



What are the minerals found in real salt?

Ocean brine contains large amounts of magnesium and potassium – both crucial to proper human metabolism. Potassium is required to keep our blood and cells in osmotic balance, and is an electrolyte that stimulates muscles and helps conduct nerve impulses. Magnesium (11th among compounds prevalent in the body) acts as a co-factor in hundreds of the body's biochemical reactions.

As ocean brine is evaporated to harvest sea salt, some of it is trapped in tiny crevices or pockets in the salt crystals that remain. The brine is what gives sea salt its natural color, and in the case of Celtic salt, residues from the clay-lined ponds it is dried in add a blue-gray tint to the salt. (Celtic sea salt may be as low as 30% sodium and 50% chloride, with moisture, clay and minerals making up the remaining 20%.)

The list of trace elements present in unrefined salt is long, with differences depending on where the salt comes from. Some kinds of salt have 50 or more additional minerals and elements; others have over 100. Among these are sulfur, calcium, iron, copper, zinc, silicon, manganese, carbon, silver, zirconium, cesium and titanium. Also occurring in trace amounts are barium, bromine and fluoride (.000291%, .0022% and .0013% in Celtic sea salt). While these and other elements found in unrefined salt are known to be toxic, they are part of the natural world and the quantities involved are extremely minute.

Unrefined salt also has variations in flavor, unlike commercial table salt which almost completely consists of sodium chloride. Celtic, Himalayan and Redmond salts have become very popular. Having a variety of natural salts on hand may enhance your meals in subtle and interesting ways.

How much natural salt should I use?

David Brownstein, MD is one medical doctor who has awakened to the important role of natural salt in our bodies, and whose ground-breaking book *Salt Your Way to Health* presents the powerful facts on this common crystal without which we are unable to properly thrive. "I have found it nearly impossible to help my patients overcome illness and achieve their optimal health if they do not ingest unrefined salt in their diet," says Dr. Brownstein in the preface to his book. If you have serious health issues, it may be best to seek guidance from a nutritionist or health-care provider who understands the biochemical functions of natural salt in the body. But if you are one more person who has been in the dark about unrefined salt, simply make the switch and see how you feel!

Dr. Brownstein incorporates unrefined salt in his holistic treatment of patients with a range of disorders, including hypertension, autoimmune and chronic-fatigue illnesses. *Salt Your Way to Health* contains professional observations derived from years of clinical experience, and case references to real people whose health has improved from the remarkable adjustments real salt can make in our biochemical functionality. Dr. Brownstein notes that our current high consumption of caffeinated drinks and sodium-heavy processed foods, or sodium avoidance and cumulative mineral deficiencies, has resulted in a population that suffers from poor nourishment, lack of energy and compromised immunity. Table salt, as he points out, is a *devitalized* substance that is missing its proper complement of accompanying minerals and, over time, can throw our systems into serious imbalance. "Salt your way to health" is a surprising suggestion, but it often works!

www.SharksArePeopleToo.com/sea-salt



Natural Salt: Keeping your body in balance

Most people think of sea salt as a luxury or frivolity, a seasoning that adds to the "naturalness" of a meal or dish. Table salt, an everyday food staple, is what we're all accustomed to and is used in most commercially prepared foods. What's the difference between table salt and sea salt, other than the fact that one of them comes from the sea?

All salt begins as natural salt. Sea salt is obtained by evaporating ocean brine (salt-saturated seawater) in the sun and wind, resulting in a residue of crystals primarily composed of sodium chloride (NaCl) but also laced with a wide variety of minerals. Salt is not just a product of the sea: natural salt deposits or veins are also found in the earth. In fact, ocean water is salty due to rivers having carried and deposited minerals from the land into the sea for thousands of years. Table salt sold in grocery stores begins as natural salt, but is processed or stripped down to mere sodium chloride (NaCl), to which anti-caking and conditioning agents are added for a free-flowing product with a long shelf life. Table salt is known as *refined salt*, and has none of the dozens of elements and minerals that unrefined salt contains.

We, along with other living creatures, were designed to use natural salt and its accompanying range of *more than 80 important elements and minerals* essential for healthy metabolism. The commercial salt you buy at the supermarket has been subjected to high-compression evaporation and heat along with chemical treatments of sulfuric acid and/or bleach to remove "impurities," which are the very materials our bodies require to conduct our internal biochemistry.



