

EARTH SAVERS

SEA SALT Did you know you can change your health instantly by adding one condiment to your table? Simply switching out your regular table salt for unrefined sea salt can eliminate toxins from your diet and bring essential minerals into your diet.

WE'VE ALL HEARD SALT IS BAD FOR YOU, AND THAT IS PARTLY TRUE, BUT IT IS NOT THE WHOLE STORY.

Our bodies must have salt to function. Your body is 60% salt water and maintaining a proper electrolyte balance is essential for feeling your best. Salt plays a crucial role in moving energy through your body and facilitating communication between your cells. If you had no salt in your body, it would immediately cease to function.

TABLE SALT IS GENERALLY NOT VERY GOOD FOR YOU. NEITHER IS THE SODIUM FOUND IN MANY PROCESSED FOODS.

Sea salt on the other hand is actually an essential part of a balanced diet. The difference between table salt and unrefined sea salt is very similar to the difference between white bread and whole grain bread. White bread is a highly processed nutritionally devoid food that does not positively contribute to your health. Whole grain bread helps to lower your risks of stroke, heart disease, and type II diabetes. Both are made from wheat, but they affect your body very differently.

TABLE SALT, LIKE WHITE FLOUR, IS A HIGHLY PROCESSED FOOD THAT HAS BEEN BLEACHED AND STRIPPED OF MOST OF ITS NUTRIENTS.

Most table salt is mined from rock salt, industrially processed to remove impurities and then bleached. In addition to bleaching agents, table salt also contains chemicals added to prevent the salt from clumping together. Consuming only table salt and sodium found in processed foods will provide your body with sodium chloride necessary to function, but not optimally. Typical American salt consumption provides the body with far more sodium than it actually needs.

UNREFINED SEA SALT, LIKE WHOLE GRAIN, IS BENEFICIAL TO YOUR BODY BECAUSE IT IS IN A NATURAL FORM.

Sea salt is obtained by evaporating salt water and contains over 80 trace minerals including magnesium, potassium, copper, iron, and zinc. These trace minerals are essential to good health but because of modern farming and food processing methods most Americans do not get enough of them. Dr. David Brownstein, in his article, "Salt your way to Health", says that "Unrefined salt contains over 80 minerals in a perfect proportion for our bodies. Our bodies were meant to function optimally with adequate mineral levels and adequate salt intake. Only the use of unrefined salt can provide both of these factors." Many doctors and holistic health practitioners credit unrefined sea salt with improving energy levels, mental clarity, indigestion problems and pH imbalances. In addition to the health benefits attributed to unrefined sea salt, it has become increasingly popular in gourmet cooking. Sea salt has a much more complex and pleasant taste than regular table salt.

AT EARTHSAVERS, WE RECOMMEND GOING TO YOUR HEALTH FOOD STORE AND BUYING CELTIC SEA SALT OR ANY OTHER UNREFINED SEA SALT. A GOOD UNREFINED SALT SHOULD LOOK A BIT LIKE WET SAND AND HAVE A GRAYISH COLOR.