

## The Dirt on Salt (and Water)

*Excerpt from*

**“Farmacist Desk Reference Encyclopedia of Whole Food Medicine Vol 1”**

by Don Tolman”

### **“Salt Intake is Vital”**

Salt is a vital substance for the survival of all living creatures, particularly humans. Water and salt regulate the water content of the body. Water itself regulates the water content of the interior of the cell by working its way into all of the cellist reaches. It has to get there to cleanse and extract the toxic wastes of cell metabolism.

Salt forces some water to stay outside the cells. It balances the amount of water that stays outside the cells. There are two oceans of water in the body; one ocean is held inside the cells of the body, and the other is held inside the cells of the body, and the other ocean is held outside the cells. Good health depends on a most delicate balance between the volume of these oceans, and this balance is achieved by salt...**unrefined salt**.

**Unrefined** Salt has many other functions than just regulating the water content of the body. Here are some of the more vital functions of unrefined salt in the *body (referred to as “Salt”)*

1. Salt is most effective in stabilizing irregular heartbeats and , contrary to the misconception that it causes high blood pressure, it is actually essential for the regulation of blood pressure in conjunction with water. Naturally the proportions are critical.
2. Salt is vital to the extraction of excess acidity from the cells in the body, particularly the brain cells.
3. Salt is vital for balancing the sugar levels in the blood; a needed element in diabetics.
4. Salt is vital for the generation of hydroelectric energy in the cells in the body. It is used for the local power generation at all sites of energy needed by the cells.
5. Salt is vital to the nerve cells communication and information processing all the time that the brain cells work, from the moment of conception to death.
6. Salt is vital for absorption of food particles through the intestinal tract.
7. Salt is vital for the clearance of the lungs of mucus plugs and sticky phlegm, particularly is asthma and cystic fibrosis.
8. Salt is vital for clearing up catarrh and congestion of the sinuses.
9. Salt is a strong natural histamine neutralizer.
10. Salt is essential for the prevention of muscle cramps.
11. Salt is vital to prevent excess salvia production to the point that it flows out of the mouth during sleep. Needing to constantly mop up excess saliva indicates salt shortage.

12. Salt is absolutely vital to making the structure of bones firm. Osteoporosis, in a major way, is a result of salt and water shortage in the body.
  13. Salt is vital for sleep regulation. It is a natural hypnotic.
  14. Salt is a vitally needed element in the treatment of diabetics.
  15. Salt on the tongue will stop persistent dry coughs.
  16. Salt is vital for the prevention of gout and gouty arthritis.
  17. Salt is vital for maintaining sexuality and libido.
  18. Salt is vital for preventing varicose veins and spider veins on the legs and thighs.
  19. Salt is vital to the communication and information processing nerve cells the entire time that the brain cells work from the moment of conception to death.
  20. Salt is vital for reducing a double chin. When the body is short of salt, it means the body really is short of water. The salivary glands sense the salt shortage and are obliged to produce more saliva to lubricate the act of chewing and swallowing and also to supply the stomach with water that it needs for breaking down foods. Circulation to the salivary glands increases and the blood vessels become “leaky” in order to supply the glands with water to manufacture saliva. The “leakiness” spills beyond the area of the glands themselves, causing increased bulk under the skin of the chin, the cheeks and into the neck.
  21. Sea salt contains about 80 mineral elements that the body needs. Some of these elements are needed in trace amounts. The unrefined sea salt is a better choice of salt than other types of salt on the market. Ordinary table salt that is bought in the super markets has been stripped of its companion elements and contains additive elements such as aluminum silicate to keep it powdery and porous. Aluminum is a very toxic element in our nervous system. It is implicated as one of the primary causes of Alzheimer’s disease.
  22. Twenty-seven percent of the body’s salt in the bones. Osteoporosis results when the body needs more salt and takes it from the body.
- “Salt is the single element required for the proper breakdown of plant carbohydrates into usable and assailable human food. ONLY WHEN SALT IS added to fruits and vegetables can saliva and gastric secretions readily break down fibrous store of carbohydrates, etc. Once salt is dissolved and ionized, the salt possesses a definite reactivity, has full electromagnetic capabilities, and passes more easily into the large colon where it will have a sanitizing effect.
- “A small amount of salt can be added to a glass of water to dissolve and to activate its powers. By adding salt to your drinking water adds alkaline properties and minerals content. The minerals it contains are too valuable to ignore.

“Bones are 22 percent water. Is it not obvious what happens to the bones when we’re deficient in salt or water or both? But time tells all.”

**“TOP ESSENTIALS OF LIFE**

1. Oxygen
2. Water
3. Salt (*Unrefined*)
4. Potassium
5. Exercise

For more delectable tidbits and fabulous information on whole foods and health I highly suggest you get the book.

**The Farmacist Desk Reference (FDR) Encyclopedia of Whole Food Medicine Vol I & II. By Don Tolman.**

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