

Salt & Co.

By LoriAnn Jones, LM, CPM



*A police report confirmed yesterday that **Salt** has been apprehended after a decades-long high-speed chase through the minds of health-conscious citizens. Salt is being held in the custody of the International Salt Police on charges of forcing hypertension and heart disease on innocent citizens. Outdated scientific reports and rumors state that salt is the culprit behind these crimes, yet officials admit that the evidence linking salt with heart disease and hypertension is scant and inconsistent.*

Yes, salt has taken a bad wrap in past decades. Now is the time to rise to it's defense and announce that salt is **good for you!** In fact, it's an absolutely essential element in a healthy diet. Salt stimulates digestion. It contains the electrolytes sodium and chloride, which are necessary for virtually every cell function including regulation of blood pressure, nerve signals, and muscle action. The iodine in salt prevents goiter. Salt enhances flavors. It acts as a preservative, aiding in fermentation and the curing meats and other food. It improves the texture of baked goods. A lack of salt in our bodies causes weight loss, nausea, muscle cramps, fatigue, and loss of taste sensation.

How much salt do we need? To taste. How do you know if you've eaten too much salt? You'll be thirsty.

Not all salt is the same, however. Real, unrefined sea salt is greyish or pinkish, soft and has a high-moisture content. The good stuff always has this word "unrefined" on the label. It is rich in minerals and trace elements and has a briny flavor some people find very pleasant. Real sea salt consists of around 80% sodium chloride. Calcium, magnesium, iodine, potassium, selenium, and dozens of other trace minerals make up the rest.

On the other hand, common refined table salt consists of industrial leftovers! Valuable trace elements are removed by baking the salt at very high temperatures. Then chemicals like aluminum compounds are added as anticaking agents. Table salt is bleached to make it white. Yuck.

So, blow the whistle on common table salt. Throw it in Salt-Police Prison, and bring on some delicious and nutritiously healthy **unrefined sea salt!**



By the way, MSG is also a form of salt, with a bad reputation. It would be better to avoid it, especially during pregnancy.

Sources

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