The two primordial elements water and salt are the decisive carriers of life

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The two primordial elements water and salt are the decisive carriers of life on Earth. The book Water & Salt introduces you to fascinating insights into these natural forces. Practical examples demonstrate how you can use salt and water to - become or stay healthy - increase your well-being - restore your physical and emotional balance - expand your consciousness - regain your energy. The author Dr. med. Barbara Hendel is a physician, nutritional medicine specialist, diplomate in business administration, and author of numerous health guides. The focus of her medical practice lies in health prevention and viewing humans in their wholeness of body, mind, and soul, with the goal of eliminating the causes of illness rather than merely suppressing disease symptoms. She explains, among other things, why natural salt is vital for maintaining vital functions, whereas table salt is a highly harmful cellular toxin that must be excreted or neutralized by the body at great effort. She and co-author Peter Ferreira also explain the "secret" of how human cells are supplied with virtually limitless energy through the interplay of the right salt and suitable water.

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