

Is Your Salt Real?®



"Regular sea salt is spoiled from the start because much of it is harvested from oceans exposed to environmental pollution and because it is evaporated in a potentially polluted environment . . . Real Salt, however, is good for you. Real Salt is a very specific product. It is mined from an ancient dead sea-not from a sea subjected to environmental toxin . . . An excellent source of organic sodium, Real Salt is a key to alkalizing, detoxifying, and rejuvenating your whole body." **Living Beyond Organic**

"Lack of unrefined salt is synonymous with birth defects, miscarriage, organ failure, premature aging and death at a young age . . . the best source of ionic minerals is in unrefined sea salt or rock salt. Add harvested pure sea salt or rock salt liberally to your foods and forget the myth about salt causing high blood pressure. That's nonsense! High blood pressure is caused by excess calcium and amino acid deficiencies as we discussed at length in Chapters 2, 3, and 4." **The Calcium Lie**

"In my practice, I have discovered that the average patient has only 10%-20% of the normal intracellular sodium content in spite of normal blood tests. That's why I tell them with confidence, based on tissue mineral analysis results, that they are making a big mistake when the boast that they 'hardly eat any salt'. I call this The Sodium Lie. Almost all of us need more sodium . . . These oceans (and sea salt deposits of dried ocean beds), by some miracle, contain a supersaturated solution of all the minerals found in mammals and humans, in the perfect balance and concentrations we need for good health, except sodium. (More about that later). **The Calcium Lie**

"Most of us have forgotten that we came from the ocean. But when we look at a sperm cell, we see how it consists of 99% water and 1% salt. Looking from this perspective, a sperm cell is just like a drop of the 'mother ocean' . . . our body consists of the same elements as water and [natural] salt. Even the ratio of concentration in our blood is the same as that of the primal ocean." **Water and Salt**

"After many years of salt being badmouthed by ignorant health professionals and their media parrots, the importance of salt as a dietary supplement is once again being acknowledged and recognized." **You're Not Sick, You're Thirsty!**

"Salt Free Diet is Utterly Stupid. Salt is a most essential ingredient of the body. In their order of importance, oxygen, water, salt and potassium rank as the primary elements for the survival of the human body." **Your Body's Many Cries for Water**

"Researchers studied the relationship between a low-sodium diet and cardiovascular mortality. Nearly 3,000 hypertensive subjects were studied. The results of this study was that there was a 430% increase in myocardial infarction (heart attack) in the group with the lowest salt intake versus the group with the highest salt intake." **Salt Your Way to Health**

"It seems clear that a low-sodium diet is not only ineffective at controlling blood pressure, it is deleterious to the body. What conventional doctors and most mainstream organizations have failed to grasp is the difference between refined salt and unrefined salt. As mentioned previously, refined salt lacks minerals and causes acidosis (i.e. a lowered pH). Our bodies were meant to function optimally with adequate mineral levels and adequate salt intake. Only the use of unrefined salt can provide both of these factors." **Salt Your Way to Health**

"Living Beyond Organic" by Christina Avanes (Recommends only Real Salt)

"The Calcium Lie - What Your Doctor Doesn't Know Could Kill You" by Robert Thompson M.D. (Recommends Real Salt and Celtic Salt)

"Water and Salt - The Essence of Life" by Dr. Med. Barbara Hendel (Recommends a crystal salt such as the Himalayan salts which would also apply to Real Salt)

"Salt Your Way to Health" by David Brownstein, M.D. (Recommends Real Salt and Celtic Salt)

"You're Not Sick, Your Thirsty!" by F. Batmanghelidj, M.D. (Recommends Real Salt on the water cure websites)

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