

## SALT Truths and Misinformation

There is clinically little benefit to a low salt diet.<sup>1</sup> Medical school teaches that salt equals hypertension. When Brownstein's patients were treated with unrefined salt blood pressures improved, immune & hormone systems improved as well as other areas.<sup>2</sup> Patients with other similarly linked autoimmune disease also saw improvement. Thyroid, adrenal glands & blood sugar levels are near impossible to regulate or improve on refined low salt diets.<sup>3</sup> Salt is healthy for the human body if it is the right type of salt. Unrefined salt. Salt is like anything else. There are many types, and the quality varies from mining location, to operation of packaging, marketing and sales. {Unrefined salt is Salt in it's natural form. Table salt is refined salt. Unrefined salt has 80 plus minerals and elements. While table salt has mainly two items Sodium(39%) Chloride(60%) and possibly anticaking agent, sugar, chloride as a whitener. Up to 2% of food-grade salt may these agents. May include sodium ferrocyanide, ammonium citrate, Dextrose (sugar) and aluminum silicate (Collectively up to 2%). Refined salt may also been treated with sulfuric acid and or chlorine.}<sup>4</sup> {Refined salt is a lifeless product having had all its minerals removed. Refined salt is bleached to produce an attractive product. Iodine is added to most refined salt to prevent goiter. However, it is insufficient to prevent thyroid disease or to deliver of enough iodine to prevent illness. Unrefined salt like CELTIC Sea SALT (lite grey) has sodium(33%, chloride (50.9%), mineral & trace elements (1.8%) moisture 14.3%}<sup>5</sup> Unrefined: Celtic Sea Salt, Redmond's Real Salt, Himalayan Salt have a wide range of minerals because they were not refined & should have been harvested without explosives or heavy metal equipment to protect the salt quality, preventing contamination. Sodium and chloride were never meant to be ingested without other minerals, especially two major minerals, potassium & magnesium. The bodies of human beings developed over time while consuming natural whole salt. Versus manufactured salt (refined salt mineral removed salt). {Acceleration of Chronic illness, promotion of acidity in body, & poorly functioning immune system are the consequence of utilizing refined salt.

Measuring acidity or alkalinity of the body is referred to as measuring the body's pH. 7.0 to 7.2 is the normal where many of the body mechanisms overlap. When your pH is too far off of normal (neutral) your organs do not function properly. Acidic pH marker equals poor health in the body.<sup>6</sup> Enzymes & catalysts are also sensitive to pH levels, losing most of their function. Immune systems are then also unable to protect us. Cancer, arthritis, osteoporosis, Candida, hormonal imbalance are all associated with to acidic pH. Generally the more ill one is the more acidic they are. In nearly all instances, devitalized foods (refined foods) acidify the body. Many people are mineral deficient in modern times because due to poor diets full of refined foods. Take note all refined foods including refined sugar, salt, flour, & oils, etc. lack minerals, vitamins, & enzymes. Over time we become nutrient deficient because of a refined food diet, and develop chronic illness. Dr. Brownstein finds that it is impossible to overcome chronic illness when there is an acidic condition present (pH below 7.2). Cancer can also become a consequence of high pH. Unrefined salt helps maintain a more neutral pH. Mineral deficiency is often associated with a pH lower then 7.0 . Food allergies can be a result of high acidic pH.<sup>7</sup> The salt to avoid is refined salt, as it has had all of its valuable minerals & most moisture removed.

{Magnesium is the 11<sup>th</sup> most abundant mineral in the human body. It is needed for hundreds of chemical reactions in the human body. Studies show most Americans are low on Magnesium, approx. 32% get enough. Brownstein regularly checks the blood levels for magnesium in his patients. He finds that 75% of his patients are deficient in Magnesium. Potassium is needed for maintaining fluid, stimulating muscle contractions, & conducting nerve impulses. Most Americans are deficient. Unrefined salt provides Magnesium & Potassium. The standard American diet leads to mineral deficiency.

For the vast majority of people, a low salt diet does not significantly lower blood pressure or hypertension. The people whom benefit the most from a low salt diets are people with renal failure or people whom are salt sensitive. As they do have to restrict salt use.

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<sup>1</sup> Dr. David Brownstein, MD "Salt Your Way to Health" ISBN: 978-09660882-4-3, page 9

<sup>2</sup> Dr. David Brownstein, MD "Salt Your Way to Health" ISBN: 978-09660882-4-3, page10

<sup>3</sup> Dr. David Brownstein, MD "Salt Your Way to Health" ISBN: 978-09660882-4-3, page11

<sup>4</sup> Dr. David Brownstein, MD "Salt Your Way to Health" ISBN: 978-09660882-4-3, page10-25

<sup>5</sup> Dr. David Brownstein, MD "Salt Your Way to Health" ISBN: 978-09660882-4-3, page26-29

Van Leeuwen, FX. The toxicology of bromine ion. Crit. Rev. Toxicol. 1987; 18:189-213.

<sup>6</sup> Van Leeuwen, FX. The toxicology of bromine ion. Crit. Rev. Toxicol. 1987; 18:189-213.

