

"Salt of Life"

Prevent "De-Hydration!" – hold a couple of grains of Celtic Sea Salt[®] *between* the tip of your tongue and the bottom of your TOP teeth while drinking pure clean water through the salt – you will be amazed at how your body is now able to utilize this water... by doing this, you have "turned on" your 'potassium pump'! Placed on the tongue helps stop persistent dry coughs too.

Over the centuries, man has traditionally consumed approximately 20 grams of natural salt daily due to the way meats were cured and foods were preserved. Salt is an ancient bactericide and killer of many of our pathogens. The only time, other than current times, that consumption was drastically decreased was during the Medieval Ages, when the landlords deprived the poor of salt, and the 'Black Death' ravaged the population. At that time man certainly lived a more 'outdoorsman' lifestyle, yet there were no mysterious illnesses.

Sadly today, North Americans consume two to three times more refined salt above the amount which the body has the ability to safely deal with. Mostly consumed in heavily salted foods like potato chips, popcorn, salted peanuts, canned foods, candies, pickles, ketchup, and salted cereals. Refined salt puts a huge burden on the kidneys, weakening them until they can no longer function properly.

WHAT IS CELTIC SEA SALT[®]? It is what real, true salt is supposed to be 100% unrefined – 100% good for you! Celtic Sea Salt[®] is produced from unseparated salt, completely unrefined and unheated, to ensure proper bodily utilization. It is not white and not dry. From salty tears to healthy cells, salt is a vital requirement for proper health and well being – naturally. Celtic Sea Salt[®] is summer harvested – sun dried – and hand harvested without the use of metal tools. Technically, Celtic Sea Salt[®] is a complex, balanced mixture of essential minerals that our body needs and craves. Chemical analysis of Celtic Sea Salt[®] shows that it is almost identical to that of the salty "mini-ocean" for the fetus – amniotic fluid – in which we were created. If table salt had never been 'created', this is all you would ever have used and loved – with none of the harmful side effects associated with common white table salt (such as aches or tightness in the back).

BUT – I'VE BEEN TOLD NOT TO USE SALT! No, they used the word "salt" - but *meant* the harmful chemical *sodium chloride*. Many, if not most, using sea salt are initially worried about consuming too much salt. However, all side effects, warnings, and bad press relating to medical research have been performed using refined white 'table salt', which is approximately 99.8% sodium chloride and is toxic. When people talk about 'salt' they overlook the fact that there are approximately 92 other elements in natural Celtic Sea Salt[®] that serve as buffers to protect you from the harshness of pure sodium chloride. Nature put those buffers there to make sure our bodies could use the sodium properly, and to ensure that once it had been utilized, excess would be eliminated completely and quickly through the kidneys. In contrast to Celtic Sea Salt[®], refined and processed table salt should be eliminated from every health-conscious kitchen for the following reasons:



- × During processing all minerals have been removed except sodium and chloride. Salt refiners also add the risky aluminum silicate or prussiate of soda as desiccants.
- × It stays in a concentration in tissues and fluids instead of being used by the body, and is hard on the kidneys. In fact the use of ‘boiled’ or heated salt (table salt which then has insufficient magnesium salts) helps kidney stones form—that and a lack of absorbable drinking water.
- × It causes the body to retain fluids. Just one ounce (28.35 grams) of table salt retains up to one pound (0.45 kilograms) of water! Fluid retention is not only uncomfortable, it tires the heart.
- × It acidifies the blood, which offers an open invitation to heart problems, hypertension, liver illness, neuralgia, rheumatism, gastric ulcers, and chronic diseases.
- × It damages and depletes enzymes, upsets the sodium/potassium balance, creates an acidic stomach, and inhibits digestion.
- × It promotes breakdown of cellular tissue, pathological calcification, helps harden arteries and other tissues. It also fosters calcium and fatty deposits on the artery walls.
- × It over stimulates the nervous system by activating the adrenal gland.
- × It increases perspiration, decreases muscle contractility—including the heart muscles.
- × It creates arrhythmia (irregular heartbeat) from its abnormal impact on nerves.

WHY THEN CELTIC SEA SALT®? Because the body runs on salt and uses it to help in acid-base (alkaline) balance. In fact, our body’s liquids contain the same salt in almost the same mixing ratio as does ocean water. Your very blood and liver require actual salt to function. Also your cells must be bathed in a sodium-based, extra-cellular fluid as proper balance in the body is achieved by maintaining a relatively high potassium content inside the cell, and a relatively high sodium concentration outside the cell. When these elements are in excess, the body will also easily establish balance through sweat, acne, tears, feces, and even vomiting. When the proper sodium chloride concentration rises in the blood, the water in neighboring tissues is attracted to that salt-rich blood and so the kidneys then remove, rather than retain the saline fluids easily (if they are functioning properly). Natural sea salt allows liquids to freely cross the body’s membranes, the kidney’s glomerulus, and the blood vessel walls. The magnesium salts of natural Celtic Sea Salt® will eliminate sodium chloride after it has performed its important jobs of acid/base balance, cell permeability, and muscle contractibility. An over-salted condition can become chronic only when the blood vessel walls are shut tightly by the hardness of refined salt. Sadly, refined table salt does not allow this free crossing of liquids and minerals; instead it will collect in tissues, joints, and body fluids. Studies have even shown that when the cells of a mammal are deprived of proper sodium, they literally exploded in attempting to equalize inside and out.

