

Why do our bodies need “whole” sea salt?

A healthy, active lifestyle demands a reasonable salt intake. In the uterus, an embryo grows more than three billion times its conception weight in the salty environment of amniotic fluid. From the time of conception, we are never without a need for salt. Our bodies contain three internal oceans that closely resemble the ionic balance of ocean water — the blood plasma, the lymphatic fluid, and the extra-cellular fluid. Each one of these complex solutions surrounds our cells and circulates through our bodies. Ocean salt contains all of the precious salts that our bodies require and it is because of these minerals that salt is a necessity.

Unfortunately, America has been saturated with the use of sodium chloride, also known as table salt. This harmful chemical is a concentrated, unbalanced source of sodium. Common table salt lacks many trace minerals. In order to make salt white, it is washed in a bleach-wash many times, and in this process the valuable trace minerals are lost. Now, the salt is no longer a whole food. Following this refining process, the minerals are removed and sold to the chemical industry, or to pharmaceutical companies to make dietary supplements.

Food becomes deficient and can even become toxic when ingredients are removed from it. Without the other minerals to balance it, salt becomes deadly when consumed excessively — as in the typical American diet. Salt is the most common preservative used today. Many foods are laced with this non-whole food salt — especially fast foods. French fries, milk shake beverages, sauce mixes, canned foods, and cured meats are major sources of salt.