SALT: Because without salt, humans would perish of thirst...

Lower WHO salt guideline increases mortality. Book tip: The Salt Misconception - why salt is so important and a low-salt diet makes you sick. Why the right salt is vital to life. Loss of...



Lower WHO salt guideline increases mortality. Book tip: The Salt Misconception - why salt is so important and a low-salt diet makes you sick. Why the right salt is vital to life. Loss of cellular water, wrinkled skin, inflammation etc. caused by "table salt".

It's good.
to be truu.