WHAT DOES REAL SALT ACTUALLY DO? We are salt creatures – just taste a tear – and you can appreciate just how Celtic Sea Salt® has an infinite number of roles in our health.

- ♥ It recharges and maintains the cells and energizes the body. Proper salt actually helps our cells to produce other necessary minerals, and recharges the cells in much the same way as a battery does. Without properly balanced salt, we run out of electrolytes and our ‘batteries die out’. Using sea salt increases the healthy saline content of the body.
- ♥ It helps speed up recovery from serious illness, as it acts as a scavenger, purging the body of toxins.

- ♥ It enhances hydrochloric acid production; stabilizes bodily functions and fluids. Salt affects digestion – take potassium for example – you can eat potassium-rich foods, but they will do you little good unless you are using proper salt as well.
- ♥ It makes food taste better and more digestible. Salt enhances your saliva so that your body can manufacture the proper digestive juices to break down complex carbohydrates, celluloids, and the chlorophyll from vegetables that contain potassium – real salt actually creates hydrochloric acid. Your body cannot properly digest raw vegetables without salt. The micro-dosages from Celtic Sea Salt® of magnesium salts are essential for the electrical breakdown of nutrients, for activating enzymes, for controlling the energy transfer in living cells, as catalysts for carbohydrate metabolism, and also for chemical reactions in the body.
- ♥ Using Celtic Sea Salt, which contains about ¾ of 1% of magnesium salt, helps prevent the formation of kidney stones (calcium oxalate deposits), and helps to dissolve those already formed.
- ♥ It can help to correct excess acidity; helps to relieve allergies and skin diseases, and helps kill unhealthy-type bacteria – even parasites.
- ♥ It provides a steady boost in cellular energy and gives the body a heightened resistance to infections and bacterial diseases. Celtic Sea Salt® helps the body's defense against rickets and osteoporosis.
- ♥ It stabilizes blood pressure and irregular heartbeats, assists mental equilibrium.
- ♥ Vital for clearing catarrh and sinus congestion and for clearing the lungs of mucus plugs and sticky phlegm (e.g. even in asthma and cystic fibrosis).
- ♥ It is vital for preventing varicose veins and spider veins on legs and thighs, helps prevent gout.

CELTIC SEA SALT® AND HEALING? Celtic Sea Salt®, dried by the sun's rays, has countless medicinal uses. The bio-electrolytic ability of Celtic Sea Salt® and its isotropic element enables it, electronically and ionically, to follow the path of calcium as it heads straight to where it is needed most—the site of bone fractures, organ lesions, and organic or aberrant mental malfunctions. Sodium is vitally needed for the major function of the adrenal cortex in secreting the hormone cortisone (protection from Addison's disease) and for metabolism. A healthy adrenal cortex prevents the needless elimination of sodium salts.

This unrefined sea salt or 'real salt' also supplies 70 important trace elements to our diet. These have definite triggering actions on the body's various organs and functions, including regulation of bone, brain, and blood plasma development. However, supplementing these elements in isolates when a deficiency is diagnosed (through hair, nails, body fluid, or fecal analysis) is not helpful as minerals work in conjunction with each other and they cannot work to heal when their concentration is increased disproportionately.

The presence of proper sodium chloride in the body may possibly help prevent Lyme from occurring. Lyme was first documented in the 1970's; about the time we were inundated with the "No Salt Diet" craze. There are few doctors using this treatment with their patients today. The treatment was even mentioned in an article on Lyme in the *'Townsend Letter for Doctors and Patients'* January 2005. For years Japan had no cases of Lyme disease, and only recently with the new low-salt soy sauce, have cases been documented. One person spent thousands of dollars on traditional medical and alternative type therapies looking for a solution for undiagnosed Lyme disease. Recently, she was very excited to find a program that is helping her use large quantities of real sea salt and Vitamin C. She was able to find this through a Lyme Disease Support Group

WHY THIS WORKS: During World War 11, Navy doctors successfully used sea salt water for blood transfusions when blood supplies ran out! One theory of dis-ease is that due to the decreased consumption

of natural salt in our daily diets, we have allowed the invasion of parasites into our bodies and in those of our pets and livestock. As far as our animals go, cows were always given large blocks of salt licks, which were pure sodium chloride. The old ways protected our livestock from many pathogens that are coming into focus in today's livestock. Only recently, these salt blocks have become mineralized salt licks with minerals, medicines, and vitamins—which manufacturers claim is what our livestock need. They crave and actually need the sodium chloride.

