

Tips on Salt Consumption

After oxygen and water, salt is the most important substance for our bodies. Pliny around 75 AD said, "Salt is the foremost of human remedies." We are suffering problems because we are consuming salt-free diets. We are correct to avoid table salt but must have unrefined salt such as Celtic Sea Salt. Natural salt has 84 minerals needed for the body. Table salt has had 83 minerals removed leaving sodium, which is harmful when consumed alone, out of its natural 'package'. The following are some points to consider regarding the body's need for salt and its use. They are taken from the book, "The Body's Many Cries for Water" by F. Batmanghelidj, M.D. and from literature published by "The Grain and Salt Society."

- 27% of the salt in the body is stored in the bones. It makes them hard. Salt will be pulled from the bones to maintain normal blood levels of salt.
- Salt shortage in the body can appear as the same symptoms of dehydration. Salt and water work together in the body.
- Drinking water without using salt can cause salt shortages.
- Cramping in unexercised muscles is often indicative of a salt deficiency. Dizziness and feeling faint may also be an indication.
- Salt is a natural anti-histamine. It can break up mucus in the lungs.
- In edema, the body will hold onto salt to keep water in the body in fear of a drought. Increasing water will resolve this. If ankles swell or eyes become puffy, reduce salt and increase water until it is resolved. Exercise will draw fluid into the blood.
- Salt provides 84 minerals to the body. It maintains the water content outside the cells.
- Daily consumption of salt is $\frac{1}{4}$ teaspoon for 5 eight ounce glasses of water; $\frac{1}{2}$ teaspoon for 10 eight ounce glasses. Increase salt only as water is increased.
- Increase water and salt only if urination increases with it.
- Use unrefined salt on food such as Himalayan or sea salt. Avoid table salt.
- If sleep is difficult, drink eight ounces of water and put a pinch of salt on the tongue before bed.