

SALT

From: Miracle Salt, by Mae M. Vander Boom

Our very lives depend on it, yet we call it common salt.

The human body cannot exist without salt. If every particle of salt were taken from our bodies, we would live about 48 hours. Tears are salty and so is blood. Salt bathes a body's tissues. A solution of salt water substituted for blood lost will keep a human or animal alive for hours.

Salt has been used as money, and was once worth its weight in gold. One of the greatest military roads in history was built to bring salt from the salt works at Ostia, on the Tiber River, to Rome. This road is called Via Salaria and is still in use. Romans were paid in part with salt coins that were called solarium, from which came the English word "Salary". One of the first weapons in ancient warfare was to cut off the enemy's salt.

In times past, Egypt, Babylon, Mexico, Peru and other civilizations seized control of salt wherever it was found. They held the power over their subjects by regulating it. They could demand anything they desired – "for a pinch of salt." In the country of India, Mahatma Ghandi's "Salt March" brought about the country's freedom from British Colonial rule and the salt tax. In France, harsh salt laws were one of the chief causes of the bloody French Revolution, and when Napoleon Bonaparte was at war with Russia, thousands of his men died in the retreat from Moscow. Historians record these soldiers died from wounds that would not heal because their bodies had been deprived of salt. In the USA, it has been said that the lack of salt in the south was the greatest single factor for the Confederacy having lost the war. Native American Indians guarded their salt licks with their lives.

SALT INTAKE IS VITAL

From Water: Rx for a Healthier Pain-Free Life by Dr. Fereydoon Batmanghelidj

Salt is a vital substance for the survival of all living creatures, particularly humans. 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 the cells. There are two “bodies of water” in the body; one “body of water” is held inside the cells of the body, and the other “body of water” is held outside the cells. Good health depends on a most delicate balance between the volume of these two “bodies of water,” and this balance is achieved by salt - unrefined salt (see #20 in the list below).

When water is available to get inside the cells freely, it is filtered from the outside salty “body of water” and injected into the cells that are being overworked despite their water shortage. This is the reason why in severe dehydration we develop an edema and retain water. The design of our bodies is such that the extent of the “body 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 an edema 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 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.

See list below:

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 of salt and water 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 needed by the cells.
5. Salt is vital to the nerve cells' communication and information processing 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 and phlegm, particularly in asthma and cystic fibrosis.
8. Salt is vital for clearing up 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, or day. Needing to constantly mop up excess saliva, or slurp it back into the mouth indicates salt shortage.
12. Salt is vital to the structure of bone firmness. Osteoporosis is a result of salt and water shortage in the body. Twenty-seven (27%) 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 (22%) percent water.
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 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.
20. 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 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.

LIFE ESSENTIALS

1. Oxygen 2. Water 3. Salt

FACT - Mainstream medicine often ignores 2 & 3 in favor of selling (prescribing) drugs and procedures to treat the symptoms of dehydration.

FACT – Hospital Emergency Rooms sell a quart of water with salt in it (Saline 4) for up to \$350.00 in an I.V., but generally do not educate patients of the daily need of water and salt in their diets.

FACT - Nothing kills life quicker than lack of water.

FACT - The people with the worst health drink the least water and use the most deadly diuretic drugs: caffeine and alcohol.

FACT - The salinity of the water outside the cells in our bodies is the same as ocean water salinity.

FACT - In the Dark Ages (aka Middle Ages) people were put to a horrible, torturous death by salt deprivation.

FACT - Drug corporations are looking for financial profits, so will make less money promoting water and salt versus promoting synthetic chemicals.

FACT - No two substances in the Bible are mentioned more than water and salt.

FACT - The environment of an unborn baby is water and salt.

SOURCES FOR SALT

1. Product: Real Salt by Redmond Minerals, Inc., P.O. Box 219, Redmond, UT 84652, 800-367-7258, mail@redmondminerals.com, www.realsalt.com
2. Products: Celtic Sea Salt by Grain and Salt Society, 4 Celtic Drive, Arden, NC 28704, info@celtic-seasalt.com, 800-867-7258, topsalt@aol.com www.celtic-seasalt.com

How to tell if salt is natural. It is simple. Natural salt is not white and it is not dry. It is a little gray with minerals and feels damp or clumps in humidity.