

## Do you want salt with that”

|        |   |          |   |
|--------|---|----------|---|
| 11     | 2 | 17       | 2 |
| Na     | 8 | Cl       | 8 |
|        | 1 |          | 7 |
| Sodium |   | Chlorine |   |
| 22.990 |   | 35.453   |   |

**Salt! Such a large topic for a small word.**

So many people do not use salt in home cooking or on table, because “salt is bad for you”. These are people who will not be buying salt laden processed and takeaway foods. This applies to the whole family, children and babies also. And they may become salt deficient. Unprocessed fully mineralised salt is a critical need in our diet.

**Salt in today’s conversation.** Although salt is refined and sold as pure sodium chloride, highly processed and cleansed of accompanying mineral nutrients, we have a problem when talking about “salt”. The processed, dehydrated, product sold with sodium aluminosilicate which stops clumping and keeps the salt dry in saltshaker, is a threat to our health the same as all processed foods are. This is not the “salt of the earth” that is essential for life. The salt we are warned to not eat is this stripped of all minerals, pure sodium chloride white dry crystal that is used extensively in all food processing, restaurant meals, takeaway foods and sold generally in supermarkets, and used extensively in agriculture and industry.

Low salt diets have been recommended for many years to regulate blood pressure. There will always be patients who are salt sensitive. However, many are not. Salt is excreted in the kidneys and people with renal failure will have decreased ability to clear salt from their diets and must watch their intake carefully. These patients will be under medical care and monitoring.

**What do we mean by salt?** Salt is naturally occurring minerals in sea water, inland lakes, and salt land deposits. Salt is known as the universal and most widely used food supplement and condiment. So great is the human craving for salt that we are led to consider that a love of it is one of the most dominating of our natural instincts and that salt itself is in fact necessary to the health and even the life of man. 1

**“I crave salt, but I’m told not to eat it.”** This is a common comment. Maybe you are eating lots of vegetables, fruits and green drinks. Conventional fruits and vegetables are near salt free. Only when salt is added can saliva and gastric secretions readily break down the fibrous store of carbohydrate. Salt is needed to emulsify fats and oils. We also regularly consume aged meat that

has its blood drained out. We don’t chew on the bones and cartilages. The proteins ingested are not neutralised by the minerals of the animal marrow and blood. Such salt poor proteins need to have mineral salts added, and when absent create a craving for extra salt. On such a blood-less meat diet, no amount of salt reduction can check high blood pressure stemming from an excessively high nitrogenous intake. Conventional crops grown with superphosphate creates these situations. It’s a very good reason to buy certified organic food as often as possible.

### **What salt can I use that is healthy?**

Unprocessed salt is a prime condiment that stimulates salivations, helps to balance and replenish all of the body’s electrolytes. It supplies more than 80 vital trace minerals to promote optimum biological function and cellular maintenance. Salt has always been known for its preservative properties used extensively before refrigeration. Foods fermented with salty brine is an age-old custom now popularised as essential food for good health.

**Why do I need salt?** Minerals supplied in unprocessed salt are one of the most alkalising agents to the body. The brain does not function well and enzymes for digestion and immune system is compromised when the body’s PH is too acid. In medicine, salt (saline solutions containing sodium chloride) is used as part of an intravenous solution, which has saved many lives from dehydration. **Sodium is the water regulator of the cells.** No sodium on the outside of the cell will not allow the electrolytic pump to work with the potassium on the inside of the cell. Drink all the water you like, but no salt (sodium chloride) in the body, you will still be dehydrated. Deprived of that saline solution the cells age, evidenced by wrinkles, dry skin prone to skin diseases of all types. Add a pinch of Celtic salt or Murray River salt to your drinking water, your juices and your food daily to achieve and maintain the water balance for the cells, daily.

### **Dehydration is a very common problem today.**

Most people don’t drink enough water and then also drink substances that pull water out of the body too e.g. coffee, tea, soft drinks. Many conditions such as poorly functioning brain, nervous system, and muscle spasm improve by correcting water and salt deficit. Unless excess acidity is corrected by using unprocessed salt in the diet, acid relieving medications do not work well.

