



NaturalNews.com  
Real News Powered by the People, Naturally.



## Your Salt may be Killing You

Sunday, November 07, 2010 by: Dr. David Jockers

(NaturalNews) Salt is one of the most basic and ubiquitous food seasonings. Historically, salt has been an extraordinarily valuable food preservative for most cultures in the world. Natural salt contains a vast array of essential minerals and continues to be incredibly valuable for our health. Today, modern refineries have chemically altered most salt making it hazardous for human consumption.

Typical table salt is composed of 97.5% sodium chloride and 2.5% chemicals such as anti-flow and anti-caking agents. Table salt is bleached and processed with excessive heat that alters the natural chemical structure and destroys essential trace minerals. Hazardous molecules such as iodine and fluoride are added along with toxic substances like aluminum hydroxide (used as an anti-moisture additive).

This processing takes the "life" out of the salt making the unnatural sodium chloride and chemical fillers more challenging to metabolize. The body must sacrifice tremendous amounts of energy and up to 23 times the cell water to neutralize the damaging effects of the salt. The inability of the body to effectively neutralize these toxic substances results in:

Unsightly cellulite  
Rheumatism, arthritis, & gout  
Kidney & Gall Bladder stones  
High Blood Pressure

Many people have turned to sea salts for their regular salt usage. Unfortunately, many of our lakes and oceans are loaded with toxic poisons like mercury, PCBs and dioxin. Oil spills can toxify a lake or ocean's salt stores for decades after the incident. Over 85% of all sea [salt](#) producers are using a refining process for their salt production. Based on this understanding it is wise to assume that sea salt can no longer be trusted as a pure source of essential salts.

Pink salts are one of the very few varieties of salts that have remained pure and stable in nature. Natural pink salts are known for their essential trace [minerals](#) and their ability to regulate cellular fluid balance. These salts take on their color due to the presence of iron oxide and their abundance of essential trace minerals. These minerals are in a very small colloidal form and inter-connected in structure allowing for easy absorption and a nutrient synergy that exponentially enhances their effect in the [body](#).

Pink salt is often labeled based on its geography. The most reputable type of pink salt is Himalayan Salt although it is also found in Hawaii, Australia, Peru, Utah, and Poland. Contrary to popular belief these salts do not elevate blood pressure. Their ability to regulate fluid

balance allows them to naturally stabilize blood pressure at a healthy and supportive level for the body. Some of the other benefits of pink salts include:

- Promoting blood sugar health
- Energy Production (hydro-electrical)
- Absorption of food particles
- Supports vascular & respiratory health
- Promoting sinus health
- Prevention of muscle cramps
- Promoting bone strength
- Regulating your sleep & moods
- Supporting your libido
- Enhances immune function
- Stabilizes heart rate & blood pressure
- Extracts excess acidity

Pink salts provide a great remedy for asthma and allergy symptoms as well. The salts have a unique ability to unplug the thick mucus secretions in the lungs & stop overflow of nasal secretions when water is plentiful. Taking it as a natural anti-histamine, one can drink 2-3 cups of purified water with a pinch of healthy salts.

Remember to listen to your body when it comes to the use of these powerhouse salts. Certain body types depend on more salts than others. If you crave salts, you are typically in need of trace minerals. Follow your instincts and use a bit more pink salt on your foods. If you have no craving for salts then only use small amounts of pink salts.

<http://en.wikipedia.org/wiki/Salt>

[http://en.wikipedia.org/wiki/History\\_of\\_salt](http://en.wikipedia.org/wiki/History_of_salt)

<http://products.mercola.com/himalayan-salt/>

<http://www.pinksalt.org/>

## About the author

Dr. David Jockers owns and operates Exodus Health Center in Kennesaw, Ga. He is a Maximized Living doctor. His expertise is in weight loss, customized nutrition & exercise, & structural corrective chiropractic care. For more information go to [www.exodushc.com](http://www.exodushc.com) To find a Maximized Living doctor near you go to [www.maximizedliving.com](http://www.maximizedliving.com)

Articles Related to This Article:

- [Blaming dietary sodium for high blood pressure is too simplistic; the real problem may be mineral deficiencies](#)
- [Why Himalayan Pink Crystal Salt is so much better for your health than processed table salt](#)
- [Confronting Salt Confusion](#)
- [Confront Salt Confusion](#)
- [Sea Salt may be Healthier than Table Salt](#)
- [The top five negative-calorie health foods that burn fat while making you feel full](#)



# Salt and Sodium - Question the concerns of the medical establishment

Tuesday, May 24, 2011 by: Paul Fassa

(NaturalNews) High sodium diets and high blood pressure (hypertension) cause coronary problems, even heart attacks. This has been the medical consensus for a long time that points to table salt as the major culprit. But how accurate is this consensus really? There are a growing number of medical practitioners who disagree, and some epidemiological studies have shown this consensus is flawed.

