

Unrefined Celtic Sea Salt - Critical to Optimal Health

By Toni Eatros, MS, Dipl Ac, AP

Salt is the most misunderstood nutrient on the planet. There are a lot of falsehoods surrounding salt. See how adding the right kind of salt to your diet can help:

- Fatigue
- Adrenal Disorders
- Immune System Function
- Hormonal Disorders
- Thyroid Disorders
- Headaches & Migraines
- Nervous System Disorders such as Seizures
- Cholesterol Levels
- Blood Pressure (yes, I said it blood pressure)

For years, we have heard the following:

- A low-salt diet is healthy.
- There is no difference between table salt and sea salt.
- Low-salt products are better for you.
- There is enough iodine in refined table salt.

These are the myths of salt. Dr. Brownstein's book, *Salt Your Way to Health*, 2nd edition, presents the research on salt that will change the way you look at this vital substance.

People following a low salt diet often do not feel when when sodium levels are lowered. Energy levels typical drop and often hormonal and immune system imbalances develop. Lab tests usually show a rise in cholesterol as well.

A low salt diet is actually associated with a greater than 400% increase in the risk of heart attack in men. Low salt diets have never been shown to lower blood pressure more than a couple points and not even consistently. These diets have never been shown to reduce mortality among hypertensive men.

On the other hand, magnesium and potassium deficiencies have been consistently linked to high blood pressure. These minerals are found in the unrefined salt. After six months of using the unrefined salt, a decline of 11 mm Hg systolic and 15 mm Hg diastolic blood pressure was observed in 45% of people studies. Unrefined salt will actually decrease the blood pressure, not raise it.



The use of refined table salt or a low salt diet also leads to impaired detoxification systems in the body. This causes toxins, such as bromide, fluoride, pesticides and heavy metals to accumulate and linger in the body much longer than they should. When rats are subjected to a low-salt diet, the half-life of bromine is prolonged 833% as compared to rats given a normal salt diet. Unrefined salt is the most effective tool to help lower toxic bromine and fluoride levels in the body.

Refined salt has been processed with chemicals including sulfuric acid and/or chlorine to remove the "impurities" (80+ essential minerals). Refined table salt is a toxic substance for the body, therefore there should be no refined salt consumed in anyone's diet, ever.

Unrefined salt contains much more than just sodium and chloride. Unrefined salt contains ALL THE ELEMENTS NECESSARY FOR LIFE. Celtic Sea Salt (Light Grey) contains 33% sodium, 50.9% chloride, 1.8% minerals and trace elements and 14.3% moisture. Unrefined salt does NOT contain appreciable amounts of iodine/iodine so supplementation may be needed. Celtic Sea Salt or the Redmond's Real Salt products are the recommended choices.

The amount of unrefined salt is directly related to the amount of water you consume. The more water you consume, the more unrefined salt you should ingest. It is recommended to use 1/4 tsp of unrefined salt for every quart of water ingested. If you have kidney disease, you should consult your physician before adding unrefined sea salt to your diet.

To determine the amount of water you should drink, take your weight in pounds and divide by 2. This is the number of ounces of water you should drink daily.

Taking regular warm water salt baths is not only relaxing, it also aids the removal of the toxic halides, heavy metals and pesticides from the body. Add 1-2 cups of unrefined salt and two cups of hydrogen peroxide to a warm bath and soak for 20 minutes to stimulate the lymph system to excrete these toxins from the skin.

It is vital to the world population that we throw away the devitalized, processed table salt and replace it completely, with proper amounts of unrefined Celtic Sea Salt. This simple change of using the correct form of salt to our diets can markedly improve the general health of everyone.

Once you understand the differences between refined salt and unrefined salt you can start to make better choices in your life and reap all of the wonderful benefits of ingesting over 80 essential minerals in perfect balance to help your body thrive at its optimal level.

If what you have been doing hasn't been working for you and you want a fresh perspective, based on science, about your health. Call Acupuncture & Natural Health Solutions at 239-260-4566 today. It is nearly impossible to overcome chronic illness without unrefined salt. All functions in the body, including the immune system, hormonal system, nervous system and cardiovascular system depend on adequate water and salt intake for optimal functioning.

*Yours In Health & Wellness,
Toni L. Eatros, AP*

 **Acupuncture & Natural
Health Solutions**

239-260-4566

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