**Electrolyte formulas** are made up of sodium chloride, potassium, magnesium and calcium. These powders are added to drinking water daily to replenish the cellular structure to stop dehydration and cell starvation of the essential nutrients needed to uptake water into the cells. If using only

processed salt (sodium chloride) there is no potassium, magnesium and calcium to provide the cellular pump. So many are drinking lots of water but not adding any unprocessed salt or rehydration minerals (sodium, calcium, magnesium, potassium) and continue to be thirsty. Salt is not only good for you, it is essential, especially in this tropical climate where we are sweating our mineral salts out every day: and we must replace them to stay well. Electrolyte formulas plus unprocessed salt is necessary for people in sport and construction or all work where the body sweats all day.

**How much salt do I need?** Like all things that are good for you, too much or too little is not good for you. Use commonsense and your instinct as everybody is unique and we usually know if we want more salt or less. If you crave salt, you need salt. Generally, we need less of unprocessed salt. Salt should be added to the food as it cooks, the moisture in the food rapidly dissolves it. This ensures the active co-nutrients to be absorbed into the blood cells along with the elements of the food. A good way to add salt to your body is by adding a pinch to the foods you are cooking and on table. Also, to your smoothie type drinks and in drinking water. Salted food will satisfy appetite more satisfactorily. Try unprocessed salt in herbal teas especially prior bed as it supplies the minerals needed while sleeping.

Using real salt will assist detoxing and the kidneys and may produce a rash. Bath with real salt to assist with skin rashes and muscle fatigue. You may find warts and black skin moles will shed and drop off.

**Salt for Animals:** salt licks are supplied to keep animals healthy. They naturally gravitate to these; they don't need to be told about the benefits. If we are left to our own intuition, we would all intake the level of salt our body needs as what is the right amount for one may not be the right amount for another.

**Everyone grew in their Mother's womb in a salty electrolytic solution: our mother's amniotic fluid. This is a most convincing fact that salt is critical to life.**

**Where do I get it?** Unprocessed salts are generally available. Look for Murray River Salt and Olsson's salt (Australian) Celtic salt (France) Herbamare® Seasoning Salt are recommended. Himalayan salt is from an ancient salt mine in Pakistan where thousands of years of water leaching through these mountains of salt may have denuded various minerals from these deposits. These are the most popular and readily available. Kelp granules also contain unprocessed sea salt.



**Here is an excerpt from the book "Sea salt's Hidden Powers". I found it very revealing on the affect that pure sea salt has on the overall health (mind, body, spirit) of the human being.**

"the Belgian historian Henri Priene observed that during the High Middle Ages, the entire coast of the Atlantic was deserted and the entire continent was thrown into a Dark Age of human under development. Historians tell us that it was caused to a great extent by the lack of salt in the human diet, the flooding of all salt flats having disabled every salt farm along the coastlines of the Atlantic Ocean and the Mediterranean Sea. The whole of Europe, therefore suffered from a salt famine that was to last almost 500 years. The daily average ration fell to less than 2 grams per person and caused many to die from dehydration and madness. The extent of the salt famine reported by Henri Priene caused human flesh to be sold on the open air markets and created an epidemic of crazed people who, to replenish their salt, drank blood from the neck artery of the person they had just slain. Quick to exploit this desperate situation for their own gain, the rulers of Europe grabbed the remnants of the salt stock and extracted exorbitant salt taxes. Heavily burdened by tariffs and salt taxes, common salt became a luxury but also caused mass population shifts and exodus, lured invaders and caused wars. *Mined salt from the depths of the earth was substituted, but the lack of live and balanced trace elements in rock salt lowered the mental equilibrium and intellect level almost as much as the sheer absence of salt.* **Only sea salt with its rich trace elements can insure the proper mental and body functions:** without it these functions either slow down or stop altogether."

**Comment:** In 2016 we have substituted inferior salt (refined white salt) and salt from the earth (Himalayan) to replace salt from the seas. We are losing our mental capacities and physical strengths more and more: inferior salt and the dictum "Don't eat salt" is contributing in ways in which we are not aware.

1.. Ref: J.D Wallach, BS, DVM, ND Rare Earths. Ref: David Brownstein M.D. Salt your way to Health. Jacques de Langhe, PhD. Sea salt's Hidden Powers.

Lesley Parker ND ANPA. 24th June 2016