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Introducing Dr. N, central Ohio's own Dr. Oz

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BY **Frances Stotter** ✨ Select Media

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On average, Americans consume more than 3,400 milligrams of sodium a day



Meet Dr. Surender Reddy Neravetla -- cardiologist, speaker, and author. He just returned from a speaking tour in his native India, and says he's glad to be back home in the USA. His nickname is "Dr. N," but many call him the "salt kills" doctor. He has much to say about the effects of sodium in bodies, and he's got the evidence to back that up.

What inspired his sodium research? "My father died of coronary artery disease at age 70," Neravetla said. "He didn't need to die."

Neravetla writes that his father did not drink, smoke, or eat fatty food. His diet was mostly vegetarian. In fact, the rates for heart attacks and strokes had been increasing throughout India. Dr. N could not understand why until he investigated what people ate in India. There, the food is salted heavily. That was the common factor.

Neravetla and his family poured through research and reports. What they discovered was published in his first book, "Salt Kills." Much of the research he credits to his son and co-author, Shantanu, who is now a doctor in Virginia.

Readers may recall my referring to Neravetla in several previous articles. I personally adopted a low sodium regime in 2010, and I have read much research on the sodium vs. disease connections. I believe Neravetla's book sums it up, and it's simple to understand. Translations will be available in four languages soon.

Neravetla's lectures are also informative and entertaining, and I've shared a few links below. Much like Dr. Oz of [Oprah Winfrey](#) and network fame, Dr. N uses props and gimmicks, though not as elaborate as the television effects. His full-time job is director of cardiac surgery at Springfield Regional Medical Center, near Dayton, Ohio. I met the doctor several months ago, and we correspond regularly.

Many of us know that diets high in sodium are linked to high blood pressure, heart

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attacks and strokes. We may not understand how such diets contribute to high cholesterol. As the doctor writes, high blood pressure puts the heart and the blood vessels out of sync. The artery walls weaken, and fat collects against the walls. Eventually the walls weaken, get blocked completely, or rupture.

Dr. N writes that he has performed nearly 10,000 cardiac surgeries. When he removes the fat deposits from a patient's blood vessels, he places them in a jar for the patient to observe. When he shakes the jar, the fat sounds like pebbles. See the demonstration in the video displayed here.

What interests me most is his research on sodium-related illnesses outside the heart. Most of us may not know that diets high in sodium are also linked to stomach cancer and Alzheimer's disease. In the stomach for example, sodium eats away the protective lining, and causes ulcers that can become cancer. Patients with celiac disease may be especially prone to that.

How does sodium connect to Alzheimer's disease? In the arteries, sodium may cause surges of high blood pressure that trigger mini-strokes. These strokes leave permanent tiny scars or lesions on the brain. Eventually, those scars impair whatever function that respective sector controls. At first, the damage may be so slight it is barely perceptible. As many scars accumulate, the damage is irreversible. While several other factors may contribute to Alzheimer's disease, a high sodium diet that triggers high blood pressure is significant.

The US National Institute of Health (NIH) estimates that 5.1 million Americans suffer from some degree of Alzheimer's disease. Recently, there have been grants awarded for further research on the sodium-brain connection. I verified that on the website of the American Alzheimer's Association.

That Alzheimer's discovery hit home for me. Last, October, I spent nearly a month in a local nursing home recuperating from major surgery. My window faced the lifeless windows and gated courtyard of the Alzheimer's unit. I realized during my stay I did not want to join them.

In "Salt Kills," the doctor lists many sources, including new guidelines from the US Department of Agriculture and the World Health Organization. I was surprised to learn that the USDA recommends a maximum of 1500 mg. sodium per day for all adults.

Most of us think that we eat healthy food. We may not realize it, but we also consume too much sodium. Remember that baked "healthy" chicken dinner you ate at your local restaurant last week? It said "low fat, low cholesterol, low calorie" on the menu? I checked the menus at popular restaurants around here, in Columbus, and found those healthy dinners contained from 4000 to 6000 mg. of sodium in just the entrees. Whoops! Most of the larger franchises post the sodium content online. See for yourself.

Our readers may agree or disagree. Whatever one's opinion, Dr. N. certainly deserves a look. His book is available online. His website is packed with valuable health information for everyone, and browsing is always free.

Author's Note: *This is an original report of my own research on sodium related illness and my opinions of Dr. Neravetla's book and recommendations. This is my fifth Allvoices article on the subject. The others may be accessed at <http://www.allvoices.com/users/francesstotter>*

Sources and Resources:

Surender Neravetla, MD website: www.healthnowbooks.com/

<http://www.health.gov/dietaryguidelines/Federal-Agency-Resource-List.pdf>

<http://www.nhlbi.nih.gov/guidelines/hypertension/>

World Health Organization, Guideline: Sodium Intake for Adults and Children (WHO, 2012)

Dietary Reference Intakes (DRIs): Estimated Average Requirements; Food and Nutrition Board, Institute of Medicine, National Academies:

http://www.iom.edu/Activities/Nutrition/SummaryDRIs/~media/Files/Activity%20Files/Nutrition/DRIs/5_Summary%20Table%20Tables%201-4.pdf

<http://www.nia.nih.gov/alzheimers/publication/alzheimers-disease-fact-sheet>

2012 Alzheimer's Association Grants Portfolio: 2012-grants-trends.pdf

Frances Stotter is based in Columbus, Ohio, United States of America, and is an Anchor for Allvoices.



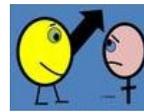
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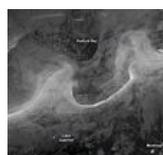
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Great reporting, Frances! I know! I was there with you. Rated up.

Reply By  Frances Stotter | 8 days ago REPLY

Thank you, Jim. Was that where I referred to you as the bagel expert?

Posted By  Barry Ellsworth | 8 days ago REPLY

Odd how salt revolutionized food in ancient times by allowing preservation of meats, etc. Now, salt has turned into the bad guy.

Rated up and promoted.

Reply By  Frances Stotter | 8 days ago REPLY

Salt back then was a valued spice because it enhanced the flavors of meats and other foods. That enhancement quality is what food processors take advantage of, and they know that the taste of salt is



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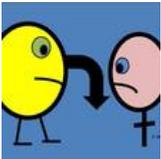
addictive. Consumers think they like to food, but what they are really responding to is the taste of salt. I learned that from the doctor in his presentation at OSU Med. Center.

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Want better sex from your man? Hide the salt

By: **FrancesStotter**

Men who restrict their salt intakes perform better in the bedroom than those who indulge in salty foods. That's the advice from noted cardiologist Surrender Neravetta, a cardiac surgeon at the Springfield Regional Medical Center, near Dayton, Ohio. Salt is a killer in the bedroom, writes Neravetta, and he has the evidence to back that up. ...

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