

# Benefits of Himalayan Salt

By Tina Viney



As much of my work requires that I spend countless hours on the computer it stands to reason that increased weight is

an ongoing challenge. One of the areas of conventional weight-loss recommendations is that you minimise the intake of salt because of its tendency to retain fluid in the body. However, food, without salt is void of flavour, and flavour is paramount to the enjoyment of food and particularly when you are minimising portions for weight-loss purposes.

Recent studies, however, have confirmed the enormous difference between table salt and Himalayan crystal salt. If you are not aware of these you will be amazed at the difference. Himalayan salt is also rich in minerals and therefore very flavoursome- a little can go a long way. However, if you are purchasing this rock salt it is important to understand that it can damage your grinder very quickly because it is extremely hard. It is best therefore to get the pink, granulated option for this purpose. But let's now look at what is so special about this amazing mineral.

Himalayan crystal salt is far superior to traditional iodised salt. It is millions of years old and pure, untouched by many of the toxins and pollutants that pervade other forms of ocean salt.

Known in the Himalayas as "white gold", Himalayan salt contains the same 84 natural minerals and elements found in the human body. This form of salt has also been maturing over the past 250 million years under intense tectonic pressure, creating an environment of zero exposure to toxins and impurities.

Himalayan salt's unique cellular structure allows it to store vibrational energy. Its minerals exist in a colloidal form, meaning that they are tiny enough for our cells to easily absorb.

**HIMALAYAN CRYSTAL SALT: THE HEALTH BENEFITS** - the health benefits using natural pink Himalayan salt are as follows:

- Create an electrolyte balance – controlling the water levels within the body, regulating them for proper functioning
- Increases hydration
- Regulate water content both inside and outside of the cells
- Balance pH (alkaline/acidity) and help to reduce acid reflux
- Prevent muscle cramping
- Aid in proper metabolism functioning
- Encourage excellent blood sugar health
- Increase bone strength
- Lower blood pressure

- Help the intestines absorb nutrients
- Prevent goiters
- Improve circulation
- Dissolve and eliminate sediment to remove toxins
- Aiding vascular health
- Supporting healthy respiratory function
- Lowers incidence of sinus problems, and promoting overall sinus health
- Naturally promoting healthy sleep patterns
- Creating a healthy libido
- Promotes kidney and gall bladder health – when compared to common chemically treated salt

## WHY TABLE SALT IS NOT BENEFICIAL

Many people are unaware that common table salt contains chemicals and even sugar! Salt is necessary, but can be dangerous if taken in this chemical form.

Table salt is composed of 97.5% sodium chloride and 2.5% chemicals like iodine and absorbents, and sugar. Common salt is dried at more than 1,200° Fahrenheit, a process that zaps many of the natural chemical structures.

The table and cooking salt found in most homes, restaurants and processed foods is void of nutritional value, lacking beneficial trace minerals. Processing salt turns it into sodium chloride, an unnatural salt the human body actually sees as a toxic invader! The body cannot dispose of it in a natural way, which can lead to irritation of the tissues, water retention and high blood pressure.

Processed salt crystals are also energetically dead, as their crystals are completely isolated from one another. For the body to metabolise chemical table salt it must waste tremendous amounts of energy to keep the body at optimum fluid balance. This creates a burden on the elimination systems in the body. Water is removed from other cells in an attempt to neutralise the unnatural sodium chloride.

Studies show that for each gram of table salt your system cannot process your body will use over 20 times the amount of cellular waste to neutralise the sodium chloride in chemically treated salt. This can lead to cellulite, rheumatism, arthritis, gout, as well as kidney and gallbladder stones. The average Australian consumers approximately 4-5,000 mg of sodium chloride a day through direct or indirect means via processed foods.

Choosing to use Himalayan salt as an alternative can have a big impact on your total health and wellbeing.

### Further Research:

<http://articles.mercola.com/sites/articles/archive/2011/09/20/salt-myth.aspx>  
<http://www.himalayancrystalsalt.com/clinical-research.html>  
<http://pyramidvt.blogspot.com.au/2011/04/scientific-research-on-use-of-himalayan.html>