

## Part 4, Chapter 39: Table Salt

There's a lot of debate about table salt, chemically sodium chloride. Emmale buys Himalayan sea salt at a local health food store. It's reputed to be a complete salt. Dr. Bragg points out:

Would you use sodium, a caustic alkali, to season your food? Or chlorine, a poisonous gas? "Ridiculous questions," you say. "Nobody would be foolhardy enough to do that." Of course not. But the shocking truth is that most people do just that because they don't know that these powerful chemicals constitute the inorganic crystalline compound known as salt. For centuries, the expression "salt of the earth" has been used to designate something good and essential. This idea is erroneous! Salt may actually help to bury you!<sup>{1}</sup>

We never use table salt—it should have no place in your diet! Salt is an inorganic substance and only causes problems in the body! Organic sodium found naturally in "live" foods is best. Read labels and don't buy products that add salt!<sup>{2}</sup>

To my way of thinking, this pretty much covers the discussion. I hardly ever add salt to anything. Emmale, on the other hand, adds Himalayan sea salt often. I'm still dealing with high blood pressure. Emmale is not. The bottom line is: there still remains little if any reason to add inorganic salt to anything. Processed table salt is particularly destructive.

The worst on the list is processed snack foods which are replete with sugar, salt and fat: the magic three that food manufacturers add to make their products horribly addictive. At the very least:

Most common table salt is made up of chemicals that pollute your body and wreak havoc on your health. (Healthy natural salts contain no toxins and over 84 minerals and elements necessary for your optimal health, i.e. Celtic ... and Himalayan.)

Your table salt is actually 97.5% sodium chloride and 2.5% chemicals such as moisture absorbents, and iodine. Dried at over 1,200°F, the excessive heat alters the natural chemical structure of the salt causing the potential for a myriad of health problems in your body.<sup>{3}</sup>

According to Dr. Bragg all inorganic minerals are harmful to the body. Table salt has some added negative effects in that it promotes water retention, tends to aggravate high blood pressure and can contribute to mineral crystallization in the body. That said the body needs minerals but they must be in a form that can be readily absorbed. Plants have the unique ability of being able to convert inorganic minerals into organic minerals. What's the difference? Essentially, organic minerals are bonded with carbon. More specifically:

- **Organic minerals** - these are once living, or are living and can bring life to cells. These contain carbon, and their electrons spin clockwise, just like those of the human body. Additionally, these cells can form an ionic bond with the body and can easily break down into materials to help with bodily function, such as tissue repair.
- **Inorganic materials** - these were never living, without carbon and cannot bring

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life to cells. The body treats these metals like toxins and are tightly held together; they cannot be easily broken down. And, their electrons spin counterclockwise, out of sync with the rest of the body.<sup>{4}</sup>

How do plants convert inorganic to organic minerals? I have no idea. I just know that they do and that when you consume these plants, especially in their raw form, your body derives benefits from these organic compounds.

Of table salt—this is basically just one more processed chemical that has no place in the body. Of salts such as Himalayan or Celtic, obviously it's a better choice. However, my own experience has been that the more you get into vegan diet, and in particular into juicing, the less you even want salt. At best sea salt has a stimulating effect on taste. As you get more and more used to raw fruits and vegetables, you'll find your interest in salt, in any form, diminishing. The bottom line is that if you eat a 90%-95% vegan diet of fruits, vegetables, nuts, seeds and sprouts, there is no reason to be adding any kind of salt to your food.