Is Salt Good for Your Health?
Unrefined Salt vs. Industrial Grade Sodium Chloride... Does It Matter Which We Use?
by Vivienne Bradshaw-Black

Most people understand salt to mean sodium chloride. This is only true in part. Salt is understood in terms of preserving or seasoning. The Bible describes followers of Christ as the "salt of the earth," and those "worthy of their salt" referred to those who were paid for work in salt rather than money because salt was esteemed as a rare and valuable commodity after the horrendous 500-year salt famine of the Dark Ages. The word salary comes from the Latin salarium, money for buying salt.

Salt, like flour, rice, and sugar, is a natural substance that should inherently contain all the elements from its source. Salt should contain all the elements from the sea; the others, all the elements from the soil. However, since the days of industrialization and subsequent commercial economic gain, salt, like flour, rice, and sugar, has become processed and stripped of naturally occurring nutrients. This has reached such a crescendo that schoolchildren of the twenty-first century have to be taught where milk, flour, salt, rice, and sugar come from. They know that the source is the supermarket and the product is white.

Salt should be off-white through pinkish-beige to pale grey. Sugar should be beige to dark brown. Flour should be beige. Staple rice should be beige.

Being Healthy Means Being as We Were Designed to Be, Determined by the Original Blueprint, Unpolluted by Inherited Misinformation and Shortcomings

There are many complex reasons for ill health, and each one has to be addressed if we are to move towards being as we should be. We cannot be healthy if we are taking in substandard or deficient fluids and/or foods. Consider that well over 70% of the human body is water, and it is this fluid medium that is of vital importance in the ability to process food on a gross (overall) and cellular level. It is folly to pay so much attention to the twigs and ignore the trunk and branches.

Nutrition research tends to magnify more and more detail but see less and less of the whole picture. Why go into the minitiae of how the body processes and rejects flour, sugar, and salt, when the wrong types altogether are being considered and studied at great length? The primary step should be to introduce the right types of flour, rice, sugar, and salt — i.e., containing a full complement of nutrients from the food's source without refining or chemicalization. If this were done, the body would not experience such rejection reactions (allergy, sensitivity, etc.), and illnesses from deficiencies and toxicity (pesticides, chemicals, preservatives, etc. in these products) would not occur. Also, the vitally important fact that dehydrated, toxic people do not process and digest foods the way they should is broadly overlooked.

All the information you read about the health aspects (or lack of them) of salt are based on the refined, chemicalized, nutritionally depleted, white industry end-products labeled "salt," specifically produced for use by the industrial sector. Only a small amount of this processed salt (about seven percent) goes to the food sector. This salt is taken from the same industrial grade stocks and is totally unfit for human consumption, just as white flour and sugar are unfit.
for human consumption if health is desired. The human body needs the full spectrum of ionic trace elements in the natural ratios found in unreinforced sea salt and the vitamins and minerals found in foods grown on replete soil, along with the same elements in the natural ratios found in natural spectrum of ionic trace for human consumption if health work is done. This vitally important synergistic with other minerals, which allows the sodium to leave the tissues when its work is done. This vitally important physiological aspect of cellular fluidity is missing in the salt we know as “table salt” (whether labeled rock or sea salt). This processed, white product is well depleted from decades of wrong land management for commercial gain. There is certainly nothing wrong with commercial gain, but when it is at the expense of the nation’s health, such policies are questionable. Even organic foods are depleted of original source nutrients, although they are superior in that they do not contain the pesticides and chemicals that processed foods do (see Principles of Nutrition article). However, beware of irradiated organic foods, which are detrimental in yet another way, as are microwaved foods.

Nutritionists are aware of these facts and recommend supplemental vitamins and minerals because clearly defined deficiencies, but these can never be compared to the natural combinations and ratios found in foods. Food-state nutritional supplements are the best supplements available, but here again, they are manufactured and not produced naturally. Is the answer to eat nutritionally depleted foods and not bother with supplements because they are not natural? Deficiency states would manifest sooner or later and end up being labeled by the symptoms presented, rather than the causal deficiency. Food-state supplementation has its place but cannot be compared to nature. Natural unreinforced salt is still available from some countries and is an essential, natural source nutritional substance and thus automatically therapeutic in deficiency states. Natural unreinforced salt has to be imported into the United Kingdom and United States from European sources and, with sufficient pure water, is the foundation to health. Sun-dried unprocessed sea salt can only come from areas with enough sunshine to naturally dehydrate seawater in the salt pans. If salt is overly heated, it loses nutrition. This is why salt should be added to cooked food and not boiled, baked, or fried.

Adequate pure water (see Water articles) and unreinforced sea salt are the best health insurance possible, along with getting rid of inherited and/or acquired toxins and eating correctly. All of those at the receiving end of an intravenous drip would be far better off if the saline solution were made with unreinforced sea salt. Surgeons who work without using blood get excellent results by using fluid replacements. (This is not referring to life and death accident and emergency...
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work but to situations in which fluid replacement is a viable option.) Given the right minerals, the body can make good the shortfalls, which could otherwise cause severe anemia within a surprisingly short time. Extra pure water and unrefined salt are needed in all areas of stress and trauma.