## Salt and Sodium Differences

Just as it is with the bulk of commercial food sources, the table salt you see everywhere is processed. The essential and trace minerals are removed almost completely. This leaves processed table salt with only tainted sodium chloride. Pure unprocessed sea salt, including Celtic and Himalayan salts, contain several basic and trace minerals that contribute to health.

Processing salt involves the use of aluminum, ferrocyanide and bleach. These toxic materials replace the healthy minerals in unrefined salt and add to the toxicity of your body. Iodine is barely added to refined table salt anymore. It had been commonly added because the naturally occurring iodine was removed with processing.

Dr. David Brownstein, author of *Salt Your Way to Health*, advocates using pure, unrefined salt. He is keen on restoring iodine levels in our thyroids for better overall endocrine health. Besides containing iodine, pure sea salt is a factor for better iodine absorption from other sources.

Sea salt also contains potassium, which is vital for regulating pH balance along with [sodium](#) and chloride. Yes, untainted sodium chloride is vital for health. Chloride also contributes to creating digestive acids. Pure salt contains magnesium, the master mineral that is involved with over 300 cellular metabolic actions. Sulfur and other nutrients are in sea [salt](#) as well (Celtic salt analysis, source below).

Understand the listed minerals need to harmonize and balance with each other for optimum health contributions. Removing any of them destroys the balance nature intended.

## Low Sodium Diets

There have been several international studies, including one in the mid-1990s that was conducted in NYC, a hotbed for hypertension, for eight years. These studies did not confirm the [medical](#) consensus of pushing low sodium diets for lower blood pressure and less heart attacks.

What was discovered was either no influence or in the case of the NYC study, a fourfold increase in coronaries among the low sodium diet participants. Maybe the low sodium participants with higher coronary incidents weren't aware of those other sodium compounds they were consuming with

processed foods while eschewing table salt.

Within most processed or junk foods, there are other sodium combinations, such as sodium benzoate and mono-sodium glutamate (MSG). MSG has many aliases, making it tricky to notice the sodium word. Both of these are harmful additives. Yet when doctors recommend low sodium diets, the focus remains on seeing the words sodium chloride or salt on processed food labels.

The more dangerous sodium compounds are in those processed foods, along with processed salt or tainted sodium chloride without its balance of natural nutrients. The solution for all this is simple. Don't eat processed or junk food, and sprinkle unrefined sea salt for seasoning to your heart's content with basic whole foods without any form of added sodium.

Many of us use reverse osmosis to remove another toxic sodium compound, sodium fluoride, from our drinking water. But reverse osmosis removes a lot of natural minerals in the water. So many nutritional experts recommend adding a pinch of - sea salt!

Sea salt can be used liberally with a diet of mostly organic whole foods and purified water, not only for taste, but also for good [health](#). Just shop for the best unprocessed, pure sea salt.

**Sources for more information include:**

Celtic sea salt analysis [http://www.curezone.com/foods/salt/Celtic\\_Sea\\_Salt\\_Analysis.asp](http://www.curezone.com/foods/salt/Celtic_Sea_Salt_Analysis.asp)

Recent Belgian Study <http://www.themedifastplan.com/main/new-study-upends-conventional-wis...>

The NTC hypertension study [http://www.saltworks.us/salt\\_info/si\\_SaltAndGoodHealth.asp](http://www.saltworks.us/salt_info/si_SaltAndGoodHealth.asp)

Confronting Salt Confusions [http://www.naturalnews.com/026093\\_salt\\_sodium\\_health.html](http://www.naturalnews.com/026093_salt_sodium_health.html)

## About the author

Paul Fassa is dedicated to warning others about the current corruption of food and medicine and guiding others toward a direction for better health with no restrictions on health freedom. You can visit his blog at <http://healthmaven.blogspot.com>

## Articles Related to This Article:

- [Blaming dietary sodium for high blood pressure is too simplistic; the real problem may be mineral deficiencies](#)
- [Why Himalayan Pink Crystal Salt is so much better for your health than processed table salt](#)
- [Confronting Salt Confusion](#)
- [Confront Salt Confusion](#)
- [Sea Salt may be Healthier than Table Salt](#)
- [Your Salt may be Killing You](#)