

Salt of the sea,

Seventy per cent of the human body depends on a saline solution for its existence. The correct balance of minerals and trace elements has to be maintained to carry out vital bodily functions, but the body loses salts continually. So throwing away the salt shaker is not the answer. Salt imbalances can make us very ill, and we need to embrace the 'salt of the earth' in order to replace these vital minerals.

salt of the earth



The foods we eat and fluids we drink contain mineral salts, which form electrolytes when they dissolve in our bodies. These are essential to keep the body healthy and functioning normally, and it has to perform a delicate balancing act to keep water and electrolyte levels just right. Salt receptors on our taste buds tell us when we need more electrolytes if we become dehydrated. Drinking excessive water flushes out minerals, as does sweating or urinating. People who drink distilled water become acidic and get cramps easily because the water is devoid of minerals, especially the electrolytes contained in salt. We need to replace the salt we lose. Why then has salt gained such a bad reputation?

SODIUM CHLORIDE

Normal refined (denatured) table salt is pure sodium chloride. This has an acidic effect on the body. However, it is good for sterilisation purposes, for washing fruit and vegetables and as a snail deterrent. The homeopathic remedy NAT MUR (natrum muricatum) as well as the tissue salt NAT MUR is a triturated or finely diluted version of sodium chloride used to correct sodium imbalances (in homeopathy the remedy is a finer dilution called a potency of the basic substance that causes the diseased state, for example, salt).

Examples of conditions caused by sodium imbalances are constipation, dry skin, black rings under the eyes, hay fever, hardened joints and blood vessels, a dry mouth, dehydration, dandruff and heat fatigue. For many victims of

SELF-HELP

For a first-aid NAT MUR treatment free of lactose or sugar, add a pinch of common salt to a litre of water in a bottle. Shake it vigorously. Pour out half the water and replace it with fresh water and shake again. Do this three times. Sip the treated water throughout the day. When the bottle is half empty, add more water and shake it up again. This will increase the therapeutic effect. Continue for the next day or two, until your water balance has been restored. After a few doses a runny nose or watery eyes should be alleviated. It takes a few weeks for chronic conditions such as a dry skin, dandruff or constipation to improve.

mental conditions such as moodiness and depression, and for people with sugar and alcohol cravings and obviously also those with an addiction to salty foods, the remedy of choice is NAT MUR. These remedies are freely available in health shops.¹ A homeopath will prescribe the exact potency needed if symptoms indicate a more chronic constitutional condition.

Adding powdered calcium or magnesium to your salt shaker keeps it free flowing without any lumps, especially in a damp climate. I have found that this works better than rice grains.



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SOLE

The mixture of water and Himalayan crystal salt called sole (so-lay) is the most flexible physical representation of pure solar and light energy. The word sole is derived from the Latin 'sol', which means sun. Sole is the fluid materialisation of sunlight.

Benefits of drinking sole:

- Sole supplies the body with the natural energy stored in the crystals, which the body can retain for up to 24 hours.
- It can neutralise the alkaline/acidity balance and normalise blood pressure.
- It can break down heavy metals such as lead, mercury, arsenic, amalgam and calcium.
- It can dissolve and eliminate impurities and built-up toxins that cause forms of rheumatism such as arthritis and kidney and gallstones.
- It helps the circulatory and respiratory systems.
- It helps relax the nervous system.
- It can reduce addictive cravings.

Himalayan salt contains all the minerals and trace elements of which our bodies are made, and is excellent for balancing the pH environment of the body. Even animal proteins, which are difficult to break down, will be eliminated through the urine due to the strong structural formation of the crystal salt. Always support this action with intake of 8 - 10 glasses of water a day, or toxins will pass round the body and not be flushed out.

Himalayan salt can also be used as a bath scrub for detoxing or for nasal flushing.

<http://www.amazinghealth.co.uk/himalayan-salts.htm#book>

Do not consume denatured table salt

Replace table salt with a natural form of salt. Sodium chloride consumed in excess (as in most popular foods) causes acidity, stiff joints and hardening of the blood vessels, leading to raised blood pressure. It amplifies sugar and alcohol cravings. It causes excessive sodium in relation to potassium, resulting in water retention. Common salt displaces potassium by increasing the levels of sodium, so that excess sodium builds up in the tissues. Doctors who tell you to cut out this salt are absolutely correct. Stay out of trouble by changing over to Himalayan salt, to control the minerals that control your heart.

