

Natural Healing Express Weekly

Column Volume 4

Sea Salt versus Refined Salt

Thank you for writing to me with your questions. I really appreciate the interaction since it becomes easier for me to pick topics which are of real interest to you. Please keep sending me emails and I'll do my best to be of assistance. This week, a couple of questions have come up regarding Salt consumption and the type of Salt which is best for the body.

As you know if you read our previous columns, as Doctors of Natural Health, we look to Bio-Individuality, meaning each person's wellness is separate and distinct and based on their own specific needs. To get a better understanding of how Salt actually works and how much to take, let's look at how salt functions in the body. Essentially, water, salt and potassium together regulate the water content of the body. Since our bodies are largely water, proper regulation becomes vital, without it, simply, we cease to exist. Salt is the second largest component in our body after water.

In most of our daily diets, our food provides enough potassium for natural sources from mostly fruits and vegetables. Most of us also drink enough water to be sufficient. We will have another article discussing alkaline water soon. However, back to Salt, which is not typically consumed from a natural source, that is why it should be added to our daily diets.

Now that we know why salt consumption is vital to water regulation, what kind of salt should we be added and in what amounts? There are two basic kinds of salt, refined and unrefined. The Sea Salt we all keep hearing about is actually unrefined, meaning it is in its natural form and not altered by man. In Sea Salt, there are over 80 minerals and elements that are very useful to the body versus refined salt which contain two – sodium and chloride.

Refined salt is harvested mostly by mechanical means from salt mines, while sea salt comes from our oceans and is allowed to dry naturally with the minerals untouched. Consumption of sea salt generates another vital source for necessary minerals. Refined salt is can also be "washed or boiled" leaving precious minerals behind.

So the best option is to consume Sea Salt due to the inclusion of the 80 natural minerals and then many positive health effects on the body which we discuss next week. And, although it may seem controversial to those with hypertension, your body does need salt. As in anything, moderation is the key.

Next week, please look forward to Salt Part II where we will discuss even more specifics. As always, we look forward to your questions and comments. To schedule an appointment for the brain quiz including further recommendations please contact us at Natural Healing Express 815 990 8732, Susan@naturalhealingexpress.com or stop by.

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