Why the right salt is vital

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The salt of the "salt quantity advocates" is natural, unwashed (unrefined) salt. It consists not only of the two elements sodium and chloride, but also contains magnesium, potassium, calcium, iron, and 50 to 80 additional trace elements.

The kidneys need salt to break down excess acid and excrete it through urine; salt removes excess acid from cells, particularly brain cells. Dr. med. F. Batmanghelidj is convinced that a salt-free diet leads to Alzheimer's; salt is necessary for maintaining muscle tone and strength, it regulates sleep, helps keep blood sugar levels balanced, and is important for communication and information processing of all nerve cells; ultimately, all cells need salt for local energy production.

Anyone who has ever seen pictures of marathon runners bent over or cramping, usually in the final stages, with paralyzed limbs, knows this person is suffering from salt deficiency. When people drink a lot of water, they flush salts out of the body that must be replaced. For example, with Biebelshofer, Deutsches Steinsalz, Ursalz without additives, Mühlensalz. Regarding Himalayan salt, Prof. Dr. Spitz, founder of the Academy for Human Medicine GmbH in Frankfurt and specialist in nuclear medicine, nutritional medicine and preventive medicine, advises against taking salt from south or north of the Himalayas, as there is a risk that it is contaminated with the cellular toxin fluorine. Read here: Loss of cellular water, wrinkled skin, inflammation etc. caused by "table salt"

It's good.
to be truu.