

# Himalayan Crystal Salts

## Interesting Facts

*High blood pressure lowered by adding salt and calcium*

Studies have shown that high blood pressure can be prevented and lowered by consuming a diet high in calcium, and surprisingly, a diet high in salt. Using calcium is far more effective with the essential use of salt. The recommended daily allowance (RDA) of calcium is 800mg, and by meeting the RDA along with a diet high in salt, we will not raise, but lower our blood pressure. This is responsible for some of the lowest blood pressures in our society.

Studies have shown that people who use the saltshaker more frequently and consume salty snack foods tend to have lower blood pressures than those who do not use salt with such frequency. This may also come as a shock, but low salt diets are associated with increases in blood pressure, and this is consistent with data from the U.S. clinical sites participating in the INTERSALT Study.

This study found that the highest blood pressures were found in those with the lowest salt excretion in their urine. If we want to lower our blood pressure and prevent high blood pressure, we must use salt as well as calcium, as higher blood pressures were noted in the small percentage of the population eating high-salt-low-calcium diets (which lessened the potassium, magnesium and phosphorous). People who consumed large amounts of salt and had high blood pressure lowered their blood pressure by using calcium.

The same thing happened for those who were using a lot of calcium and had high blood pressure; their blood pressure lowered when they started using salt. All of these studies show that calcium's effect on blood pressure is most visible in those consuming at least the RDA of salt. Therefore, it makes sense for doctors to make sure that patients who have or are at risk of high blood pressure consume enough salt and calcium daily.



Dr Michael Alderman, Chairman of Epidemiology at Albert Einstein Medical School and President of the American Hypertension Society says, **“The lower the sodium, the worse off you are.”**

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# Salt intake is Vital to your health

**Salt is a vital substance for the survival of all living creatures, particularly humans.** Water and salt regulate the water content of the body. Water itself regulates the water content of the interior of the cell by working its way into all of the cells it reaches.

It has to get there to cleanse and extract the toxic wastes of cell metabolisms. Salt forces some water to stay outside the cells. It balances the amount of water that stays outside of the cells. There are two oceans of water in the body: one ocean is held inside the cells of the body, and the other ocean is held outside the cells.

**Good health depends on a most delicate balance between the volume of these oceans, and this balance is achieved by salt – unrefined whole salt.**

When water is available to get inside the cells freely, it is filtered from the outside salty ocean and injected into the cells that are being overworked despite their water shortage. This is the reason why in severe dehydration we develop oedema and retain water. The design of our bodies is such that the extent of the ocean of water outside the cells is expanded to have the extra water available for filtration and emergency injection into vital cells. The brain commands an increase in salt and

water retention by the kidneys. This is how we get oedema when we don't drink enough water.

Initially, the process of water filtration and its delivery into the cells is more efficient at night when the body is horizontal. The collected water, that mostly pools in the legs, does not have to fight the force of gravity to get onto the blood circulation. If reliance of this process of emergency hydration of some cells continues for long, the lungs begin to get waterlogged at night, and breathing becomes difficult. The person needs more pillows to sit upright to sleep. This condition is the consequence of dehydration. However, you might overload the system by drinking too much water at the beginning. Increases in water intake must be slow and spread out until urine production begins to increase at the same rate that you drink water.

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 oedema fluid in the body; by drinking more water. Not diuretics, but more water! In people who have an extensive deerm 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 oedema has cleared up, salt should not be withheld from the body.

## Higher salt intake tied to longevity

Debate over the health effects of dietary salt continues, with a new study suggesting that those who eat lots of salt live longer than those who avoid it. Researchers discovered that those 25% of study subject consuming the lowest amounts of dietary salt actually had higher risk of death [over 23 deaths per 1000 person-years). But the researches stress that any connection between salt and longevity need to “be considered in the total dietary context.” For example, they explain that high salt intake may simply be a “marker” for specific types of diets that might in a much broader sense **positively influence overall longevity.** // *The Lancet*, March 14, 1998; 351: 781-785



## 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 stabilising 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 the cells of 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 the 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 the 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. Himalayan salt contains 84 minerals and elements that the body needs. Some of these elements are needed in trace amounts. Unrefined Himalayan salt is a better choice of salt than other types of salt on the market. Ordinary table salt that is bought in the supermarket has been stripped of its companion elements and contains additive elements such as aluminium silicate to keep it powdery and porous. Aluminium is a very toxic element in our nervous system. It is implicated as one of the primary causes of Alzheimer's disease. Most sea salt is derived from compromised sea water. A moment's thought on the quality of North Atlantic sea salt, derived from the effluent waters of Europe & Britain, gives cause for concern. Salt purity and life-force, infused with elements of a degraded biological compromised ecology, with reduced ocean biomass support levels and high toxic residue being part of the North-Eastern Atlantic water story over recent decades.
21. 27% of the body's salt is in the bones. Osteoporosis results when the body needs more salt and takes it from the bones. Bones are 22% water. It is obvious what happens to the bones when we're deficient in salt or water or both.

Happiness  
is joy with  
water, sun in  
the sun and  
salt with our  
food are key  
elements in a  
memorable life



# Unconventional Wisdom

## Low Salt diet a risk or not

By Emma Ross of The Associated Press : London, March 12

A low-salt diet may not be so healthy after all. Defying a generation of health advice, a controversial new study concludes that the less salt people eat, the higher their risk of untimely death. The study, led by Dr. Michael Alderman, chairman of epidemiology at Albert Einstein School of Medicine in New York and president of the American Society of Hypertension, suggests government should consider suspending its recommendation that people restrict the amount of salt they eat. "The lower the sodium, the worse off you are," Alderman said. "There's an association. Is it the cause? I don't know. **Any way you slice it, that's not an argument for eating a low sodium diet.**"

## Some essentials worth remembering

Oxygen / Water / Salt / Potassium / Exercise

- a) No-one can live without these. Mainstream medicine too often ignores 2 & 3 in favour of selling drugs and procedures to treat the symptoms of dehydration.
- b) Nothing kills life quicker than the lack of water.
- c) The salinity of the water outside the cells in our bodies is the same as the ocean.
- d) No two substances in the Bible are mentioned more than water and salt.
- e) The environment of an unborn baby is water and salt.

## Some further thoughts

1. The Health Care industry makes money by selling a litre of water with salt in it (Saline 4) for up to \$350 installed with associated apparatus, but won't encourage patients to take more water and salt in their diets.
2. Why would pharmaceutical companies do research on the importance of water in our daily lives if they can't make money from it? Who does research to put themselves out of business?

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