

The Salt of the Earth

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Salt word meaning

The word salt is found throughout many languages. It is likely derived from the word salt, to reflect the sea. Salt is mentioned in a Chinese publication Peng-Tzao-Kan-Mu, written around 2700 BC. A long time ago the price of salt peaked at the same value of gold. Many fortunes were made on salt and salt it was called salarium argentums, meaning “salt money” in Latin. The phrase eventually became the English word “salary”.

Salt history

Salt’s value was due to it being the first anti-biotic. When people began to spread out over the earth the need to store and preserve food was critical.. This was important for long cold winters and even more important was keeping bacteria out of food in hot and humid climates. Salt was the first natural food preservative. Originally it was used mostly for salting fish and beef. Today we see salt used to preserve some of the nuts and seeds to keep them from becoming rancid and harmful.

Types of salt

There are many salts. The most familiar and common is table salt. This is a molecule that is stable for long periods because it is two elements happily joined as sodium and chloride. There are also salts that combine other elements, some of which are potassium-iodide, calcium-phosphate, and magnesium-phosphate. They are important in our body but the most important one is sodium-chloride.

In liquids, as in our body, the two molecules separate and form what we call an ion. An ion is a molecule that has a negative or positive electrical charge and allows electrical energy to flow through it. The electrical movement is how our nerves send signals to allow our brain to think and our muscles to contract.

Symptoms of low salt

Salt is so important to every function of the body the symptoms of low salt are enormous. It is well documented that when a person starts taking prescription antidepressants there is an increase tendency for suicide. Recent studies show that this is due to low salt in the brain. Other low salt symptoms are feelings of hopelessness, headaches, dry mouth, dry nose, nerve pain, toothache and weak eyes.

One immune system of the skin is salt. Low levels are associated with psoriasis, eczema and zits. One of the major causes of an athlete to not finish a race is low salt. Signs of low salt are weak muscles, drowsiness, poor sleep, tired in the morning, disorientation, slurred speech and confusion. Salt helps to neutralize acidic foods. This is why we put salt on tomatoes. Without salt we have bloating, gas, food cravings, alcohol cravings, drug cravings, and long term weight gain. Our nerves need salt to function. When we have diabetes the kidney becomes affected and our salt levels plummet to give us numbness, loss of taste, loss of smell and poor circulation along with bladder infections.

Symptoms of high salt

The past studies regarding excessive salt in our diet have all been criticized by medical peers. Some have checked salt levels in the urine but only once per day. Some disregarded the fact that women were not salt sensitive at all compared to men. Good research has the studies duplicated at other locations and the salt

⇒ **“Salt is necessary for normal body function and without it we are sick. It enters every fluid and solid of the body. It controls the degree of moisture throughout. Without salt cell division and normal growth could not proceed. Every gland in the body needs salt to function, including all hormones.”**

relationship to cardiovascular disease could not be duplicated. A recent study followed 7154 adults ranging from 30-74 years old for an average of 13.4 years. The group and subgroups of individuals that consumed more salt had a significant reduction of death by cardiovascular disease. The study was printed in March 2006.

“Salt is good for us ”

In the spring of 1995 Michael Alderman

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