

About Blood Sugar Control: By Dan Kalish  
Blood Sugar Control

Food Plan for Stress, Blood Sugar & Hormone Control

SEA SALT:

Sodium Chloride and Trace Minerals - the components of salt as it exists in nature - are very necessary and needed ingredients for our bodies. Our body fluids very much resemble the ocean in its consistency. This is contrary to what the medical media would have you believe. Generic table salt does not fit the bill. It is highly processed, bleached, stripped of its trace minerals and has added anti-caking agents to make it pour smoothly. Dextrose (sugar) is also often added.

Recommended dosages up to ¼ tsp per quart of water that you drink are the recommendation some of the top nutritional researchers and sports physicians. This may be accomplished by a return to salting your foods and/or sprinkling the salt into your water as you drink it. (This is recommended especially for that water which you are drinking during your workouts).

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