Loss of cell water, wrinkled skin, inflammation, etc. caused by "table salt"

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The "warnings" against too much salt typically refer to industrial salt, meaning the cooking, "table" or kitchen salt found in supermarkets. Industrial salts are refined salts that consist of 99.99% sodium chloride. Industrial salts undergo a chemical purification process. During this process, minerals and trace elements are removed from the natural salt. What remains is merely sodium and chloride. For use as table salt, it is usually also added with anti-caking agents such as magnesium carbonate (E504) or calcium carbonate (E170) or aluminum hydroxide (E551). Additives such as iodine, fluorine or folic acid are often added as well.

The table salt that we find on the shelves of food stores makes up only about 0.3% of refined industrial salts. 93-94% of these salts are needed for the production of plastic, mineral oil, as plasticizers, etc. The rest is needed by the food industry for food preservation, because sodium chloride is so aggressive that it reliably kills microbes.

Peter Ferreira has created a monument to himself with a highly impressive 4.5-hour lecture on the topic of water and salt on Youtube as well as on various websites. He is convinced that cooking salt or the so-called "table" salt has no place in our food due to its aggressiveness. For our cells, sodium chloride is equally a poison that the body fights by trying to eliminate it as quickly as possible or at least neutralize it.

The kidneys are capable of excreting 5-7 grams of NaCl per day. However, in the Western world we are supplied with an average of 12-20 grams of salt per day through industrially manufactured products, essentially hidden. What the body cannot excrete, it must neutralize. For this neutralization, it requires its "very best water," namely precisely that cell water that it has laboriously purified to be cell-available, as described in our article on aquaporins and cell water. The body must use 23 times this precious cell water to neutralize (bind) each gram of sodium chloride that cannot be excreted through the kidneys. The result: the cell becomes dehydrated. One of the visible signs is wrinkled skin.

It's good.
to be truu.