SALT

Both sea salt and rock salt were well known to the ancient Greeks who noted that eating salty food affected basic body functions such as digestion and excretion (urine and stools). This led to salt being used medically. The healing methods of Hippocrates (460 BC) especially made frequent use of salt. Salt-based remedies were thought to have expectorant powers. A mixture of water, salt, and vinegar was employed as an emetic. Drinking a mixture of two-thirds cow's milk and one-third salt-water, in the mornings, on an empty stomach was recommended as a cure for diseases of the spleen. A mixture of salt and honey was applied topically to clean bad ulcers and salt-water was used externally against skin diseases and freckles. Hippocrates also mentions inhalation of steam from salt-water. We know today that the antiinflammatory effects of inhaled salt provide relief from respiratory symptoms (c). Thus, 2000 years ago, Greek medicine had already discovered topical use of salt for skin lesions, drinking salty or mineralized waters for digestive troubles and inhaling salt for respiratory diseases!

The doctor and alchemist Paracelsus (1493–1541 A.D.) introduced an entirely new medical concept. He believed that external factors create disease and conceived a chemically oriented medical system which contrasted with the prevalent herbal medicine. Only salted food could be digested properly: "The human being must have salt, he cannot be without salt. Where there is no salt, nothing will remain, but everything will tend to rot." He recommended salt water for the treatment of wounds and for use against intestinal worms. A hip-bath in salt water was a superb remedy for skin diseases and itching: "This brine - he said - is better than all the health spas arising out of nature." He described the diuretic effect of salt consumption and prescribed salt preparations of different strengths that were used for instance against constipation.

If the body does not get enough salt, a hormonal mechanism compensates by reducing the excretion of salt in the urine and sweat. But it cannot reduce this output to zero. On a completely salt-free diet the body steadily loses small amounts of salt via the kidneys and sweat glands. It then attempts to adjust this by accelerating its secretion of water, so that the blood’s salt concentration can be maintained at the vital level. The result is a gradual desiccation of the body and finally death."

An eight-year study of a New York City hypertensive population stratified for sodium intake levels found those on low-salt diets had more than four times as many heart attacks as those on normal-sodium diets – the exact opposite of what the “salt hypothesis” would have predicted. (1995). Dr. Jeffrey R. Cutler documented no health outcomes benefits of lower-sodium diets.

The past president of the American Heart Association, Dr. Suzanne Oparil of the University of Alabama-Birmingham, said her personal view is that the government may have been too quick to recommend that everyone cut back. "Salt restriction as a solitary recommendation for the population for the prevention or the treatment of hypertension

The seawater has 84 chemical elements. For our body to be healthy we need all those elements. When we use the common salt, we are in deficit of 81 elements which means we are somehow contributing to becoming weaker, imbalanced and more susceptible to diseases. Use the seawater salt.

When we drink enough water to pass clear urine, we also pass out a lot of the salt that was held back. This is how we can get rid of edema fluid in the body; by drinking more water. Not diuretics, but more water!! In people who have an extensive edema and show signs of their heart beginning to have irregular or very rapid beats with least effort, the increase in water intake should be gradual and spaced out, but not withheld from the body. Naturally, salt intake should be limited for two or three days because the body is still in an overdrive mode to retain it. Once the edema has cleared up, salt should not be withheld from the body

Salt has many other functions than just regulating the water content of the body. Here are some of the more vital functions of salt in the body:

1. Salt is most effective in stabilizing irregular heartbeats and, Contrary to the misconception that it causes high blood pressure, it is actually essential for the regulation of blood pressure - in conjunction with water. Naturally the proportions are critical.

2. Salt is vital to the extraction of excess acidity from the cells in the body, particularly the brain cells.

3. Salt is vital for balancing the sugar levels in the blood; a needed element in diabetics.

4. Salt is vital for the generation of hydroelectric energy in cells in the body. It is used for local power generation at the sites of energy need by the cells.

5. Salt is vital to the nerve cells' communication and information processing all the time that the brain cells work, from the moment of conception to death.

6. Salt is vital for absorption of food particles through the intestinal tract.

7. Salt is vital for the clearance of the lungs of mucus plugs and sticky phlegm, particularly in asthma and cystic fibrosis.

