



A low salt diet is recommended for all Australians and is a non-invasive approach in Ménière's management which can be implemented easily and has a number of other health benefits as well.

A major issue for people attempting to manage a low salt diet is finding foods that fit the criteria. In 2004 Dr Beard produced *Salt Matters: A Consumer Guide* which presents a compelling argument for reducing the amount of salt in our diets, and explains the Salt Skip Program – an effective strategy for improving diet, health and well-being which explains all about how and why to avoid salt. However there is still a need for a low salt recipe book!

This book has been produced with assistance from the Fred P Archer Charitable Trust.

NOW AVAILABLE

THE DIZZY CHEF ~ HEALTHY COOKING

Editors: Dr Trevor Beard; Sue Blackmore

Published by the Ménière's Support Group of Victoria Inc.

Available from Ménière's Information & Resource Centre

Recommended Retail Price ~ \$19.95 + p&h

MSGV Members ~ \$15.00 + p&h



Ménière's Information and Resource Centre

4/18-28 Skye Road Frankston 3199 VICTORIA AUSTRALIA

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