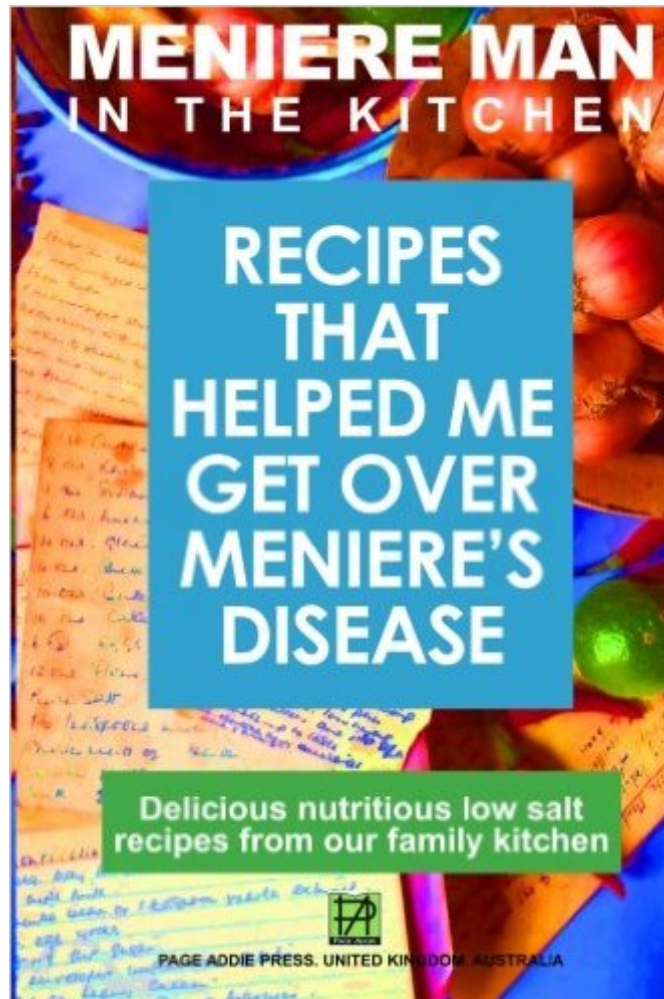


The book was found

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



## Synopsis

â œTHE 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.â •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 Authorâ™s personal management plan. Following his Meniere strategies he made a full recovery from Meniereâ™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 Visitorâ™s Gazpacho, Vegetable Potassium Broth, Mumâ™s Winter, Vegetable Soup, Autumn Mushroom Soup, Chicken and Sweet Pepper Soup. SALADS: Rustyâ™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, Diegoâ™s Avocado, Cucumber Salad with Yogurt Dressing, Beetroot and Carrot salad, Spinach and Egg Salad, Marciaâ™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: Brunoâ™s Spaghetti and Meatballs, Brunoâ™s Spaghetti Arabiatta, Brunoâ™s Spaghetti Bolognese. SEAFOOD: Big House Grilled Prawns, Antonioâ™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, Eveâ™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

Paperback: 248 pages

Publisher: Page Addie Press; 1 edition (February 27, 2013)

Language: English

ISBN-10: 0980715598

ISBN-13: 978-0980715590

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 15.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (29 customer reviews)

Best Sellers Rank: #661,977 in Books (See Top 100 in Books) #131 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Salt #284 inÂ Books > Medical Books > Allied Health Professions > Diet Therapy #294 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Budget

## 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.

[Download to continue reading...](#)

Meniere Man In The Kitchen: Recipes That Helped Me Get Over Meniere's Meniere Man And The Astronaut. The Self Help Book For Meniere's Disease Autism Breakthrough: The Groundbreaking Method That Has Helped Families All Over the World Four by L'Amour: No Man's Man, Get Out of Town, McQueen of the Tumbling K, Booty for a Bad Man (Louis L'Amour) The Spender's Guide to Debt-Free Living: How a Spending Fast Helped Me Get from Broke to Badass in Record Time The Spender's Guide to DebtFree Living: How a Spending Fast Helped Me Get from Broke to Badass in Record Time Factory Man: How One Furniture Maker Battled Offshoring, Stayed Local - and Helped Save an American Town A Man Called Intrepid: The Incredible True Story of the Master Spy Who Helped Win World War II Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) The Best Slow Cooker Recipes & Meals Cookbook: Over 100 Healthy Slow Cooker Recipes, Vegetarian Slow Cooker Recipes, Slow Cooker Chicken, Pot Roast ... Recipes, Slow Cooker Desserts and more! The Hell's Kitchen Cookbook: Recipes from the Kitchen Herbal Kitchen, The: 50 Easy-to-Find Herbs and Over 250 Recipes to Bring Lasting Health to You and Your Family The Cast Iron Skillet Cookbook: A Tantalizing Collection of Over 200 Delicious Recipes for Every Kitchen The Scandinavian Kitchen: Over 100 Essential Ingredients with 200 Authentic Recipes The Yeast-Free Kitchen: Recipes to Help You Achieve Victory over the Yeast-Beast, Candida Albicans It's Your World: Get Informed, Get Inspired & Get Going! 101 Things to Do Outside: Loads of fantastically fun reasons to get up, get out, and get active! Cook like a Caterer: Party Sized Recipes for Entertaining and Catering. Over 240 party sized recipes suited for a variety of themes. Included is an ... for recipes that work well as a station. The Complete INSTANT POT ONE POT Recipes Cookbook: 131 Healthy ONE POT Instant Pot Pressure Cooker Recipes For Every Mum (+Instant Pot Time Guide For Over 300 Recipes) Every Young Man, God's Man: Confident, Courageous, and Completely His (The Every Man Series)

[Dmca](#)