The answer to the well-known “salt toxicity,” resulting from taking industrial-grade sodium chloride, is the blood, thus depriving bone of its crystalline structure and contributing to osteoporosis. Minerals are taken from the bones, if needed, to counteract toxic acidity and/or electrolyte imbalance. Toxic fluorides are also involved (see Fluoride^2 article). The salt that goes into cells, if it is industrial grade sodium chloride, does not exit the cell easily and disturbs the osmotic pressures and synergistic balances between intra- and extra-cellular fluids. The result is acidity, electro-magnetic, and nervous disturbances. This contrasts greatly with the action of unrefined salt where the sodium is ushered out of the cell by multiple synergistic minerals that maintain fluidity in and out of the cells and osmotic equilibrium between both sides of the cell membrane. Bio-electrical currents need the correct electrolyte fluid medium for optimum function, and this can be demonstrated when using kinesiology to introduce unrefined salt and pure water into the testing circuit. This must be countered appropriately in sodium-sensitive people to give a correct test reading. Mental and emotional stability depend upon correct electrolyte and fluid balance, both directly and through the medium of hormones and enzymes. Unrefined salt is necessary for the dissolving of hormones and enzymes. Unrefined salt is the foundational factor in electro-magnetic system, which is an essential constituent of the blood, and for the full action of magnetism in the electro-magnetic system, which is an important aspect of energy level.

Delicate enzyme systems involved in DNA repair and normal cellular aerobic respiration depend on extremely tight regulation of acid/alkaline balance and temperature. For proper water balance in the body, adequate water intake and uptake is needed, along with adequate amounts of unrefined sea salt for electrolyte balance (see Dehydration - Just Lack of Water?^ article). If this is not available, the body will utilize sugars to maintain osmotic equilibrium, but this will have penalties in that the vital sugar/insulin balance will be disturbed. If adequate sugar is not available, then the uric acid content will be increased as a substitute with potential for symptoms of compensation such as arthritis, blood sugar aberrations, diabetes, and gout. At this stage, the Renin-Angiotensin (RA) system might be activated resulting in high blood pressure and tissue edema. Taking diuretics will further aggravate such a state of dehydration/lack of salt and could also deplete potassium levels, with the possible potential of stroke or heart attack.

From personal experience, I consider lack of water and unrefined salt the foundational factor in nutritional deficiency. Without this foundational correction, utilizing all other nutritional work, whether diet, supplements, or herbs, is like building a house with good walls but without a foundation to place them on. Once unrefined salt is introduced on a regular daily basis, roughly a month or two will see results, providing toxicity is not blocking uptake. Things like mercury amalgam dental fillings will have to be removed, etc. (see Mercury Poisoning...^ and Detoxification...^ articles).

Sodium sensitivity, if severe, might cause a rejection reaction and edema. This condition needs to be dealt with on an individual basis with monitoring of kidney function, but it is easily remedied. With gradual introduction of unrefined salt and normal kidney function, a month or two usually sees good results. Fats and oils are the next layer to correct (see Essential Fatty Acid^ article). The essential intake of unrefined salt has a profound effect on body and mind and is a vital part of life: no salt = no life. Informed Choices Health Course (ICHC) Workshops explain the connection between dehydration and lack of unrefined salt and common conditions like heart attacks, high blood pressure, asthma, arthritis, etc.

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Unrefined Salt Is Essential for Water Utilization in Every Cell

not the commonly advocated low-salt or no-salt diet, which will cause problems of its own, but a right-salt diet. Exactly the same principles apply to wheat, sugar, and fats. It must also be appreciated that denatured, processed products are not just “empties” but far more detrimental “negative nutrients.” They also cause problems in disturbance of nutrient balance and associated synergistic reactions. This means that elements must be in the right form and ratio to be properly utilized.

About 25% of the salt content of the body is stored in bones as crystals and helps make the bones hard. Salt is taken out of the bones to maintain vital normal levels in

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Salt is necessary for survival and is involved in electrical potential, fluid balance, and pH balance (acid/alkali). Salt also plays a vital role in digestion. From unrefined salt, we get the essential iodine needed for thyroid function. Low thyroid function is a universal factor in ill health, especially from mercury amalgam poisoning. The organic iodine from unrefined sea salt also furnishes some protection against radiation damage, which is very relevant in this age of high negative radiation sources which emanate from mobile and cordless phones/masts, computers, electrical motors, power supplies, pylons, medical and dental equipment, and sources too numerous to list (see Adverse Radiation® articles).

