Lower WHO Salt Guideline Increases Mortality

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When discussing supplying the body with the most ideal (cell-available) water possible, one cannot avoid speaking about salt sooner or later. Because without salt, you could drink even well over 5 liters per day of the best water and you would still be thirsty. However, rarely can so many contradictory statements and studies be found in a single field as there are on the question of how much and what kind of salt is good or bad for humans.

Official bodies still stubbornly repeat the warning that salt causes high blood pressure even though there are studies that refute this or even prove the opposite. The German Society for Nutrition (DGE) recommends 6 g of table salt for adults, the WHO recommends eating only 5 g of salt daily, and the US Institute of Medicine (IOM) restricts safe intake to only 3.5 g per day, which is one teaspoon. The major media repeat these long-refuted "guidelines," as "Focus-online" just recently did in a report from November 2022 warning again about "too much salt." Nutritional medicine doctor Dr. med. Dirk Lempke considers these low limits a "catastrophe," since according to studies the body is put into a permanent emergency mode. Dr. Lempke cites Korea as one of 13 scientifically documented counter-proofs. The more sodium people in Korea eat, the less they suffer from high blood pressure and coronary heart disease. The reason: Koreans consume plenty of vegetables, salad and fruit alongside salt and thus more potassium and magnesium. Dr. Lempke evaluated various studies on the topic. The science magazine The New England Journal of Medicine published a study in 2014 in which 102,000 people were observed over 3.7 years. The result: With a daily intake of 3-6 g sodium, which equals 7.5-15 g salt, the mortality rate is lowest. When study participants consumed less salt, the mortality rate rose rapidly; when they consumed more, it rose only slowly.

When sodium is lacking, an important impulse for vitality is missing. However, to regulate sodium, the body needs other minerals such as potassium, magnesium and others. The Iranian doctor and book author Dr. F. Batmanghelidj, who became world-renowned for his health knowledge through water, says: "Blood pressure does not rise through salt intake, but through the lack of potassium, calcium, magnesium and zinc. These regulate the fluid levels in the cells and ensure together with sodium that blood pressure remains normal."

With the help of a 5-step program by Dr. James DiNicolantonio for establishing ideal salt supply, you can individually determine your personally needed daily salt amount. A possible explanation for the far too low salt recommendation from the DGE, the WHO or the IOM is given in the following article:

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Urinary Sodium and Potassium Excretion, Mortality, and Cardiovascular Events
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It's good.
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