

Stick to Good Salts

Refined, Processed and Bleached Salts Are The Problem



Salt is critical to our health and is the most readily available nonmetallic mineral in the world. Our bodies are not designed to processed refined sodium chloride since it has no nutritional value. However, when a salt is filled with dozens of minerals such as in Baja Gold, our bodies benefit tremendously for their incorporation into our diet.

Dr Barbara Hendel, researcher and co-author of *Water & Salt, The Essence of Life* writes, “Mineral salts are identical to the elements of which our bodies have been built and found in ocean water from where life originated. We have salty tears and salty perspiration. The chemical and mineral composition of our blood and body fluids are similar to sea water. From the beginning of life, as unborn babies, we are encased in a sack of salty fluid. In water, salt dissolves into mineral ions that conduct electrical nerve impulses which drive muscle movement and thought processes. Just the simple act of drinking a glass of water requires millions of instructions that come from mineral ions. They’re also needed to balance PH levels in the body. Mineral salts are healthy because they give your body the variety of mineral ions needed to balance its functions, remain healthy and heal.

The healing properties of mineral salts have long been recognized in central Europe. At Wieliczka in Poland, a hospital has been carved in a salt mountain. Asthmatics and patients with lung disease and allergies find that breathing air in the saline underground chambers helps improve symptoms in 90 per cent of cases.

Dr Hendel believes **too few minerals**, rather than **too much salt**, may be to blame for world health problems. It’s a view that is echoed by other academics such as David McCarron, of Oregon Health Sciences University in the US. He says, “Salt has always been part of the human diet, but what has changed is the mineral content of our food. Instead of eating food high in minerals, such as nuts, fruit and vegetables, people are filling themselves up with mineral empty processed food and fizzy drinks.”

Source: “Scientists Officially Link Processed Foods To Autoimmune Disease”, from [Prevent Disease](#) by April McCarthy. Edited by SeaAgri, inc. 2018