



Important facts about salt

The truth behind the harmful salt myth

Many people believe that salt is harmful to the human body. The truth is that we can't live without salt (sodium chloride). The body makes hydrochloric acid from salt that is one of the essential digestive fluids.

All red-blooded animals must have a continued supply of this most essential element to maintain a healthy vigorous body. This has been proven over and over again through the years of careful tests in varying circumstances and diets. The results are always the same. When salt is withheld, weakness and sickness follow.

Since salt is necessary to maintain a healthy body the question is: *Why are so many people with heart disease put on a salt reduced diet?*

The problem with salt is not the salt itself but the condition of the salt we eat.

The time when things changed

About 50 years ago, the major producing companies in the United States began to dry their salt in huge kilns. The temperature reached as high as 1200 degrees Fahrenheit, this changes the chemical structure of the salt. Very basic and fundamental changes have taken place and these changes affect the human body adversely. It was at this time that heart disease, arthritis and other chemical related diseases began to increase at an alarming rate.

How to test for natural salt:

- Mix a spoonful of salt in a glass of water and leave it to stand overnight. If the salt collects at the bottom of the glass it has been processed.
- Natural salt dissolves.
- Our RealSalt contains many minerals besides salt, and will leave a red to pink residue at the bottom of the glass. These are essential minerals that the body needs and assimilates.

Unheated and untreated

Natural salt is unheated and untreated. The great purifier, Earth, cured and purified the salt for thousands of years. There is nothing to compare with a product that has a natural balance of minerals. RealSalt is harvested from tunnelled underground mines.

Better for you than today's sea salt

Our RealSalt comes from an ancient sea bed that dried up thousands of years ago and then buried beneath the earth protected and kept it pure. Each day our oceans are polluted with millions of tons of poisonous chemicals. It is assuring to know that RealSalt does not contain these modern day pollutants from the sea.

Eat raw

Avoid cooking RealSalt. Sprinkle RealSalt on raw foods and cooked foods once cooked.

Dissolves in the body

Pure natural salt will dissolve in animal and human body. Salt that has been heated, treated and additives added may be harmful to the animal and human body causing severe health problems.

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