



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

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“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, Jaq's Cracker Biscuits, Applesauce Muffins, Blueberry and Orange Muffins, Fig Bars, Apple Bars.

You'll be able to cook the same low salt, health-giving family recipes that Meniere Man's cooks in his own

kitchen. Recipes so delicious you won't even miss the salt.

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Suzanne Palmer:

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