



# Hands of Health Newsletter

September/October 2010

Hello, again:

I once saw a sign at a dentist's office "Be true to your teeth or your teeth will be false to you." That applies to your body too! You must maintain your body and be true to it otherwise it will break down and won't be performing at its peak. So get in regularly for your massage, exercise 4-5 times per week, and don't put poisons in your body. No processed, manufactured, or refined substances. I hesitate to call them foods. That's where diseases and illnesses begin. Your food is your fuel but if your fuel is laced with inferior, detrimental ingredients and your system can't digest it efficiently and properly and doesn't recognize what those products are, it throws off the balance and functioning of your insides. Your body initiates a fight against those xenobiotics, these foreign invaders and it throws off your homeostasis, the healthy balance inside you that keeps your systems functioning at peak performance and keeps you going. It requires you being proactive in your health practices. It won't happen just because you think it. I'm here to help you. If I can't do what you need I'll steer you in the right direction. The educational articles in these newsletters is to ignite a spark in you, to motivate you, but you must act on it. Take that step and get in for your massage especially if it's been a while. Forget excuses; they won't cut it. Call me, call me, call me.

The article I've chosen for this issue of my newsletter was sent to me by a fellow colleague who is also a client. Like eggs, salt gets a bad rap. The bottom line is if you use them correctly they have beneficial, healthy results. For example, there are only two ways to properly cook eggs; poached and hard boiled. Don't ask me to explain the reasons for this; I don't know but that's what my chiropractor told me and that was validated in a book on the badly maligned egg. Typical everyday table salt is NOT good for you; it's a fully refined, processed product. Remember; NO refined, processed or manufactured "foods". But in it's whole complete, unadulterated state such as Celtic salt which is all I personally use, it contains all the nutrients and can even have healing properties. Dr. Mercola presented a very good article on salt which is what I have for you this time. Sometimes the good doctor promotes a particular product in his articles so look past it if you will. Just be sure and learn something.

## AVOIDING THIS "FORBIDDEN FOOD" COULD MAKE YOU MOODY- Part I

By Dr. Mercola

Salt is essential for life -- you cannot live without it.

Salt has been important to humanity for life on this planet. Even the word "salary" comes from *sal* because Romans were paid in salt.

Unrefined natural salt is important to many biological processes, including:

- Being a minor component of your blood plasma, lymphatic fluid, extracellular fluid, and even amniotic fluid
- Carrying nutrients into and out of your cells
- Helping the lining of your blood vessels to regulate blood pressure
- Helping you regulate propagation of nerve impulses
- Helping your brain send communication signals to your muscles, so that you can move on demand (sodium-potassium ion exchange).

Having outlined the importance of salt it is important to realize that too much sodium can hurt you, but the same can be said of most things -- even oxygen and water.

Indeed, there is far too much sodium in processed foods. But you shouldn't be eating those foods anyway -- high sodium is but one of MANY ingredients in processed foods that will ruin your immune system and cut your precious life short.

One of the latest harmful ingredient is methanol. This toxic alcohol poison is typically in nearly all fresh vegetables and fruits but is bound to pectin so it does not typically cause problems. But once they are canned in glass or aluminum the methanol dissociates from that pectin and can elevate to very high levels and contribute to diseases like MS.

But getting back to salt, this general question remains -- is it harmful?

### Salts of the Earth

As it turns out, salt is a very general term that can mean many things. All salts are NOT equal in terms of origin, chemistry, crystal structure, biological effects -- or even flavor!

Chemically speaking, a salt is simply any ionic compound arising from the joining of a positively charged ion and a negatively charged ion, so that the product is electrically neutral.

When people talk about salt, they are usually referring to refined table salt, or sodium chloride. But in fact, most minerals are salts, including magnesium sulfate (Epsom salt) and ammonium nitrate (used in fertilizer).

But when typically edible salts, most people do not realize there are enormous differences between common, refined table salt and natural, unrefined salt.

One is health damaging, and the other is healing.

ALERT -- Natural Salts is 85 Percent Sodium Chloride and Processed Salt is 96 Percent.

Ordinary table salt undergoes a great deal of processing between the factory and your grocer. It is approximately 97.5 percent sodium chloride and 2.5 percent chemicals such as iodine and moisture absorbents, dried at over 1,200 degrees Fahrenheit. This high heat alters the natural chemical structure of salt.

By contrast, unrefined salt is 84 percent sodium chloride and 16 percent other naturally occurring minerals, including many trace minerals like silicone, phosphorous and vanadium.

If you want your body to function properly, you need a balanced salt, complete with all-natural elements and free of pollutants. I will speak more about my favorite natural salt a bit later.

The important point is, today's ordinary table salt has nothing in common with natural sea salt.

### The Adulteration of Table Salt

What remains after ordinary table salt is "chemically cleaned" is sodium chloride, an unnatural chemical form of salt that your body recognizes as something completely foreign. Therefore, when you add more salt to your already salty Spaghettios, your body receives more salt that it can dispose of.

Typical processed salt has independent crystals that are totally isolated from each other. In order for your body to try to metabolize processed salt, it must sacrifice tremendous amounts of energy.

Inorganic sodium chloride in the form of processed salt can keep you from an ideal fluid balance and can overburden your elimination system.

When your body tries to isolate the excess salt, water molecules must surround the sodium chloride to break them up into sodium and chloride ions before your body can neutralize them. To accomplish this, water is taken from your cells.

This results in a less-than-ideal fluid balance within your cells.

Every gram of excess sodium chloride your body has to neutralize uses up 23 grams of cellular water. Hence, eating too much common processed salt will cause fluid to accumulate in your tissues, which contributes to:

- Unsightly cellulite
- Rheumatism, arthritis and gout
- Kidney and gall bladder stones

Processed salt will also oftentimes contain potentially dangerous preservatives.

Calcium carbonate, magnesium carbonate, and aluminum hydroxide are often added to improve salt's "pourability". Aluminum is a light alloy that deposits into your brain -- a potential cause of Alzheimer's disease.

*To Be Continued Next Time*

As we head into the Fall (probably around November) you must, again, YOU MUST keep up with your health routine/regimen: diet, exercise, and massage. (Yes, I say it over and over and over again but that's the way we learn and retain information, by repetition.) They work together synergistically. They keep your body and your health in balance. And WATER!!! You must keep hydrated year round; 1/2 ounce per pound of body weight. Labor Day is right around the corner as usual I will be in the office. So if you have that Monday off and are taking a staycation it's a great time to schedule a massage. But you better call right away because as I write this newsletter I'm booking up. Have a great holiday and I'll see you on my table very soon.

Until next time,

Stay healthy, stay well,



*"No armoring can withstand the power of touch."*

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