

The Salt Story

Are you afraid of salt? Think again. The word "salary" comes from salt. It was so revered in ancient times that labor was compensated with salt, which was considered as valuable as gold. Wars have been fought over salt -- but only the good ancient seabed/sea salt with trace minerals -- not the industrially refined table salt we know today - which has toxic chemicals (stripped of any real nutrition, commonly heated up to 1200 degrees F, and combined with harmful, synthetic excipients (anti caking agents), stabilizers, conditioners, microplastics, preservatives, pulled from ocean seabeds that are polluted with PCBs, dioxins, estrogens, etc. Less than 20% of all table salt is iodized, leaving 72% global iodine deficiency in the world. Chlorine is typically used to bleach table salt white, thus tripping salt of its iodine and chloride (an important electrolyte involved in the sodium-potassium pump function -- keeping our three rivers flowing well - blood, lymph, and CFS). Interestingly, when we go to the emergency room for trauma, we are given an IV "saline solution" (salt) to revive you -- (btw, in today's world, you are charged \$300 for that -- thru insurance of course). Salt was wrongfully attacked in a 1984 unfounded NHANES study, created an erroneous belief about low salt/no salt diets. The study was faulty because 1) it was conducted with table salt, not the salt the body really needs; and b) the only rise in blood pressure, *which was insignificant*, were from ethnic tribes that had never consumed processed, refined salt before. Since that time, there has been unwarranted fear of salt with resultant skyrocketing sales of statin and diabetes pharmaceutical drugs. Not coincidentally, low salt/no salt create unnecessary challenges with cholesterol and blood sugar compromising the functions of the cellular wall and its sodium-potassium pump. Since this SP pump drives nutrients into the cell, and escorts toxins out of the cell through the cellular wall of each of the trillion cells in our bodies, we truly need to understand salt and the importance of trace minerals. For example, magnesium, a mineral missing in table salt, but found in raw, unrefined salt, is critical for proper exit of intracellular toxins, maintaining balanced osmotic pressure, and facilitating insulin receptivity. Till other minerals, also missing in table salt, are involved in nutrient uptake and other cellular level functioning. Raw ancient seabed/sea salt has a chemical structure of sodium chloride (NaCl) plus valuable trace minerals. The Ancient 5 Scalar Salt is strongly negatively charged (to help "pull out" positively charged toxins, parasites, and undigested fats), pure, raw, unbleached, unheated, unrefined ancient seabed and sea salt from pristine sources containing no harmful, synthetic excipients. This product is a mixture of five precious salts from high frequency locations in the Andes Mountains, Hawaii, the Himalayas and Utah, and is scalar charged to further enhance its frequency. Through the use of basic quantum mechanics and proper exit voltage combined with high priority raw materials, a scalar field is developed. The resultant scalar energy is a higher frequency of energy that creates organization of the DNA. Salt is anti-viral, anti-fungal, anti-microbial, antihistamine, anti-inflammatory and an excellent natural preservative. Salt attracts water, and we need enough quality salt to hold onto enough water required for maintaining normal body fluids from head to toe. Having normal body fluids is known as normovolemia. If the body is low in fluids, the fluids can become thicker with waste. Water is needed to dilute this waste and take it out of the body. This dilution cannot be done without salt. -- which is why saline is administered intravenously to restore normovolemia.. Therefore, hydration through the proper ratio of high-quality salt and water is paramount to the immune system. There are two types of "water" in our body system: ICF - intracellular fluid of "fresh water" (appx 10 gals), and "ECF" - extracellular fluid of "salt water" (appx 3 gals). Salt in

the ECF is necessary for the sodium potassium pump. This pump utilizes three sodium to one potassium to inject fresh water intracellularly. Without salt, ICF volume drops, and the cell becomes dehydrated compromising immune function due to thicker blood, cerebrospinal fluid and lymph carrying undiluted waste. This can result in higher blood pressure (thickening of the blood), clogged lymph system, and sluggish CSF - cerebrospinal fluid that moves throughout the connective tissue of the body causing congestion in muscles and soft tissue. True Scalar salt crystals reconnect and reestablish a healthy resonance between our bodies and the Earth. Rehydration may take a long period of time. The amount and ratio of salt to water needs change dynamically, especially when sweating. Figure out what is right for you and seek advice when needed from an appropriate healthcare practitioner. (Remember not all practitioners are aware of this information, and still follow the old programming.)

Uses: Excellent source of electrolytes, adds gourmet flavor to cooking is used in salt/soda detox baths to up frequency, and is an alternative to candy/orange juice/soda/white crackers for assisting blood sugar, especially during intense sessions in using the mind, or intense emotional moments, which requires 3x the glucose as the hardest physical exercise. 1/8 to 1/3 tsp in 8 oz. of warm water in AM to alkalize small intestines - combine with Pure Organic Coconut Oil. At least 1/2 tsp, liberally on food (salt is crucial for proper adrenal balance) comprises an average daily need. Salt loading regimen is helpful in pushing out more bromine. The salt combined with high frequency helps in offloading internal organs and systems such as kidney, liver, colon, lungs and lymph. Reinstatement of salt in the body system becomes an art - notice the time between bouts of edema/detox as healing occurs and the sodium-potassium pump is regenerated. Stop for a couple of days but keep up the water intake. Repeat cessation of salt as needed.