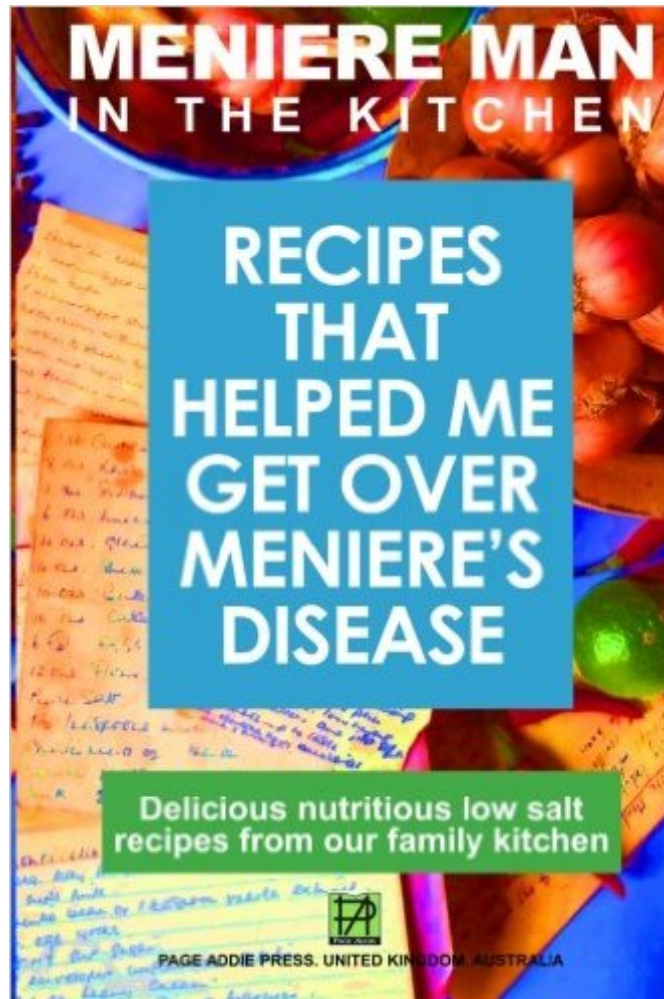


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# Meniere Man In The Kitchen: Recipes That Helped Me Get Over Meniere's



## Synopsis

“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, 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 extra-ordinary 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’s Gazpacho, Vegetable Potassium Broth, Mum’s Winter, Vegetable Soup, Autumn Mushroom Soup, Chicken and Sweet Pepper Soup. **SALADS:** Rusty’s Market Mango Salad, Potts Point Salad Nicoise, Grilled Pepper Salad, Mushroom Salad, Rocket and Orange Salad, Warm Roasted Pear Salad, Easy Cabbage Pickle, Parsley and Mint Salad, Avocado and Orange Salad, Diego’s Avocado, Cucumber Salad with Yogurt Dressing, Beetroot and Carrot salad, Spinach and Egg Salad, Marcia’s Tomato Salad, Broccoli and Carrot Salad, Warm Bean Salad, Grilled Pepper Salad, Marinated Mushroom Salad. **MARINADES AND SALSAS:** All Seasons Marinade, Cranberry and Balsamic Relish, Red Onion Jam, Winter Store Cupboard, Relish, Toulouse. **VEGETABLES:** Garlic Beans, Roasted Rosemary Potatoes, Eggplant Caponata, Salsa Per La Pizza, Roasted, Asparagus with Roasted Red Pepper Sauce, Provincial Ratatouille, Lavento Vegetable Frittata. **MAIN COURSES: PASTA:** Bruno’s Spaghetti and Meatballs, Bruno’s Spaghetti Arabiatta, Bruno’s Spaghetti Bolognese. **SEAFOOD:** Big House Grilled Prawns, Antonio’s, Steamed Mussels, Prawn Pizza, Fish with Spicy Garlic Marinade. **CHICKEN:** Chicken Burger, Turkey Burger, Deli Style Chicken Breasts, Ginger, Chicken Curry, Cajun Barbecued Chicken, South Seas Coconut Curry. **BEEF:** Eye Fillet Beef with Salsa Verde Sauce, Cajun Meat Loaf, Fresh Tomato Salsa, Beef Kebabs. **LAMB:** Lamb Shanks, Lamb Florentine, Kashmiri Lamb. **PORK:** Roast Pork with Apple Stuffing, Pork and Apple Burgers. **DESSERTS:** Baked Peaches with Maple Syrup, Sticky Rice with Coconut, Fruit Salad, Amaretto Baked Peaches, Baked Almond Apricots, Berry Sauce, Eve’s Baked Apples, Honey Spiced Rice, Blueberry and Grape Fruit Salad. **SPICE TEAS:** Allspice Tea, Anise Tea, Bay, Leaf Tea, Cardamom Tea, Dill Tea,

Fennel Tea, Marjoram Tea, FAMILY FAVORITES CAKES BREADS AND MUFFINS: Honey Bee Bread, Jaqâ™s Cracker Biscuits, Applesauce Muffins, Blueberry and Orange Muffins, Fig Bars, Apple Bars. Youâ™ll be able to cook the same low salt, health-giving family recipes that Meniere Manâ™s cooks in his own kitchen. Recipes so delicious you wonâ™t even miss the salt. "This copyright holder prohibits the use and distribution of their content from unauthorized sources. Support them by purchasing or accessing from authorized sources only. [www.dmcaforce.com](http://www.dmcaforce.com) is the authorized DMCA Agent for this copyright holder."

## Book Information

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## Customer Reviews

Like most people I had no idea what Menier's is. It's when you have episodes of vertigo or dizziness due to problems your inner ear. The Mayo Clinic says the causes are pretty much unknown, however there are a variety of treatments that seem to work. One treatment that seems to be effective is a low salt diet. The 10 Low Salt Cooking Tips are fantastic. I don't have Menier's, however I do have high blood pressure, and we know that low salt is good for keeping blood pressure in check too. When I get home from work, the first thing I do is open up a bag of salty chips and start scarfing away with a salty dip, cheesy, or salsa, or hummus. Then I stand there not knowing what to make for dinner. I don't have ideas, and this book solved that problem for me. I keep it on my Kindle and on my Kindle Fire. I just prop it up in the kitchen and scroll through the table of contents and I know what I want to make for dinner. Menier Man in the Kitchen 2 is loaded with recipes that are easy and fast. I'm not an expert in the kitchen and I don't have a lot of time to

cook. The book covers meals, side dishes, snacks and desserts. Menier Man In The Kitchen 2 has about 200 salt free or friendly recipes and techniques. And all of them are so easy that I would recommend this book to ANYONE who is out on their own for the first time. If you are a young person you'll want to know at least the basics of how to make pancakes or French Toast, tomato pasta sauce or soups, hash brown potatoes, basic types of salads, etc. Although you can buy these pre-packaged, this book shows you how to save money and eat healthier.

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