist, has examined over 500 publications to unravel the impact of salt on blood pressure and cardiovascular disease. Improve everything from your rest, energy, and mental focus to your fitness, fertility, and sexual functionality• Send your body into semi-starvation mode. Dr.heart-healthy' t need to watch our salt intake. Actually, for most people, more salt would be advantageous to your wellbeing. a never-before-told drama of competing egos and interests—and took the fall for another white colored crystal: sugar. In fact, too little salt can:•your daily life may depend on it.•Imagine if the low-salt suggestions is wrong? And stave off common chronic ailments, including heart disease.and also have suffered through bland but ' He's reached a startling conclusion: The vast majority of us don'However, eating the salt your body desires can:• dinners consequently.• The Salt Fix tells the remarkable story of how salt became unfairly demonized—Dr. DiNicolantonio shows the best methods to add salt back to your diet, providing his transformative five-step plan for recalibrating your salt thermostat to accomplish your unique, ideal salt intake.ve almost all heard the recommendation: eat no more than a teaspoon of salt a day for a wholesome heart. Make you crave sugars and refined carbs.



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