

Our Human Internal Ocean

Just think about it – from the *saline* amniotic fluid where life begins to the *sodium* solution that bathes our 75 trillion cells and constitutes our blood, sweat and tears, we are, as human beings, definitely “salt” dependent.

The human system contains three internal oceans, complex solutions, which surround and circulate throughout the body and require frequent mineral replenishment of trace elements: blood plasma, lymphatic fluid and intra-cellular fluid.

But we have been told that table salt is *dangerous*: it “causes high blood pressure” so we should not eat it, and many of us who were health-conscious did not. I switched to Bragg Amino Acids, natural *sodium*, which is also found in aloe vera, celery juice, swiss chard and white grapefruit juice, and my solution to the salt dilemma.

But without trace nutrients the body lacks the triggering bioelectrical impulses to function properly. *BIOSALT* does the job and helps to prevent such problems as:

- painful joints
- eye problems
- poor digestion
- hiatal hernias
- loss of sodium lining in the stomach
- hemorrhoids.

Confused? There is an answer to all this and its *BIOSALT*, a *natural salt*, a living food with ionic and electrolytic properties, and all the precious metals that the human body requires for optimal function:

- balances alkaline / acid levels
- balances sodium / potassium
- energy / stamina
- absorption of nutrients from vegetables and grains
- digestion / maintains sodium lining of stomach
- use after loss of body fluids (diarrhea, vomiting, surgery, perspiration)

What's Wrong with Table Salt?

So-called "table salt" is chemically damaged and completely unnatural with as many as 82 trace minerals removed leaving *only sodium and chlorine*. It contains *too much magnesium and insufficient potassium*. Anti-caking agents, bleaches and conditioners are now added – *tri-calcium phosphate, aluminum-calcium silicate* and others making the salt unusable and unhealthy.

High Blood Pressure

The research done at the New York Cornell Medical Center shows that high blood pressure lies not in salt but in a malfunctioning autonomic nervous system, which fails to properly regulate the automatic process of the body including blood pressure and cholesterol. Only one-third of hypertensive people actually reveal sodium excess, which can be balanced by increasing potassium to a ratio of 1:3.

Evaluating Natural Sea Salts

Not all salts have healing properties. Your safest choice is *BIOSALT*, which is a homeopathic preparation that is biochemically balanced to correspond to the normal saline content of healthy human plasma. Natural *sea salts* are not as beneficial to health because of the balance of minerals designed for the systems of sea creatures, not humans.

Restoring Sodium Balance

Biosalt: ¼ tsp. (more or less) to 1 qt. water. Use for 7-14 days.

Also: Use on the table and in cooking on a regular basis!

If you have not used salt for some time you may be uncomfortable with this schedule. If so, put the salt in "00" capsules from the health food store, using one capsule at each meal