

MORE SALT TO LOWER BLOOD PRESSURE

New research suggests that excess salt is killing 92,000 people annually via heart disease, heart attack, and stroke.

Most people have gotten the message about not using the salt shaker, even though most of the salt we get is from processed & restaurant food. A shocking one in 10 ready-made salads on sale contains more salt than a Big Mac, according to the **Consensus Action on Salt** (Cash) research.

It's also important to read food labels since salt comes under different names such as: Sodium chloride (table salt), sodium bicarbonate (baking soda), disodium phosphate, sodium caseinate, MSG (monosodium glutamate), sodium sulfite, sodium nitrite. It's especially important to stay away from MSG, since it's a neurotoxin. I'll be talking more about this in a future blog.

Let's look at what makes salt so bad for you? *The way it's being processed*

Regular table salt is refined, it's been heated over 1,000 F., to the point of containing only two minerals (three if you count the iodine that is put back in) – sodium and chloride and then added “anti-clump” additives so it will pour easily. Because it's been heated to such high temperatures our body can't break that sodium/chloride bond and that is what responsible for raising blood pressure and causing heart problems.

On the other hand salt is an essential aspect of a healthy life. It has been used for thousands of years as medicine or a part of healing remedy. Salt in its unheated, unrefined form contains many minerals, like magnesium, calcium, potassium, sodium, chloride, sulfate, phosphate and many other trace minerals a particular ratio that closely resembles the mineral makeup of human blood.

Let's look at some of the amazing benefits of healthy salt:

- Helps to normalize the water in the body
- Stabilizes irregular heart beat
- Helps normalize blood sugar levels
- Helps remove excess mucus and phlegm
- Restores electrolytes
- Is a natural antihistamine
- Reduces and prevents muscle cramps
- Prevents arthritis and gout
- Prevents spider and varicose veins
- Helps control pH levels and activate enzymes

Here are some of the healthy salts you can purchase: Himalayan salt I believe at Whole Food stores, Pink salt from www.PRLabs.com (also at my office).

Just look for a salt that has not been heated or refined.