

## THE SALT DEBATE

**Salt (sodium) has a bad reputation.** The overuse of high sodium products has been conclusively linked to many health problems including high blood pressure and heart problems. Simply put, we need to stop eating processed foods! We must understand the role salt plays in our diet, the difference between natural salt and refined salt, and which whole foods make a great salt substitute.

**Yet sodium is an essential mineral that our body requires.** It plays an important role in healing, cleansing and fluid balance. So how do we handle this intricate dance between the need for sodium and the risks posed by its overuse?

### **The Problems with Table Salt**

The salts you find in the supermarket aisle, at restaurants and in processed foods have been stripped of the complex combination of trace minerals. They are refined down to sodium chloride and conditioned with anti-caking chemicals, potassium iodide, and dextrose (sugar) to stabilize the iodine.

**This is the type of salt** that has been tested extensively, and is linked to many modern health problems. Like all other highly processed substances, refined table salt is denatured and lacking all the benefits of its whole food version. Whole foods provide an intricate, complex balance of nutrients that can not be duplicated or even completely understood by science.

**The additional problem with refined salt is its excess and pervasiveness in the modern diet.** It is used so extensively in the onslaught of packaged, refined, and toxic food, that most Americans eat; over 5 times the recommended guideline for salt consumption. This high sodium intake leads to high blood pressure, fluid retention and can damage the kidneys and other organs.

**When a food is not in balance, people tend to overeat it.** Your body will crave more as it attempts to capture the wholeness that is missing. With refined salt, it will never satiate the body's need for the complex minerals of whole healthy salt or a mineral-rich salt substitute.

### **Healthy Salt Substitute – Whole Salt**

Sea vegetables, including dulse or kelp flakes, make a great salt substitute because of their high sodium/mineral content and salty taste. High in iodine, kelp is known to bring balance and health to thyroid function. Beets, turnips, greens, seafood and most animal products also have high sodium content and can be incorporated into your diet in place of salt.

Whole salt from the living sea has a mineral profile (of nearly 60 trace minerals) that is the most similar to that of our blood and just because a product is labeled as “sea salt” doesn't mean it's a whole food. It may still be refined and pure white. Whole natural salt is slightly grey and may even have pinkish, bluish or other mineral hues. It will be either large granules, crystals or a powder. Celtic sea salt, Dead Sea salt and Himalayan sea salts are examples of whole food varieties found in health stores.

**Call our HealthQuest Radio Hotline with any questions you may have about salt and your diet.  
1-800-794-1855 or email Dr. Kolbaba at [drdavid@healthquestradio.com](mailto:drdavid@healthquestradio.com).**