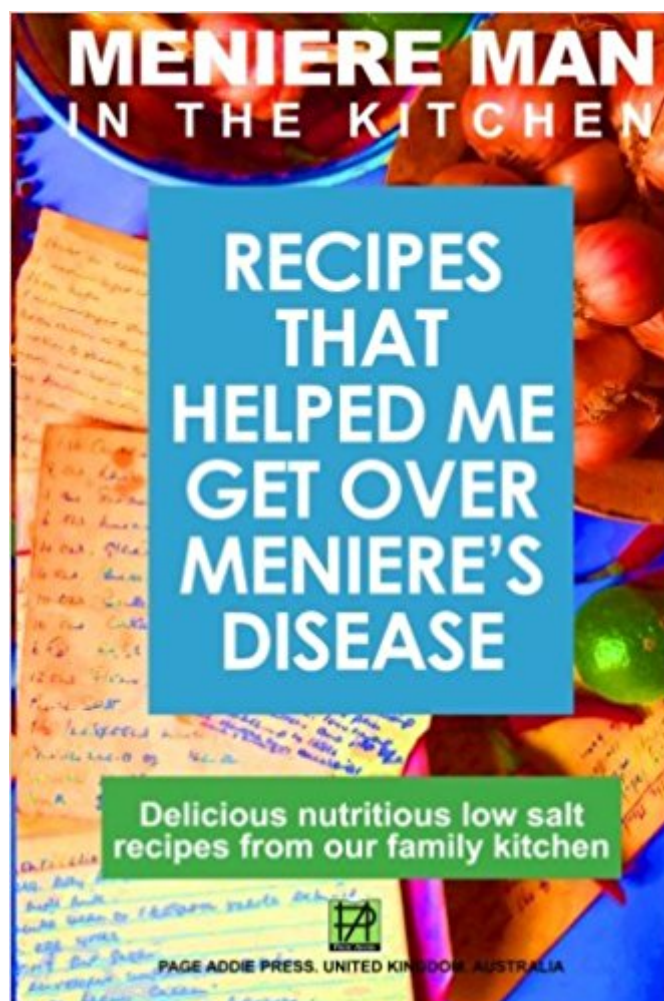


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# Meniere Man In The Kitchen: Recipes That Helped Me Get Over Meniere's



## Synopsis

PAPERBACK NOW INCLUDES FREE DOWNLOAD OF THE KINDLE EBOOK "THE MIRACLE OF GETTING OVER MENIERES 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 Menieres 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 Menieres. 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 is the authorized DMCA Agent for this copyright holder."

## Book Information

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## Customer Reviews

" Meniere Man In The Kitchen | I love this book for a number of reasons. The two most important being the recipes are simple, fast and taste great and secondly it's written by a gentleman experiencing the same things I am." - Blogher.com

At the height of his business career, the author suddenly became acutely ill. He was diagnosed with Meniere's disease. But the full impact of having Meniere's disease was to come later. He was to lose not only his health, but his career and financial status as well. He also began to lose all hope that he would fully recover a sense of well-being. It was his personal spirit and desire to get "back to normal" that changed his life for the better. He decided that you can't put a limit on anything in life. Rather than letting Meniere's disease get in the way of recovery, he started to focus on what to do about getting over Meniere's disease. And that's just what he went on to do. The author wrote the first personal account of Meniere's, when only medical texts

were available. His experiences and findings proved to be a valuable resource by providing useful firsthand information for meniere societies today. These days life is different for the Author. He is a fit active man who has no symptoms of Meniere's disease except for 90% hearing loss and tinnitus in one ear. He is unfortunately left with some permanent legacy of having had Meniere's disease. Following his own advice he continues to avoid salt, stress, takes vitamins, exercises regularly and maintains a positive, mindful attitude. He does not take any medication. The Author is married with two adult children. He is a painter and designer. He enjoys cooking, travel and the company of family, friends and his beloved dog Bella.

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. Everyone (including me) should know the herb and spice blends that best go with Italian, French, Moroccan, Chicken, Pork, Fish, and Menier Man's book gives you those short and simple lists. My favorite section is called "What Goes With What," worth the price of the book. My biggest cooking challenge is knowing what spices or herbs should be used with meat, fish, vegetables and so on. This is what makes a great chef, even a good home cook. Grandma knows what fennel goes with, what lemon goes with, when to use honey, and so on. Here you'll find a complete list of key ingredients and what they pair with. To give you an idea of how handy this book can be, you get smoothie recipes and granola

recipes too. So instead of doing a search on your computer and running back and forth to the kitchen, just go to Menier Man's list, pull up the basic smoothie recipe and switch in your own favorite fruit or whatever. For granola, I spent weeks experimenting, only to find my the basic recipe right here in this book. I use my own choices of adding coconut or different types of nuts or dried cherries instead of cranberries anyway. After each recipe there is a brief note on the benefits of one of the ingredients used. So you don't have to read a nutrition book, but as you make food, you learn about nutrition in an easy way. I highly recommend this book for anyone wanting to lower salt and also have a flavorful life of eating. Again, I stress that anyone new to cooking should also have this handy book because of the simplicity of each recipe, and the wide variety of standard dishes.

I'm delighted with this book. I wonder now why I waited several weeks from when I first saw this book until I got it. I was excited from the start when I saw that the recipes contained the food ingredients that I am used to eating. Now I will have more versatility in my preparation of bread and variety of ways of serving fruit and bread. I would never have thought of combining watermelon and yoghurt, but it is delicious as served in the recipe given. I will be belting my chicken breasts thin and flat, and trying each of the suggested fillings and know what to do with my glut of fresh-peaches aside from just stewing them. This is a book that I'll use as the recipes are easy to create, nutritious and delicious. The fact that they are low salt and I am reminded of the nutritional benefits of each dish is a bonus.

having been diagnosed since 1995, I believed I was alone with this disease and recently I discovered there were so many of us. This book is full of great recipes and honest information.

Love this book, Meniere Man always gets to the heart of what is needed to deal with Meniere's Disease, lots of great tips and recipes

Practical and encouraging for those of us with this disease. Looking forward to trying many of these recipes.

This book is a must for anyone with Meniere's.

A lot of good recipes whether you have Ménière's or just on a low salt diet.

I did not any of the meals I made and the book is very unorganized and contradictory when using ingredients. In the beginning he explains what not to eat, yet uses them in his recipes.

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