

SALT

Salt, except desserts, of course. It is essential to impart flavour to food, and is also used as a preservative.

Salt is an indispensable ingredient in all cooked food

Limit your sodium intake to not more than 2,300 mg per day for the general population and 1,500 mg per day for hypertensive individuals.

We can easily get the required amount of salt from food.

Most of the time, you end up eating more salt than required because of increased consumption of processed and packaged foods which are loaded with sodium.

There are 3 kinds of salt available in the market:

1. Table salt: It is the most processed salt from which all natural nutrients have been washed away.
2. Sea salt: This is made after evaporating ocean salt or salt water lakes and involves very little processing. This ensures the salt retains most of its nutrients.
3. Rock salt: Also known as halite, it is the mineral form of sodium chloride.

BENEFITS OF SEA SALT:

The major nutrients present in sea salt are sodium, potassium, magnesium, silicon, phosphorus and calcium. Its benefits include:

- Good For Skin
- Effective For Aching Feet
- Alkalizing Agent
- Strengthens The Immune System
- Aids In Weight Loss
- Helps You To Be Stress Free
- Total Health Care

Good For Skin:

- Sea salt is rich in magnesium and opens up the skin pores and flushes out toxins, thus improves blood circulation and hydrates the skin to keep it healthy.
- Keeps the skin moist.
- Provides relief from dry and itchy skin.

- Is a good treatment for certain skin diseases like psoriasis and eczema.

Effective For Aching Feet:

- The best solution for tired feet or for people with muscular soreness after a long run is to soak your feet in lukewarm water with a little sea salt to it.
- It relaxes the feet and relieves pain.

Alkalizing Agent:

- Sea salt being rich in sodium, potassium and other minerals helps make the body alkaline.

Strengthens The Immune System:

- Because of the alkalizing effect of the sea salt on the body, bacteria and viruses are not able to thrive.
- This ensures a boost to the body's immunity.

Aids In Weight Loss:

- With a high consumption of saturated fats, sugar and excess proteins, our digestive system becomes sluggish as the food sticks to the intestinal lining, particularly the colon.
- Sea salts cleanses and helps to flush out the toxins, starts the digestive system and the metabolism, and aids in weight loss.

Helps You To Be Stress Free:

- Sea salt helps in the production of serotonin (the 'feel good hormone') and melatonin (the 'relaxing' or 'sleep' hormone).
- It calms your mind and helps you sleep well.

Total Health Care:

- It helps keep your cholesterol levels in check.
- Keeps your blood pressure normal.
- Reduces the risk of heart disease.
- Stabilizes blood sugar.
- Prevents diabetes.
- Reduces the inflammation of respiratory tract, thus helping people with asthma breathe better.

BENEFITS OF ROCK SALT:

- Rock salt is generally used in home remedies such as insect bites, digestive problems, herpes.
- It is also used for oral hygiene and as a bathing salt.
- A pinch of rock salt with ginger aids in digestion and improves appetite too.