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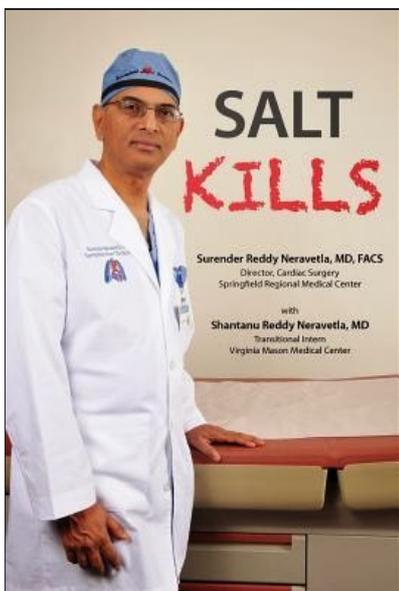
This is a well-argued, deeply researched volume written in simple language. References are furnished of research papers on different topics and scientific surveys.

Salt Kills

Dr Surendra Neravetla and Shantanu Neravetla

Published by Health Now Books

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Dr. Surendra Neravetla is the Director of Cardiac Surgery at the Springfield Regional Medical Center, Ohio and he has performed over 10,000 cardiac, thoracic and vascular surgeries in the last thirty years and is renowned for his beating heart surgery, valve repairs and minimally invasive lung resections. He was given "The Golden Stethoscope Award" as his Hospital's most outstanding physician. The co-author Dr. Shantanu Neravetla from the University of Louisville School of Medicine which awarded him the Spirit of Service Award. He has done extensive research in indigent populations of the Amazon rainforest and in Ecuador. The book begins

dramatically with an open heart surgery, building new pathways for the supply of blood to the heart muscle, to make up for the arteries blocked by fat building. In the U S A every year a quarter million such surgeries are performed.

What creates the blockages in the first place? What are the root-causes of cardio-vascular problems? There are certain factors resulting in such problems. The Doctors identify the fact that adding salt to food is one such root-cause. This slim volume focuses on the problems of excess fat consumption.

Salt Kills! Salt used routinely causes extensive disability and dysfunction in many organ systems of the body affecting many times more people than the number that have died from causes other than salt. Scientists are now asserting, "Our salt habit is the Number One preventable health problem."

Salt is responsible for high blood pressure and heart problems. High blood pressure caused by salt intake increases the risk of Dementia by six hundred per cent. Salt intake has also led to Osteoporosis, Stomach Cancer and in the US to Obesity. Thirty per cent of Americans suffer from overweight.

While smoking is declared to be enemy number one, new information about salt reveals that the number of deaths that could have been reduced by mere salt reduction exceeds the number of lives that could be saved if people quit smoking. The International Federation and Society of Cardiology convened a multi-national study called INTERSALT to answer the question "What is the connection of adding salt to our food to developing high blood pressure". They arrived at the conclusion, " Salt has a direct causal relationship with high blood pressure."

Water makes up two-thirds of our body with a number of different types of salts – called electrolytes – dissolved in it. Complex mechanisms regulate the concentration of these electrolytes in the body precisely. Adding more salt to what is naturally present in food creates a process upsetting the

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High Blood Pressure, Diabetes, High Cholesterol and Obesity are closely related ailments. All these lead to a bowl of pills, limited physical capabilities, several trips to doctors and surgical procedures—all leading to tension and financial distress. Paying attention to salt in our food will help keeping these problems away from you. Simply cut salt in your food now, from today at least.

Salt-induced health problems are now showing up at a much younger age. Child obesity has become a big problem in industrialized countries. A modest reduction in salt intake at an early age has a significant impact on high blood pressure. Authoritative studies recommend aggressive reduction of salt intake at the earliest age. One chapter is devoted to a clinical analysis of the heart and blood vessels—how fat deposits accumulate in our arteries—how heart failures occur. The doctors explain in simple terms “Atrial Fibrillation”. Detailed analysis is offered of Asthma, Obesity, Stomach Cancer, Osteoporosis and Memory Loss.

We are provided a very useful “Action Plan” which gives clear advice on how to comprehend the problem, how to shed off the excess-salt habit. A list is provided of common salty foods—Pickles, Salted crackers, Salted potato chips, Pizza with salty dough, Salted nuts, Canned soup, Lunch meat, Cheese varieties, Carbonated drinks and Boxed cereals. If you succeed in avoiding these items it is a double victory—less salt intake and less calorific consumption. You can cut off the unwanted pounds in your body.

Fourteen frequently asked questions are answered with alacrity and realistically. This is a well-argued, deeply researched volume written in simple language.

References are furnished of research papers on different topics and scientific surveys. The book is based on the immense experience of the doctors-duo and deserves to be read by all especially those afflicted by ailments emanating from intake of salt.

P.P. Ramachandran



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