Iodized table salt

The addition of iodine to table salt was a preventive strategy adopted by the U.S. government in the 1920s to minimize the development of goiter (enlarged thyroid) in inland populations. Iodine, an element essential to health and found in abundance in the sea, does not make table salt “healthy,” and is only *one* added nutrient – hardly making up for the dozens that have been removed from processed salt. The “purity” of table salt is a misleading concept that refers to its sodium-chloride content (over 99.7%). Natural, unrefined salt is anywhere from 80 to 98% sodium chloride and, as well as supplying a minute amount of iodine, supports the body’s health with its extensive complement of what are known as *trace* minerals – a fact not lost on human populations throughout the ages.

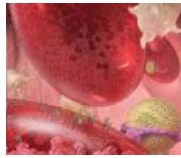
Currency and commodity

Living organisms depend on salt for their lives. Water and salt work in tandem to detoxify cells and transport nutrients and wastes. The very energy of living things comes from cellular electricity and nerve impulse conduction, much of which is mediated and regulated by sodium ions. Salt has long been recognized as essential to human existence, and became one of our earliest traded and valued commodities. Salt bars were used as currency, rulers imposed salt taxes, soldiers were paid with salt (the root of our word “salary”), and troops doing battle would often seize the enemy’s salt-making facilities.



Salt is an effective anti-bacterial agent, and has been relied on through the ages to heal wounds and infections and to preserve food. Before the days of refrigeration, salt was used (and still is) to cure meats and pickle vegetables. Long journeys could not be made without salt-preserved foods, and cities

themselves were built on salt mines. Salt is used in manufacturing to create paper, soap and dyes, and life-supporting salt solutions (e.g., saline and intravenous) are widely used in medicine.

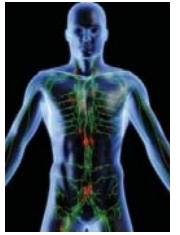


High blood pressure: True or false?

Many people, including most doctors, believe that salt intake contributes to elevated blood pressure. We are told to minimize salt and season our food with lemon and herbs. The fact is that salt enhances the flavor of food, and restricting it can detract from the pleasure of eating or cause one to overeat as the taste buds search for flavor. The myth of salt and hypertension developed in 1904 from a skewed study (Ambard & Beaujard) in which rodents were dosed with huge quantities of refined salt, raising their blood pressure. Stopping the salt lowered the blood pressure (not a big surprise). Subsequent studies have failed to show that low sodium intake protects against heart attacks or high blood pressure; it may actually increase heart-attack risk and create problematic health issues by adversely affecting cholesterol and production of the body’s important regulatory hormones.

A diet incorporating real salt supplies *electrolytes* – ionized minerals that conduct electricity and are vital to our well-being. Processed foods made with table salt are not only nutritionally poor, but are overloaded with sodium and lack minerals. Most Americans suffer from mineral deficiencies, which can result in a host of health disorders. The tendency to salt food liberally can be due to a state of mineral deficiency, creating a desire for more salt when it is really the *minerals* in the salt that the body is seeking. Using natural salt can adjust these mineral deficiencies, as it furnishes sodium in conjunction with potassium, magnesium and other essential elements. As a whole food, natural salt *balances* the body.

Our two internal oceans



Sodium in the blood must be tightly regulated by the adrenal system due to its powerful ability to dehydrate. The body contains two “oceans”: the fluid in the cells (intracellular ocean) and the extracellular bloodstream. Natural salt fuels both oceans with what they need to stay in balance: potassium to the interior of the cell to hold water, and sodium to the bloodstream. Table salt supplies sodium to the extracellular ocean and nothing to the intracellular ocean, causing the sodium in the blood to pull water from the cells, dehydrating them and preventing them from clearing waste. The cells become toxic and acidic, resulting in cellular fatigue, disease, and early cell death. Drinking more water does little to help, as the cells actually need minerals, without which they will only lose more water. Thus years of ingesting refined salt can wear our bodies down, causing chronic illness, autoimmune disorders, premature aging and many other problems.

A diet high in refined salt as well as one that avoids salt altogether will stress the body’s adrenals (hormone-releasing glands that keep our energy levels, blood sugar and blood pressure in check) as they struggle to regulate salt absorption. Adrenal fatigue can result in autoimmune and/or chronic illness and thyroid malfunctioning. Many people who suffer from fatigue, muscle and joint pain, low energy and brain fog may find that adding unrefined salt to their diet will perk up their body in remarkable ways, at low cost and without having to seek medical help. *Our bodies have evolved to rely on a salt/mineral symbiosis*, which is sorely missing in people who follow the current low-salt dietary convention. “I never use salt” is a proud but uninformed statement. (*Note:* The kidneys’ job is to clear excess salt from our bodies. Individuals with kidney failure must watch their salt intake – whether it is natural or refined.)