8. Salt is vital for clearing up catarrh and congestion of the sinuses.

9. Salt is a strong natural antihistamine.

10. Salt is essential for the prevention of muscle cramps.

11. Salt is vital to prevent excess saliva production to the point that it flows out of the mouth during sleep. Needing to constantly mop up excess saliva indicates salt shortage.

12. Salt is absolutely vital to making the structure of bones firm. Osteoporosis, in a major way, is a result of salt and water shortage in the body.

13. Salt is vital for sleep regulation. It is a natural hypnotic.

14. Salt is a vitally needed element in the treatment of diabetics.

15. Salt on the tongue will stop persistent dry coughs.

16. Salt is vital for the prevention of gout and gouty arthritis.

17. Salt is vital for maintaining sexuality and libido.

18. Salt is vital for preventing varicose veins and spider veins on the legs and thighs.

19. Salt is vital to the communication and information processing nerve cells the entire time that the brain cells work - from the moment of conception to death.

20. Salt is vital for reducing a double chin. When the body is short of salt, it means the body really is short of water. The salivary glands sense the salt shortage and are obliged to produce more saliva to lubricate the act of chewing and swallowing and also to supply the stomach with water that it needs for breaking down foods. Circulation to the salivary glands increases and the blood vessels become "leaky" in order to supply the glands with water to manufacture saliva. The "leakiness" spills beyond the area of the glands themselves, causing increased bulk under the skin of the chin, the cheeks and into the neck.

21. Sea salt contains about 80 mineral elements that the body needs. Some of these elements are needed in trace amounts. Unrefined sea salt is a better choice of salt than other types of salt on the market. Ordinary table salt that is bought in the super markets has been stripped of its companion elements and contains additive elements such as aluminum silicate to keep it powdery and porous. Aluminum is a very toxic element in our nervous system. It is implicated as one of the primary causes of Alzheimer's disease.

22. Twenty-seven percent of the body's salt is in the bones. Osteoporosis results when the body needs more salt and takes it from the body. Bones are twenty-two percent water. Is it not obvious what happens to the bones when we're deficient in salt or water or both.

RECIPE

WANT TO MAKE A RECIPE THAT MIGHT HELP YOU WITH ANTIOXIDANT ASSISTANCE AND

ELEVATE IMMUNE FUNCTIONS AS WELL, EVEN MAYBE BALANCE YOUR PH!

HERE IT IS

1/ 4 CUP SEA SALT

4 GRAMS ( 4000MGS OF MAGNESIUM)

812 MGS OF POTASSIUM ( ABOUT 8 PILLS THAT ARE 99 MGS EACH)

DRIED GRAPEFRUIT RINDS ( PUT IN THE EQUIVALENT OF THE RIND OF 1 GRAPEFRUIT)

DRIED CALENDULA ( ABOUT 10 GRAMS ...OR 10,000 MGS )

GRAPE SEED ( ABOUT 2 GRAMS...OR 2000 MGS )

VITAMIN C ( 5-8 GRAMS...5000-8000 MGS)

TUMERIC (5 GRAMS..5000MGS)

3 DROPS OF LUGOLS KELP ( HIGH IN IODINE AND OTHER TRACE MINERALS)

PUT IN BLENDER AND PULVERIZE TO A FINE POWDER, WHEN COMPLETE PUT INTO A SALT SHAKER AND USE ON YOUR COOKING OR FINISHED COOKED FOODS...GOOD AS A POPCORN SALT

CAN BE USED AS AN ALKALIZER, SODIUM AND MINERAL BALANCER.....WHEN USED AREAS IN BODY SHOWING CERTAIN SYMPTOMS MIGHT BENEFIT OVER TIME

THIS IS AN EDUCATIONAL AND A LEARNING TOOL.. ANY ENDEAVOR TO EXPLORE , EXPERIMENT, OR USED THIS INFORMATION IN ANY WAY, IS STRICTLY FOR EDUCATIONAL PURPOSES, AND THE USER IS ENTIRELY RESPONSIBLE FOR THEIR ACTIONS. USE THIS INFORMATION WITH WISDOM AND MAY IT BENEFIT YOU IN THE WAY IT WAS MEANT TO..... AS A LEARNING AID.