<sup>7</sup> Dr. David Brownstein, MD "Salt Your Way to Health" ISBN: 978-09660882-4-3, page10-35

Researchers studied the relationship of low salt diets and cardiovascular mortality. Almost 3000 hypertensive people were in the study. The result was 430% increase in heart attack in the lowest salt intake group versus the group with the highest salt intake. Why? Would a low sodium diet predispose one to heart attacks. Nutrient deficiencies including calcium, magnesium, potassium, B vitamins. All essential to healthy hearts and lower hypertension. Final Brownstein has found that it is impossible to overcome chronic disorders unless mineral deficiencies are corrected.} <sup>8</sup>

High cholesterol & LDL cholesterol are associated with heart disease, including stroke, and heart attacks. Low salt diets have been shown to increase (>10%) in both cholesterol & LDL-cholesterol. <sup>9</sup>

Low salt diets will result in the body increasing certain hormones: aldosterone, rennin, angiotensin, & noradrenaline, to help the kidneys retain more sodium. When your sympathetic nervous system are overly stressed it can precipitate adverse cardiac events such as heart attacks. Furthermore, the insulin hormone increases in low salt diets. Elevated insulin levels have been associated with diabetes, polycystic ovaries, & obesity. Brownstein has found it nearly impossible to treat insulin resistance and diabetes on a low salt or a refined salt diets. <sup>10</sup>

{Toxic elements build up in low salt diets. Example: bromide which is associated with delirium, psychomotor retardation, schizophrenia, & hallucination. <sup>11</sup> Salt allows the body to detoxify. Long term salt deprivation will lead to cellular and kidney problems. Bromide toxicity from certain products reported: Mountain Dew, AMP Energy Drink, & some Gatorade products) which contain brominated vegetable oils. Medicine: Atrovent Inhaler, Atrovent nasal Spray, Ipratropium Nasal Spray, Pro-Panthine, Pyridostigmine containing Bromine. <sup>12</sup> Bromine is also found in most bakery products today, including breads, cookies, cakes, etc. <sup>13</sup> Chlorine helps your kidneys rid the body of bromine. In low salt diets, the life of bromine in your body increases by 22 days. (833% increase of life of bromine in the body) Bromine will bind to where iodine is supposed to be bound in your body. Thus bromine will help you to be iodine deficient. (Increase of thyroid related problems and diseases.) Eat organic foods grown without pesticides.} <sup>14</sup>

The NHANCES studies support all information contained within the document.

**{¼ tsp. unrefined salt for every quart water ingested.}** <sup>15</sup> (Personally I can't get to this level yet.)

For those of you with kidney problems consult with a doctor before changing any salt consumption.

{Human body has 70% water, Brain 80% water.

Adult approx. 250 grams salt, 14grams in a baby.

One symptom of sodium level abnormalities is seizure disorders.

Dehydration very common problem today. The following do not provide water, but accelerate water loss to the body.

Caffeinated coffee, caffeinated tea, caffeinated soda, juices high in sugar.} <sup>16</sup>

{Salt deficiencies > Adrenal exhaustion > fatigue, poor function immune system, cancer, thyroid disorders, obesity, arthritis, fibromyalgia, chronic fatigue syndrome, autoimmune disorders, plus many others

**Salt Bath Soak in warm water 1-2 cups of unrefined salt (and two cups or hydrogen peroxide). It is soothing and helps remove toxins from the body. It stimulates the lymph system to function better.** Salt baths will also help with heavy metal detox: mercury, lead, cadmium (battery stuff), etc.} <sup>17</sup>

For more information, facts, and in depth truths about Adrenal Disorders, blood pressure, cholesterol levels, fatigue, headaches, thyroid disorders order the following book. Dr. David Brownstein, MD's "Salt Your Way to Health" ISBN: 978-09660882-4-3 Available on this site [www.jonilund.com](http://www.jonilund.com) Under "Retail" then under, "BooksDVDVideoPage"

<sup>8</sup> Dr. David Brownstein, MD "Salt Your Way to Health" ISBN: 978-09660882-4-3, page 42-50

<sup>9</sup> Rauws, A.G. Pharmacokinetics of bromine ion-an overview. Chem. Toxic. Vol. 21, No 1, 379. 1983

<sup>10</sup> Dr. David Brownstein, MD "Salt Your Way to Health" ISBN: 978-09660882-4-3, page 48-54

Rauws. A.G., IBID. 1983

<sup>11</sup> Rio, A. Del., et al. Metabolic effects of strict salt restriction in essential hypertensive patients. J. of Int. Med., 1993; 233:409-414

<sup>12</sup> Horowitz, B. Bromism from excessive cola consumption. Clinical Toxicology, 35 (3), 315-320. 1997

<sup>13</sup> Abraham, G. The effect of ingestion of inorganic nonradioactive iodine/iodide in patients with simple goiter and in Grave's disease: A review of published studies compared with current trends. Optimox Research. 9.09.03

<sup>14</sup> Dr. David Brownstein, MD "Salt Your Way to Health" ISBN: 978-09660882-4-3, page 54-140

<sup>15</sup> Dr. David Brownstein, MD "Salt Your Way to Health" ISBN: 978-09660882-4-3, page 75

<sup>16</sup> Dr. David Brownstein, MD "Salt Your Way to Health" ISBN: 978-09660882-4-3, page 81-90

<sup>17</sup> Dr. David Brownstein, MD "Salt Your Way to Health" ISBN: 978-09660882-4-3, page 91-140