

Natural Healing Express Weekly

Column Volume 5

Sea Salt versus Refined Salt, Part II

Last week, we spoke briefly about the differences between Sea Salt and Refined Salt and we will continue this week. The average American consumes over 4500 milligrams of sodium per day. That is roughly ten times the amount our bodies need to function. Without even using the Salt Shaker, one can consume a tremendous amount of sodium by simply eating processed foods. Some examples of high sodium foods include pickles, olives, canned and powdered soups and most fast foods.

So before we even use the shaker, most of us are over our "estimated" minimum requirement (there are no standardized recommended daily allowances) of 500mg or about a quarter teaspoon. Folks demonstrating high blood pressure or cardiac disease are frequently advised to limit themselves to a sensible 2,000 milligrams per day. There are arguments on both sides of the salt issue as it pertains to hypertension. There have been epidemiological studies that indicate those on low sodium diets are even more susceptible to cardiovascular issues than heavy salt users. The flip side of that argument is those with high blood pressure being asked to reduce salt. I had an email this week asking why that is the case.

From a biological standpoint and in layman's terms it goes like this. Sodium affects the kidney's ability to rid the body of waste and fluids. When the body's sodium level is low, the kidneys retrieve the chemical from the urine and return it to the circulating blood which is positive. As the kidneys retain more salt than necessary, they excrete less urine so that fluid is now available to maintain the sodium at the correct concentration. As a result, the heart is forced to pump harder to keep this extra fluid in circulation, and the blood pressure increases to maintain the blood flow which is a not so good thing.

My stance on the low sodium diet versus not is this, moderation is a factor, but knowing and understanding one's bio-individuality is the key. Know YOUR body and understand its particular processes along with your unique needs. Remember, one man (or woman's) food is another person's poison.

If you are one of those folks that are over indulgent on Salt and need to cut back, one way to do so is to use fresh herbs instead of salt to help bring out the taste of your food. Garlic powder, fresh ground pepper, lemon, lemon pepper, mint, basil, oregano, rosemary, thyme, and peppermint are favored herbs. My personal favorite is Herbs de Provence consisting of a blend of thyme, basil, marjoram, rosemary and sariette.

Another good idea is to make your own salad dressings. It is surprising how much sodium is in commercial salad dressings. Use flavored vinegars for extra taste. Also, try to eat more fresh fruit and vegetables. Canned vegetables contain an abundance of sodium. Eating fresh potatoes instead of instant, cucumbers instead of pickles, and substituting raw vegetables instead canned or cooked allows more nutrients to be consumed.

As simple as this seems, when we get into a hurry to eat sometimes we forget to taste our food before adding salt to it. Try a small portion of your food to see if it truly needs the salt or if it is being added just out of habit.

Also, because Sea Salt has approximately 80 more nutrients than refined salt, look in its direction. In closing, I am including ten health benefits of Sea Salt.

1. Sea Salt helps to stabilize and regulate heartbeats thanks to the magnesium and sodium content
2. Sodium is essential for proper muscular function
3. Sea Salt helps to minimize the effects of stress by maintaining proper melatonin, serotonin, and tryptophan levels in the brain
4. Sea Salt helps the body hold water sufficiently for proper cell hydration
5. Sea Salt helps to remove cellular acidity, especially in the brain and kidneys
6. Sea Salt boosts your immune system
7. Salt is taken into bone matter and can help strengthen bones.
8. Sea Salt provides a buffer for blood sugar levels to help prevent diabetes or to help those who are diabetic to use less insulin
9. Sea Salt provides iodine in a natural setting, making it easier for your thyroid to absorb it and regulate the endocrine system
10. I think Sea Salt tastes better

As always, we look forward to your questions and comments. To schedule an appointment to have your nutrient levels checked please contact us at Natural Healing Express 815 990 8732, Susan@naturalhealingexpress.com or stop by at 204 W Main St, Lena, IL 61048.

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