HIMALAYAN SALT

This beautiful pink salt from the mountains of Asia has an alkalisating effect on the body. Taking it as a remedy or using it in foods and beverages actually lowers the blood pressure! This is good news for some, but people who have adrenal problems and low blood pressure can compensate with blackstrap molasses, a little liquorice or a cup of strong coffee!

Himalayan salt is very rich in most of the trace elements. It makes a lovely detoxifying mineral bath, or it can be added to a sitz bath to soothe cuts, lesions or vaginal irritation, e.g. caused by candidiasis. Salt kills yeast overgrowth.

A therapist told a patient with severe acne, who had been taking various medications for years, to mix Himalayan salt with a pH-balanced liquid soap to wash the lesions. After two weeks his skin cleared up, showing that drugs do not address trace element deficiencies like tin or zinc.

How to make 'sole' a health drink

Sole is said to be the combination of salt and water that releases light energy from the sun. Soak 3 - 4 tablespoons of Himalayan salt in a glass of water for 24 hours. Take a teaspoonful in a glass of water every morning. As a mineral and trace element supplement well matched to the body it can restore electrolytes that control our energy fields, balance pH and blood pressure, and reduce cramps. It has a satisfying taste and reduces junk food cravings. We can

enjoy this salt with a clear conscience as a good medicine.²

POTASSIUM CHLORIDE

Some people prefer this sodium-free salt, but it can strip the skin off the roof of your mouth! It is available in supermarkets or from health shops, and is known as salt substitute.

Potassium chloride helps to increase the concentration of hydrochloric acid in the stomach, especially when we get older. This in turn improves digestion and the control of microbes such as *Helicobacter pylori*, *Giardia* and *Shigella*. Potassium chloride is the base material for making the tissue salt KALI MUR, the chief remedy for glandular swellings such as mumps. It is a decongestant, is beneficial for liver function, digestion and the lymphatic system, controls inflammation, and helps maintain blood circulation and a healthy nervous system. In emergencies, you can make the remedy as for NAT MUR (see above). This water is of great benefit to a sluggish metabolism.

Salt to save the heart

A 1996 study of deaths from stroke and heart disease in Finland revealed a 60% improvement when a new type of salt was introduced nationwide. People still ate a lot of fat, were obese and drank and smoked as much as before, but they ate a different type of salt! In a follow-up study in 2006 improvement had risen to 75 - 80%, with an increase in life expectancy of 6 - 7 years. The base for the salt they used was potassium chloride. To this they added magnesium and l-lysine.³ Perhaps there is some truth in the concept that disease is caused by a deficiency of key nutrients.

SALT FROM THE SEA OR SALT PANS

These salts are another good alternative to what is known as white poison – sodium chloride. Sea salt and salt from the Kalahari desert have an alkalisating effect and are rich in trace el-



ements. Celebrity chefs can discern the subtle difference in taste they bring out in the food, and you will be able to as well.

There are many exciting brands of salt from the earth to taste and explore. Black salt is unique in its mineral make-up. Being high in sulphur, it smells like rotten eggs. However, when it is added to food that is then cooked, it imparts a flavour so delicious you cannot describe it! (I bought some at a spice shop to try out. Only use it in strong curries or Mexican food.) Black salt may also help to alleviate a sulphur or extreme trace element deficiency, provided you don't mind sipping stinky water or adding the salt to an ointment or liquid soap.

The Great Salt Lake in Utah provides a mineral solution so rich in magnesium chloride that it is difficult to swallow, but this foul-tasting solution is very rich in things we all need more of – the trace metals lithium and boron. It also has traces of just about every other element on the periodic table. Take it in some water – quickly!⁴

DISCLAIMER. This information is not a substitute for medical consultation and should not be used to diagnose or treat conditions. Natural remedies often duplicate the action of prescribed drugs, so please consult a knowledgeable practitioner.

References

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2. Himalayan crystal salt. www.universalsalvation.co.za
3. Finland studies. Nutrition & Healing 2010; 9(1): 1.
4. Concentrace minerals and trace elements. www.concentrace.co.za