This may explain the recent appearance of new illnesses such as Mad Cow, and other parasitic illnesses among our livestock. It is a natural instinct, the same way that a hunter knows that if he puts out a block of salt, the deer will come. Bear reportedly tear the bark off fallen trees to lick salt. There are salt caves in Africa that draw herds of elephants at night, and the mothers break off chunks of salt to feed it to their young. Maybe it is time for us to take a lesson from the animals. Eat more real salt!

WHEN IS IT NECESSARY TO TAKE IN MORE CELTIC SEA SALT®? In the case of hemorrhages, severe burns, violent physical trauma, acute infection, shock from an illness, electrolytic imbalance such as that found in chronic fatigue situations, surgical intervention, or very deep emotional turmoil—in other words when there is an immediate need for extra potassium. This restores the potassium in inner cells through transmutation or 'matrix conversion' of the sodium (a matrix is a construct of energy working together, for example the atom in which the proton operates forms a matrix).

Matrix conversion is the process by which a hen fed only a low-calcium diet of oats can still produce four times as much calcium as she has ingested—by transforming potassium from the oats into calcium. Dr Pappas, over a 10-year period, found that the human body also regularly causes matrix conversions whereby, for example, the matrixes of sodium and oxygen interact resulting in something entirely different – potassium! The failure of the body to do this could lead to edema (salt retention). Nutri-physics states that when a nutrient is ingested, the human body transforms it to acquire the energy matrix it needs from that nutrient, and the nutrient may go through many matrix conversions within the body. Plants, animals, and micro-organisms regularly transmute the first 20 elements of the periodic table at the sub-atomic level using enzymes and hormones, with hydrogen or oxygen as the primary catalyst.

Still, the body needs minerals that are found in Celtic Sea Salt®. Mineral deficiencies can lead to kidney infections, respiratory ailments, and healing retardation. In its natural state, as in Avena's Celtic Sea Salt®, salt has at least 92 other minerals and trace elements that contribute to a healthy diet (24 of these have been proven to be necessary). A deficiency of total salt minerals makes the body fight harder to survive, and makes blood pressure actually go up! Whole-unrefined salt causes dandelions and leeks to turn into diuretics. By bathing and rubbing skin with its granules, Celtic Sea Salt® helps the skin to function as an elimination organ.

Try Avena's Celtic Sea Salt® You won't go back to any other!

DENYING YOURSELF THE PROPER CELTIC SEA SALT® INCREASES EVERY PROBLEM WHERE CELL REPAIR AND REJUVENATION MUST OCCUR IN ORDER TO MAINTAIN BODY FUNCTIONS.

Sources: 'Our Electric Universe', David Elliott; The Grain & Salt Society; 'Water: Rx for a Healthier Pain-Free Life', Dr Batmanghelidj

DID YOU KNOW? “Enzymes are substances that make life possible. They are needed for every chemical reaction that takes place in the human body. No mineral, vitamin, or hormone can do any work without enzymes. Our bodies, all our organs, tissues, and cells are run by metabolic enzymes.” - Dr. Edward Howell, Enzyme Nutrition

Raw-4-Life Recipes

Soup'r Salad

by Martin Wieler (aka RawKin) as found on www.rawfoodrecipebox.com

Yield: 4 servings

5 large tomatoes, chopped
1 medium long English cucumber, thinly sliced
5 very thin slices of a purple onion, quartered
juice from one lemon
3 Tbsp. apple cider vinegar
2 Tbsp. cold-pressed olive oil
1 Tbsp. Celtic sea salt

Combine all ingredients in a bowl and toss well. Serve in bowls, since it's “the salad that eats like a soup”. And please don't waste the dressing left at the bottom... because unlike conventional dressings, it's actually good for you and your arteries!

Thought for the day...

**Relying on yourself is tough.
But when it comes to staying alive,
it's foolish to do anything else.**

The History of Raw Undistilled Apple Cider Vinegar vs. Commercial Vinegars

Natural (undistilled), organic, raw Apple Cider Vinegar (or ACV) is often referred to as “Mother Nature's most perfect food”. According to the Bragg Apple Cider Vinegar book, “ACV contains a natural chemical that combines with heart fuel to make the heart muscle stronger and helps normalize blood pressure and cholesterol.” It has been traced in Egyptian urns as far back as 3000 BC, and Hippocrates (the father of medicine) treated his patients with undistilled ACV.

Unfortunately, the history of commercially produced vinegars is not as appealing. Produced by a food chemist, commercial vinegar is really an imitation vinegar from coal tar! It looks clean, is white and tastes like vinegar. And today, it's the most popular vinegar found on store shelves.

So if you haven't already made the transition in your home, try switching to raw, undistilled apple cider vinegar. Your family will love it!