For human use, salt has to be electrically active and contain all the minerals and trace elements in the correct ratio appropriate to blood plasma. Sodium must be balanced with magnesium and other minerals to ensure its exit from the cell when its work is done. Nothing taken apart and reconstituted ever functions in the same ways as the original source, whether it is salt, flour, sugar, herbs, or nutrients. The pharmaceutical industry is experienced in trying but has yet to produce anything that is non-toxic and/or beneficial in the same way as the original. Creation cannot be improved upon.

Salt is able to transport substances into and out of the cells across the cell membrane. If this membranous traffic is unhindered, cellular detoxification can occur, and cellular nutrition can be achieved, whether the source is food, herbs, or appropriate supplements, providing the raw materials are available and the lymphatic system is efficient. Essential fatty acid deficiency is also a universal factor in ill health, and no matter how much right-fat is taken in, it cannot be used properly without salt to emulsify and transport it across the cell membrane. Unhindered metabolism is a prerequisite to effective nutritional supplementation. Unrefined sea salt is necessary for this to be possible. Indeed, the effects of lack of right salt are seen in the whole organism, especially in pituitary, thyroid, adrenal, kidney, and pancreas function.

Salt intake is a vital component of rehydration. Unless rehydration is achieved as the first step, nothing else can be properly effective. At least four to six pints of water (preferably distilled) is needed daily, and a pint with a good pinch of unrefined salt in it, before meals, ensures sufficient fluid and electrolytes to digest food. Eating in a dehydrated state is the cause of many health problems as well as the obvious ones of indigestion and “acidity.” Sufficient water and salt are needed to enable manufacture of the watery bicarbonates necessary to neutralize the acidified stomach contents. This...
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cannot enter the duodenum until neutralization is available, because only the stomach is able to protect itself from hydrochloric acid, not any other part of the intestines. The pyloric sphincter is tightly shut and does not allow food to pass on to the next phase of digestion in the duodenum until there is adequate neutralization available from the pancreatic fluids and bile. (ICHC Workshops explain the connections). Insulin production is finely balanced with the hydration state and watery bicarbonate production. The body gives priority to neutralization of acidic foods from the stomach, and therefore blood sugar/insulin balance is also disturbed by lack of water and unrefined salt.

Rehydration is essential for effective homeopathic treatment, which needs resonance in the cell fluids. Taking large doses of non-bioavailable supplements will not cause health, even though they might appear to be effective in diminishing some symptoms temporarily. There will be a price to pay somewhere along the line, and there is never any improvement on “putting right the cause of the effect.” In other words, whatever is causing the symptoms is the primary thing to put right. Covering up the symptoms will leave the original problem in place, and there will be added problems from intake of inappropriate substances, be they drugs or supplements. Remember, symptoms are only the warning lights to alert us to something that needs correcting. Knocking out the warning lights is folly, at best. Symptoms and disease are not the same, and merely labelling an illness by the group of symptoms displayed does not identify the cause of the problem.

When introducing unrefined salt and water into your diet, it is necessary to be aware of kidney function and introduce the salt and water gradually, as it becomes effective in the elimination of excess sodium from the cells. In certain circumstances, for example, in long-term malnutrition (caused by poor food choices for whatever reason) and after prolonged use of certain types of milk-based steroid powders, ionic trace minerals minus the sodium might be needed to precede the use of unrefined salt. Help from an appropriate practitioner or nutritionist familiar with unrefined salt might be useful in such cases to help get nutritional balance started.

As further proof that unrefined sea salt is not the same as industrialized sodium chloride, Dr. Loeb (1859-1924) of the University of California proved by experiments that refined sea salt solution at the same concentration as sea water was poisonous to marine organisms. The poisonous action of the sodium chloride was not due to the absence of the other constituents of seawater; young fish lived without problem in distilled water. It would, as Loeb remarks, be impossible to prove the toxicity of sodium chloride if the organism were not able to live in distilled water. If Dr. Loeb’s fish died in a solution of refined salt, what is the fate of our internal organs when fed commercial sodium chloride? The refining process renders vital, unrefined, life-giving salt into bone-dry sterile poison that is specifically of benefit to the industrial sector but not for human or animal consumption if health is desired.

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Salt Supply/Water Distiller/Water Filter Information
Contact V. Bradshaw-Black at viv@ichc.co.uk.

Further Reading
See Informed Choice Health Course reading list: www.ichc.co.uk.

Links
http://www.curezone.com/foods/salt/understanding_salt_and_sodium.htm

Commercial refined salt is not only stripped of all its minerals, besides sodium and chloride, but it also is heated at such high temperatures that the chemical structure of salt changes. In addition, it is chemically cleaned and bleached and treated with anti-caking agents that prevent salt from mixing with water in the salt container. Unfortunately the anti-caking agents perform the same function in the human body, so refined salt does not dissolve and combine with the water and fluids present in our system. Instead, it builds up in the body and leaves deposits in organs and tissue, causing severe health problems. If you’re the average American, throwing away your saltshaker will hardly make a dent in your sodium intake because salt added at the table is minimal compared to the salt that is hidden in the processed foods we eat every day.

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