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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Do You Crave Salt?**

**By Hilde Bschorr**

Do you crave salt? Do you put salt on your food? Do you love salty nuts, potato chips or French fries, popcorn, pretzels, cheese puffs, or other salty snack foods? Chances are, you are eating the wrong kind of salt!

**Natural Salt**

Salt, as it occurs in the Earth, is a complex crystal containing eighty-four elements that are vital to life. These include hydrogen, carbon, nitrogen, oxygen, sodium, magnesium, silicium, chloride, calcium, titanium, chromium, manganese, iron, copper, zinc, selenium, zirconium, silver, iodine, platinum, gold, and many more. As salt moves through the ecosystem, salt nourishes plants and animals, supporting all life.

These nutrients are the same elements originally found existing in the "primal ocean" where all life originated, and the same elements our bodies need for good health.

**Table Salt --- Industrial Sodium Chloride**

What is sold as table salt for us to eat is actually a product of industrial production.

About 93 percent of salt production worldwide is used directly for industrial purposes. It is essential to make products such as laundry detergent, varnish, plastics and other products.

For these industrial uses, chemical processes require pure sodium chloride. To obtain sodium chloride, all the essential minerals and trace elements are removed from natural salt and discarded as impurities.

The remaining sodium chloride is used to preserve foods inexpensively, which is why so many ready-to-eat food products are heavily "salted" with sodium chloride. The sodium chloride inhibits the natural breakdown of the food, increasing its shelf life of foods that would naturally spoil very quickly. Since foods break down in our bodies with the same processes nature uses to break foods down

## Do You Crave Salt?

outside of our bodies, sodium chloride in food products also makes them more difficult to digest.

Sodium chloride is fine for factories, but it doesn't belong in our bodies!

It is an unnatural, isolated substance that is nothing like the living salt found in Nature.

### Our Bodies Contain a Living Sea

Our bodies contain the same salty liquid as that of the primal sea—a fluid consisting of water and salt. This flows through more than 56,000 miles of waterways and blood vessels, regulating and balancing the functions of our bodies.

To replenish this sea, our bodies need natural salt. While our bodies require only 0.007 ounces of whole, natural salt per day (that's about 1/25th of a teaspoon), we could eat sodium chloride—with only two of the eighty-four essential elements—all day long and still be deficient of the nutrients we need

from real salt.

### Nutrient-deficient Sodium Chloride Makes Our Bodies Crave Real, Natural Salt

Because our bodies need natural salt, when we eat less than 0.007 ounces of natural salt per day, a salt craving kicks in. When we eat sodium chloride, it contains none of the nutrients our bodies need. Craving the nutrients found in natural salt, we eat more and more sodium chloride and set up a vicious cycle that results in more and more cravings.

Whether or not we are aware of the dangers of sodium chloride, our bodies recognize sodium chloride as an unnatural substance—a poison—and try to eliminate it as quickly as possible. The problem is, we eat more salt than our bodies can process out. Here in the United States, our average daily consumption of table salt is between 0.4 ounces and 0.7 ounces. Our bodies are only able to excrete 0.17 ounces to 0.25 ounces a day through our kidneys, depending on our age, constitution and sex.

Our bodies then try to neutralize whatever sodium chloride is left in the body by surrounding it with water molecules in order to break it down into sodium and chloride. For this process, our bodies take water from our cells. Without water, our body cells die.

The result is edema, or excess fluid in the body tissue. This is why doctors tell us to avoid salt.

If there is more sodium chloride in a body than it can neutralize by pulling water out of cells, the body gets rid of the excess sodium chloride by binding it with uric acid to form new crystals. These are deposited directly in the bones and joints and are known as arthritis, gout, and kidney and gall bladder stones.

### The Natural Salt Solution

When we eat natural, living salt, which contains all its original elements, our bodies receive the 0.007 ounces of actual salt it needs to thrive. A little goes a very long way to creating good health.

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Because natural salt provides the elements the body needs, the body no longer craves salt and the natural balance of salt intake and elimination is re-established. Ills caused by excessive intake of sodium chloride disappear. You can enjoy the enhanced flavor of foods with salt that will add to your good health, naturally.

Read more about healthful salt at

<http://www.HimalayanLivingSalt.com>

Hilde Bschorr is the Owner of Himalayan Living Salt, an online purveyor of natural, unrefined, living salt products.

### **Salt saves, salt kills.**

**By Dr. Donald A. Miller**

#### **Salt saves, salt kills. by Dr. Donald A. Miller**

Salt is essential to health. This means sodium chloride and potassium chloride, with traces of other mineral salts.

If you sweat a lot at work or play, lack of salt can cause "heat stroke".

Salt can kill. Excess salt is probably the biggest dietary health risk factor after fats, in any country that uses a lot of prepared foods.

Avoid salty-fatty snack foods. Restrict the salt added to foods during cooking.

As a kid, I used to salt everything at meal time, often before even tasting. Now, any foods I prepare, I add no salt, outside of reduced salt versions of soy sauce. And I am very sensitive to the taste of excess salt in bought meals, canned goods, and other prepared foods.

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\* Diet with FACTS, not Fat-Burner MYTHS. \*

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For more pages in this health series, send blank email to [snips@easyhealthdiet.com](mailto:snips@easyhealthdiet.com)

Donald A. Miller, Ph.D. is the author of "Easy Health Diet", and several thousand other reports,

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