

Vital Life News



Volume 8, Issue 1 Winter/Spring 2011

Is Sea Salt Better for Your Health than Table Salt?

What is the difference between Sea Salt and Ground Salt? Sea salt and ground/table salt have the same basic nutritional value — both mostly consist of two minerals — sodium and chloride. However, sea salt is often marketed as a more natural and healthy alternative. The real differences between sea salt and table salt are in their taste, texture and processing, not their chemical makeup.

Ground salt is about 99% sodium chloride and is removed from the ground harvested by pumping water deep underground in areas where layer of salt is discovered. Salty water that comes out, is then used in salt production. Process is called vacuum pan salt refining. Not all mineral salts are rich in trace elements. Some are similar to ocean salt, other are not. The minerals extracted to refine its 'whiteness', fine texture and purity. Iodine and silica (anti-clumping) are added at the end of the process.

Sea salt is produced through evaporation of seawater, usually with little processing, which leaves behind some trace minerals and elements depending on its water source.

Sea salt is 98% sodium chloride, while the remaining 2% is made of other important minerals like iron, magnesium, calcium, potassium, manganese, zinc and iodine. These insignificant amounts of mineral add flavor and color to sea salt, which also comes in a variety of coarseness levels. The crystal composition of ocean salt is so complicated that no laboratory in the world can reproduce its basic 80 chemical elements.

Table salt is fine, white crystals. Sea salt, on the other hand, may have a slight grayish color if it is from the coastal areas of France, or may pinkish hue if it came from some other exotic locale. It may be coarse or fine grained.

On the labels of many packaged foods, in

supermarkets as well as health food stores, the title "sea salt" appears often. Reading this, we feel safe and reassured, thinking that when it comes to the salt part of the ingredients, all is fine...But All Is Not Fine! In fact, some supermarket and even health food store "sea salt" has been totally refined.

Sea salt has nutrients and minerals that help your body preserve the blood cells. Sea salt naturally contains important trace minerals and iodine - supplemented iodine is unnecessary if there are sufficient quantities of sea salts and foods in one's diet. One major health concern that sea salt raises, is the fact that it is obtained from sea water that contains a number of pollutants and impurities.

Overall, true sea salts are better for you. If you haven't tried it, switch salts for a week and you will see a difference.

Andrea Pritchett, D.C.

NUCCA Upper Cervical Doctor

Vital Life Wellness Center
7451 Village Pkwy
Dublin, CA 94568

(925) 829-7900

www.vlifewellness.com



Special Points of Interest:

- NUCCA can improve your immune system and keep you from getting colds and flues or help you get over your cold or flu.
- NUCCA can help reduce your stress levels and improve your attitude!
- NUCCA can reduce your pain and increase your energy.

Vital Functions of Salt in the Body

This information on salt intake is taken from Dr. Batmanghelidj's book, "Water: Rx for a Healthier Pain-Free Life".

1. Salt is most effective in stabilizing irregular heartbeats and, Contrary to the misconception that it causes high blood pressure, it is actually essential for the regulation of blood pressure - in conjunction with water. Naturally the proportions are critical.
2. Salt is vital to the extraction of excess acidity from the cells in the body, particularly the brain cells.
3. Salt is vital for balancing the sugar levels in the blood; a needed element in diabetics.
4. Salt is vital for the generation of hydroelectric energy in cells in the body. It is used for local power generation at the sites of energy need by the cells.
5. Salt is vital to the nerve cells' communication and information processing all the time that the brain cells work, from the moment of conception to death.
6. Salt is vital for absorption of food particles through the intestinal tract.
7. Salt is vital for the clearance of the lungs of mucus plugs and sticky phlegm, particularly in asthma and cystic fibrosis.
8. Salt is vital for clearing up catarrh and congestion of the sinuses.
9. Salt is a strong natural anti-histamine.
10. Salt is essential for the prevention of muscle cramps.
11. Salt is vital to prevent excess saliva production to the point that it flows out of the mouth during sleep. Needing to constantly mop up excess saliva indicates salt shortage.
12. Salt is absolutely vital to making the structure of bones firm. Osteoporosis, in a major way, is a result of salt and water shortage in the body.
13. Salt is vital for sleep regulation. It is a natural hypnotic.
14. Salt is a vitally needed element in the treatment of diabetics.
15. Salt on the tongue will stop persistent dry coughs.
16. Salt is vital for the prevention of gout and gouty arthritis.
17. Salt is vital for maintaining sexuality and libido.
18. Salt is vital for preventing varicose veins and spider veins on the legs and thighs.
19. Salt is vital to the communication and information processing nerve cells the entire time that the brain cells work - from the moment of conception to death.
20. Salt is vital for reducing a double chin. When the body is short of salt, it means the body really is short of water. The salivary glands sense the salt shortage and are obliged to produce more saliva to lubricate the act of chewing and swallowing and also to supply the stomach with water that it needs for breaking down foods. Circulation to the salivary glands increases and the blood vessels become "leaky" in order to supply the glands with water to manufacture saliva. The "leakiness" spills beyond the area of the glands themselves, causing increased bulk under the skin of the chin, the cheeks and into the neck.
21. Sea salt contains about 80 mineral elements that the body needs. Some of these elements are needed in trace amounts. Unrefined sea salt is a better choice of salt than other types of salt on the market. Ordinary table salt that is bought in the super markets has been stripped of its companion elements and contains additive elements such as aluminum silicate to keep it powdery and porous. Aluminum is a very toxic element in our nervous system. It is implicated as one of the primary causes of Alzheimer's disease.
22. Twenty-seven percent of the body's salt is in the bones. Osteoporosis results when the body needs more salt and takes it from the body. Bones are twenty-two percent water. Is it not obvious what happens to the bones when we're deficient in salt or water or both.