

Unrefined Salt – A Pleading

The human body consists mainly of **water and salt**. Therefore it is important to, besides "good" water (which is just another big issue), only take in "good" salt.

In the European Middle Ages salt was made up for gold, but then there was **only unrefined salt, which** - no matter whether it is seasalt or stonemine salt (usually **contains all 80 stable chemical elements** (only in variable shares according to its source) and thus **provides the body with all essential minerals**.

Today, in the foodmarkets of many countries we almost only get **highly refined salt**, which was deprived of many vital substances through refinement. In fact this is a **side product of plastic producing industry**, which needs the purest sodium chloride (NaCl) possible. The changed atomic structure is not known and perceived by the human body and therefore **acts like a cell poison**.

Refined salt tends to bind all the withdrawn chemical elements and thus deprive the human body of them instead of providing it with them!

There is also evidence that artificially added iodine is not so well integrated by the body (and anyway unnecessary because of the iodation of many foods), whereas added fluoride (as in many toothpastes) is – in this dose and form - considered highly poisonous by many doctors and scientists!

Scientists relate the consumption of refined salt to several civilization diseases (refinement started about 100 years ago for industrial reasons) like osteoporosis and Alzheimer's. Due to the altered metabolism they also presume and research possible connections with gout, rheumatism, arthritis, arthrosis, arteriosclerosis, kidney-, gall- and bladderstones, adiposity/obesity and even "ADS".

Since only salt makes the water in our cells **conduct electricity properly** a sufficient **supply of (unrefined) salt is even important**. A slightly higher intake of unrefined salt is balanced by the body through a feeling of thirst, so **only with refined salt** the saying "(Too much) Salt is not good for your health" comes to truth.

So, if you want to stay healthy do **only** buy and use salt which is **written declared unrefined and without artificial additions**. You may even be suspicious with seasalt, Himalaya salt or coarse grained salt when it is not clearly marked as unrefined.

Concerning the relatively small quantity of salt we need the slightly higher price for unrefined salt should really seem affordable when it comes to (y)our health!

Martin Ruhland (*1962) is a German musician and hawaiian-style-masseur who is privately concerned with holistic health and environment issues. He has collected this information from various written and oral sources. "Open source", please copy!