

Celtic Sea Salt: Dr. Bob DeMaria

- The history of salt. It has been used as a form of legal trade for thousands of years. Roman soldiers were paid with salt, “solarium argentums” which became the English word Salary.
- Hippocrates used salt, infections, clearing congestion. It was said that w/o salt there would be no life.
- The Union army used strategies in the Civil War to stop the South
- Salt was used as a preservative before refrigeration. People moved to areas of salt, Cincinnati, Detroit and Cleveland. Utah
- The Difference between Refined Salt and Unrefined Salt. Unrefined salt has over 80 minerals and elements. Refined salt has two Na and Cl
- Sulfuric acid and chlorine in the form of brine are added to unrefined salt to take the other minerals out, which are classified as impurities. They then add anti-caking agents including sodium ferrocyanide, ammonium citrate and aluminum silicate. Dextrose is used as a stabilizer so that iodide will stay in the salt.
- Refined salt is “lifeless”. Why you may ask? It can stay on the shelf longer. It is cleaner looking.
- pH is effected by salt. We tend to live an acidic environment. Refined salt does not promote normal pH. Unrefined salt adds minerals helping normalize you pH. pH is a measure of acid (vinegar) or alkaline (baking soda)
- The low salt diet does not promote normal blood pressure a low salt diet may help only 5% which is minimal. Chiropractic adjustment helps 17 points.
- Could be salt sensitive. Kidney issues. Not common.
- A low salt diet has been shown to cause multiple nutritional deficiencies, including depletion of minerals such as calcium and magnesium as well as potassium and B-vitamins.
- Low salt diets often result in altered adrenal gland hormones, by increasing them, like adrenaline, which can stimulate the sympathetic nervous system, raising BP and causing a heart attack. The purpose of Beta blockers is to stop these hormones. Could the low salt diet be the real problem? Insulin tends to increase on a low salt diet.
- Elevated insulin has been associated diabetes, cysts on the ovaries and obesity.
- A low salt diet can result in the increase of toxins in the body. Bromine.
- Dr. Lepore ND, has found the systolic pressure will stabilize with Na and the diastolic pressure with K+
- The amount of unrefined salt is directly related to the amount of water you consume. The more water you consume, the more unrefined salt you should ingest. Use ¼ teaspoon of unrefined salt for every quart of water ingested. Using it for cooking should not interfere with your BP.
- The human body has 250 grams of salt in it a baby has 14 grams
- Water and salt are necessary for metabolism, detoxification and transportation of nutrients as well as optimal functioning of the hormonal, nervous and immune systems.

- Nerve impulses are mediated by sodium ions.
- Sodium regulates the electrical charges through out the body. Seizure disorders can result with altered sodium levels. Seizures can be caused by diet soda and refined salt. They may go away by eliminating refined salt and add unrefined salt.
- The brain needs magnesium, calcium and potassium to send messages.
- Salt and water work together. Many today are dehydrated. Items with caffeine can accelerate water loss. You can have brain fog, which is very common w/o pure water and the proper minerals in unrefined salt.
- Water generates energy. Two oceans in the body, one in the cells and one outside of the cells. The outside has WBC's, RBC's, vitamins and minerals. The inside ocean has all the cell organelles. Your body needs water and salt to carry the outside ocean water to the kidneys to be eliminated by the body.
- Unrefined salt nourishes both oceans. Na is on the outside and the K is on the inside. Magnesium and calcium help the two oceans communicate with each other. They are not in unrefined salt.
- When you do not have the right minerals you kidneys will start holding on to salt in the body.
- Prolonged healthy salt deprivation will result to kidney problems. What will happen minerals will be pulled from inside the cells to balance the outside ocean?
- You cannot drink enough water because the body needs minerals. As the cells become more dehydrated, waste products build up in the cells and you have acidosis.
- The consequences of acidosis would include; cancer, auto immune disorders, and arthritis as well as accelerated aging.
- The Adrenal glands are affected by salt. In a resting state, the adrenal glands are responsible for maintaining adequate energy levels, blood sugar control, blood pressure control, muscle strength and much more via the secretion of other hormones including: Aldosterone, cortisol, DHEA, Estrogen, Pregnenolone, Progesterone and Testosterone.
- Adrenal gland exhaustion include fatigue, poor immune function, cancer, thyroid disorders, obesity, arthritis, fibromyalgia, chronic fatigue, auto immune disorders and other chronic illness.
- The Adrenal glands need Mg, it calms you.
- Diuretics do not get to the cause. Do not stop w/o talking to your Dr.
- Adrenal exhaustion results because of
 1. The lack of unrefined salt in our diet
 2. The excess use of refined salt in our diet

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Dr. Bob is available to speak.

Reference: *Salt Your Way to Health*, David Brownstein MD