

One thing I have discovered from decades of research is that one doctor or scientist can be 100% correct on some issues, and dead wrong on others, and it often has very little to do with his credentials. I won't mention any names, but give an example. For instance, one doctor who specializes in sports medicine and refers to himself as a nutritional scientist appears to be very knowledgeable regarding supplements for building strength and increasing endurance. There were some nutritional issues I didn't entirely agree with him on, but one in particular stands out. In his opinion, salt is like poison – even worse than sugar, and should be avoided at all costs. He even went so far as to say that no matter what the formulations might be, or what it might say on the package, salt must be avoided. Some of the respected old-timers, such as the late Adelle Davis and Bernard Jensen, who were both well versed in nutrition, stressed the importance of both sodium and potassium. Back when they were both still alive, the complete salt called “Celtic sea salt” was still not available for several years before the “Nutritional Scientists” book was published. Even Dr. F. Batmanghelidj, M.D., who is a foremost authority on the importance of adequate water for maintaining our health, stressed the importance of sea salt. Both sodium and potassium (found in natural unprocessed sea salt) are two minerals used by the sodium/potassium pump for the transfer of nutrients into, and the removal of toxins from every single cell in the body.

One naturopath doctor who I know, mentioned that she was once a strict vegetarian, and ate mostly organic foods, yet she was always tired. She indicated that once she began eating meat, her energy level returned. I mentioned that strict vegetarian diets are normally deficient in sodium, and meat contains sodium. Although some vegetables contain potassium, they are normally missing sodium (you need both). It's amazing to me, how many doctors still recommend that their patients avoid salt. You would think that they would certainly know better by now. Common table salt, for instance, actually contains only sodium chloride (with a little added aluminum, for your convenience), and can thus cause fluid retention if sufficient potassium is not available. All the important minerals except the sodium chloride have been removed and sold, (not the way salt is found in nature). The salt is then bleached so it will look nice and clean, and in case you wondered, the aluminum is added to prevent caking so the salt will flow more freely. Aluminum is known as a neurotoxin, commonly found in the brains of those who died of Alzheimer's disease! As usual, absolutely no consideration was made regarding its nutritional value - just its cost, appearance, and convenience. The majority of such salt is used for manufacturing, which is the best use.

Our Creator did such an excellent job of creating a complete nutrient-dense salt, with both sodium and potassium, along with over 80 trace minerals in the ionic (easily absorbable) form, and unfortunately man did a first-class job of undoing His effort.

This is typical of most processed foods the average American consumes on a daily basis, as the food no longer contains the nutrients they started out with. Also, due to the current farming methods, most foods are already deficient in many important nutrients. The food dyes, preservatives, and flavor enhancers, (such as MSG), added to processed foods, are actually toxins that basically add to the body's burden. Incidentally, microwave cooking actually destroys the majority of vitamin C, and E, as

well as the B vitamins in foods, (a major issue). Then to top it all off, the medications that far too many are taking, do an excellent job of depleting what few nutrients they might be getting from their impoverished diet. It's quite obvious from current statistics that the health of Americans is on the decline, while the incidence of major diseases and obesity is steadily increasing. And if we look at the facts, we can quite easily see why. We obviously can't continue the same business as usual, and somehow expect to get different results.

Due to the very crafty (and obviously effective) marketing tactics of the pharmaceutical giants, more people are being "unnecessarily" placed on even more drugs. This is in my opinion, the greatest contributor to both poor health, and the unreasonably inflated cost of healthcare in the nation.