

NEW LIVING WELL WITHOUT SALT COOKBOOK proves to be hot seller with Amazon's Kindle and with eBooks.

Author Donald Gazzaniga has seen his latest heart healthy cookbook take a big jump in popularity via Kindle and eBook sales during November and December.

Living Well Without Salt is the fifth in a series of books crafted by Gazzaniga after his 1997 diagnosis of "terminal heart failure." Instead of a transplant, Gazzaniga opted for a no salt diet after Dr. Michael Fowler of the Stanford Heart Clinic suggested he lower his salt intake to as low as he could get it. Gazzaniga immediately set out to cut his sodium intake to under 500 mg a day, which he has done since that 1997 diagnosis. (The average American ingests 3 to 12,000 mg of sodium per day when taking into consideration restaurants, processed foods, etc.)

The results have been amazing. Gazzaniga's heart disease reversed. His heart returned to normal size and his physical activities returned. He's still working even at the age of 77. "Writers never retire," he says. And write he has.

Five cookbooks, and now two novels accepted by literary agents for presentations to publishers.

"The Kindle sales really surprised me," Gazzaniga said. "I still like to hold a book in my hand but others have adapted to this new hi-tech book and Kindle does cut the price of the book in half for the consumer. We now have links directed to Amazon's Kindle site at Megaheart.com for those in need of our books and we'll try to get links to Barnes and Nobles Nook and other readers."

Gazzaniga is considered the guru of no salt eating by doctors, nurses, nutritionists and thousands of his readers. Many have written that they too have avoided heart transplants after sticking to Gazzaniga's meal planning guide in the back of *The No Salt, Lowest Sodium Cookbook*.

"We've received thousands of testimonials thanking us for what we've done and that makes our day, every day," Gazzaniga said. You can find many of those testimonials at [megaheart.com/testimonialsbook.html](http://megaheart.com/testimonialsbook.html)

"We post them only after we have received permission from the senders. It's really been a great experience for us to help so many thousands of people."

Megaheart also has a monthly newsletter that is comprised generally of new or updated no salt, low sodium recipes.

The book is available at all book stores or via the Internet at Amazon, Barnes & Noble, Megaheart.com, and other book sites. It is also available for Kindle and most eBook readers.

Books are available by visiting [http://www.megaheart.com/amazon\\_link.html](http://www.megaheart.com/amazon_link.html) or in any bookstore or other online book selling site.

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