

# Health Benefit of Sea Salt

We all know already that our body is 75% water. Well, maybe not all of us know is that **this water contained in all of our tissues, cells, blood, etc. is a salty water solution, very similar to the seawater...**

So, why are we often told that salt is not good for our health?

## Is salt good or bad for us?

Let's see:

As seen on the health [benefit of drinking water page](#), our body needs water in order to insure life.

**Dr. F. Batmanghelidj MD**, the author of "**You are not sick, you're thirsty!**" explains that salt has many other important functions than just regulating the water content of the body. Here are only a few of it's invaluable benefits:

- First, Dr. F. Batmanghelidj MD explains that **salt is not bad for you. It does not raise the blood pressure.** It is the insufficiency of other minerals that normally hold on to and keep water inside the cells that causes a rise in blood pressure. **Given in conjunction with other minerals, salt will actually lower blood pressure to normal levels.**
- **Salt can be very effective in stabilizing irregular heartbeats and, contrary to the misconception that it causes high blood pressure** (in conjunction with water and the other essential minerals).
  - One or two glasses of water with a little salt will quickly and efficiently quiet the racing and "thumping" heart and, in the long run, **will reduce the blood pressure.**
  - Talk with your doctor about the right balance of water and salt for your diet.
- **Salt is a strong antihistamine.**
  - It can be used to release asthma. Put it on the tongue after drinking a glass or two of water. It is as effective as an inhaler, without the toxicity.
  - it can also stop persistent dry cough and clear the lungs of mucus plugs and sticky phlegm, particularly in asthma, emphysema and cystic fibrosis sufferers.
  - **Salt is a strong antiseptic**
- **Salt is vital for extracting excess acidity from inside the cells, particularly the brain cells.**
  - if you don't want Alzheimer's disease, don't go salt-free and don't let them put you on diuretic medications for long!
- **Salt is vital for the kidneys to clear excess acidity and pass the acidity to the urine.** Without it the body will become more and more acidic.
- **Salt is a strong anti stress** element for the body. It is essential in the treatment of emotional and effective disorders.
  - Lithium is a salt substitute that is used in the treatment of depression.
  - It also essential for preserving the serotonin, melatonin and tryptamine levels in the brain - essential antidepressant neurotransmitters.
- Dr. F. Batmanghelidj MD also believes that **salt is vital for the prevention and treatment of the cancer.** Cancer cells - he explains- cannot leave in an oxygenated environment. When the body is well hydrated and salt expands the volume of blood circulation to reach all parts of the body, the oxygen and active immune cells in the blood reach the cancerous tissue and destroy it.

- **Salt is also important for sleep regulation** - it is a natural hypnotic
  - If you drink a full glass of water, then put a few grains of salt on your tongue and let it stay there, you will fall into a natural, deep sleep.
- **Salt is a vitally needed element for diabetics.**
  - It helps balance the sugar levels in the blood and reduces the need of insulin.

**\*Warning!** At the same time you must not overdo on salt. Always make sure you drink enough water to wash out the excess of salt.

As a rule of thumb, per day you need about 3-4 grams for every 10 glasses of water. An easier calculation is **a quarter teaspoon of salt per quart of water.**

Consult your doctor to determine the correct balance of salt and water for your diet!

### Table salt vs. unrefined salt:

Sea salt obtained from solar evaporation of sea water is entirely different from modern refined salt, and it contains a variety of minerals that play a role in keeping the body's electrolytes in a healthy balance.

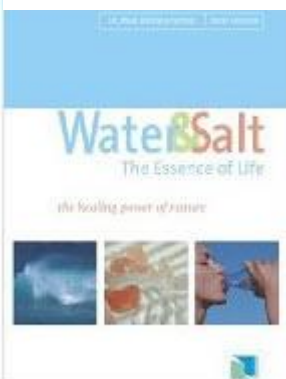


Unfortunately, the common table salt, we use today is primarily kiln-dried sodium chloride with anti-caking agents added. Trace minerals, as well as calcium, magnesium and potassium salts are removed in processing. Kiln-drying involves scorching salt at high heat to remove moisture. This refining process creates a product that is unnatural and hard on the body. It is the true culprit that contributes to high blood pressure, heart trouble, kidney disease and eczema, among other problems.

Even many salts labeled "**sea salt**" are washed or boiled, which removes minerals and trace elements from the salt. **These salts are absolutely toxic to the body. Beware of "Sea salt" labels.**

Today many people cannot tolerate the amount of salt required to remain healthy. As a result getting sick from time to time has become an inescapable aspect of the human condition we take for granted.

### Water and Salt, The Essence of Life



In the book **Water and Salt, The Essence of Life** by Dr. Barbara Hendel, and biophysicist Peter Ferreira show qualities of the Himalayan salt.

In the study made by Inter-University of Graz, Austria, patients who drank **FIJI Water together with the Original Himalayan Crystal Salt saw significant positive changes in respiratory, circulatory, organ, connective tissue and nervous system functions.** Patients also reported increases in the quality of sleep, energy and concentration levels, brain activity, weight loss, enhanced consciousness and noticeable nail and hair growth.

She explains that there is a difference between the surface crystal salt and deep ground salt which has been exposed to high pressure for thousand years. Tey both have high qualities for our health, but in addition the one collected

## Sea Salt Bath

The sea salt bath helps reduce infection risks, and patients who followed treatments involving the use of seawater found that it also promoted pain relief.

**Hippocrates**, the Father of Medicine, discovered the therapeutic qualities of seawater by noticing the healing affects it had on the injured hands of fishermen.

It is now known that sea salt bath therapy is an effective treatment that assists in the rejuvenation of the cells and also induces a healthy exchange of minerals and toxins between the blood and the water.

Sea water has a history of therapeutic use. Its application to the body, warmed and usually combined with massage, is referred to as Thalassotherapy, originating from the Greek word thalassa.

**Reference website:** <http://www.health-benefit-of-water.com/sea-salt.html>