



"The Value of Real Salt"

ARE THERE BENEFITS TO REAL SALT?

We compare white vacuum refined salt to natural salt, since the refiners keep the truth hidden from the consumer; our findings in brief:

refined salt damages and poisons while true natural salt benefits and remineralizes the organism.

BASIC ROLES OF NATURAL SALT

Natural salt is the most basic condiment as well as a staple food; it possesses the power to rejuvenate the body's bio-systems, therefore is a powerful remedy for countless health problems. Clean, unrefined natural salt, used in the proper manner, has reversed many a "chronic illness" and restored wholeness in just a few days. Because of its complex beneficial minerals and bio-electronic power, it offers countless health benefits: it balances alkalinity/acidity levels, restores good digestion, and relieves allergies and skin diseases. Natural salt provides renewed energy, and at the same time gives higher resistance to infections and bacterial diseases.

Natural salt is the greatest alkaline-forming substance known; therefore, if a natural and better diet is undertaken in order to heal, it must include natural salt. The absence of salt in the daily diet greatly hampers absorption of the nutrition contained in grains and vegetables as it renders them unable to function as natural healing agents. Natural salt is a living food, with its ionic and electrolytic properties profoundly anchored in its grounding crystals.

A SIMPLE TRANSFORMATION OF ELEMENTS

Sodium-to-potassium, supplies our most vital needs.

An acidic body condition is at the root of many sicknesses; since natural salt strongly alkalizes, it is a powerful remedy. If there has been hemorrhaging, severe burns, physical trauma, acute infection, or very deep emotional turmoil, the body requires extra potassium immediately. This is best done by administering small extra doses of an isotonic salt solution made from natural salt dissolved in water. The potassium will be replenished quickly through the process of transmutation of sodium to potassium. Proper balance in the body is achieved by maintaining a relatively high potassium content inside the cell and correspondingly high sodium concentration in the fluid outside the cell. The concentration of salt diminishes in the blood as sodium transmutes into potassium. In effect, we use up the salt that we take in our food in order to maintain our equilibrium while replenishing this loss. Thus salt truly helps maintain good health.

THE INTERNAL OCEANS

Our bodies contain 3 internal oceans that require frequent mineral replenishment of many trace elements, best done by taking minute amounts of salt in our food. Each one of these complex solutions surrounds and circulates through the body:

1. One forms the plasma of our blood.
2. Another forms the lymphatic circulatory system.
3. Another forms the extracellular fluid that bathes every living cell in a regenerating solution rich in mineralizing elements.

Each of the macro- and micro-nutrients inherent in natural salt plays a specific role in safeguarding health. These single elements work in conjunction with all the others to regulate optimum body function.

Since these body fluids are so similar, they greatly influence one another. That is why a variation of the body's external environment - heat, diet, humidity, electromagnetic forces, acidity, etc. - has such a definite bearing on the body's whole climate. As an example, bathing in sea water has an immediate strengthening effects on the lymphatic system. On the other hand, bathing in soft water, such as in city water, rivers or lakes, which are unsalted, mineral-hungry, and sometimes chlorinated, will weaken the lymph system and also drain the body's precious minerals from the other two fluids.

If any of our internal oceans are short changed of trace nutrients (as in natural salt), the body will lack the triggering bio-electrical impulses and the mineral building blocks necessary to function at full efficiency or to renew its systems properly.

BUT - ISN'T SALT BAD FOR YOU?

In the industrial refining process, as many as 82 trace minerals and essential macro nutrients are forcibly removed, leaving only a single compound made of sodium and chlorine. Refined white salt is a biologically changing, completely unnatural and chemicalized substance. Refinery salt may legally receive up to 2% of chemical additives, such as bleaches, anti-caking agents, and conditioners. Ferrocyanide, yellow prussiate of soda, tricalcium phosphate, alumino-calcium silicate, sodium alumino-silicate, are anti-caking agents whose role is to prevent the salt from mixing with water, in the box or in the body. This prevents the salt from doing one of its important functions on the organism.

SODIUM RESTRICTED DIETS KILL

A healthy and active lifestyle demands a sufficient though reasonable salt intake. The current medical dictates that "our body can function on no salt at all or on a restricted ration of salt" causes more problems than it tries to solve.



Life is closely dependent upon the presence of sodium which, in the form of sodium chloride, plays an important part in the primary processes of digestion and absorption. Salt activates the first enzyme in the mouth, salivary amylase. In the parietal cells of the stomach wall, sodium chloride generates hydrochloric acid, one of the most important of all digestive secretions.

If potassium is in excess in relation to sodium, the body's enzyme pathway loses its ability to produce hydrochloric acid. Thus most diets, but especially vegetarian and grain diets, require slightly more salt in order to prevent an excess of potassium over sodium. With salt present, the acidity of the partially digested food is able to trigger off some needed natural sodium bicarbonate, derived from the supply of sodium chloride. Without salt no digestion is possible.

In illnesses such as diabetes mellitus, Addison's disease, kidney or gastrointestinal disorders, or any time there has been surgery or other significant fluid loss triggered, the requirement for an abundant supply of salt is vital for survival. The research of Dr. John H Laragh, M.D., at Cornell Medical Center shows that the High Blood Pressure problem lies not in salt intake but in an overactive hormone system. When this system is overactive, i.e. high renin levels, the body salt content is usually excessively reduced and thus salt starvation could occur if the patient is put on a low salt diet. Only patients with a low renin level (a third of hypertensive people) have high sodium levels and should be on a low sodium diet.

Salt in a natural state is essential for optimum health in humans and animals.

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