

SCARSTORIES · A LITTLE COMPANY ON THE WAY

Where the salt actually hides

Fatima S. — heart failure warrior · 10 Sep 2026

Reminder from my nutritionist: most of our sodium comes from bread and canned soups, not the salt shaker.

I've started making my own lentil soup with no-salt-added broth and a squeeze of lemon at the end. Honestly I don't miss the salt anymore. My last BP reading was 124/78, down from 148/92 in March.

A personal account, not a treatment recommendation. Experiences and recovery vary.

For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.