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## Meniere Man in the Kitchen: Recipes That Helped Me Get Over Meniere s (Paperback)

By Meniere Man

Page Addie Press, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. THE MIRACLE OF GETTING OVER MENIERE S IS IN THE BODY S OWN ABILITY TO HEAL AND IN A LOW SALT DIET, COMBINED WITH NUTRITIONAL FOODS. The author says, he believes that eating a low salt diet and enjoying nutritious food has a vital role in: \* Reducing Meniere symptoms. \* Reducing vertigo symptoms. \* Improving overall health. Through the Author s personal experience with Meniere s disease and his holistic approach to recovery (without surgery/medical procedures) he believes that good nutrition was a key and essential building block in his complete recovery story. The low sodium health-giving ingredients found in this Meniere Man In The Kitchen cookbook became part of the Author s personal management plan. Following his Meniere strategies he made a full recovery from Meniere s. In this extraordinary cookbook, this bestselling Author has put together a treasury of his recipes. RECIPES: BREAKFAST: Bircher Muesli, French Crepes, Maple and Hazelnut Granola, Very Berry Muesli, Yogurt with Watermelon, Linseed, Sunflower, Almond Mix. ENTREES: Bruchetta, Steamed Pork Dumplings, Delicious Mauritius Prawn Chutney. SOUPS: The Chilean Visitor...



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-- **Zachery Mertz**

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