

SALT AND ADRENAL FATIGUE

The medical myth that claims that salt causes high blood pressure and other heart problems has become fairly ingrained. For further information about the health benefits of salt and water, see *Your Body's Many Cries for Water*, by F. Batmanghelidj, MD. and/or *Salt: Your Way to Health* by David Brownstein, M.D.

It is rare to find a health-conscious person who is *not* withholding salt from their diet.

Salt-depleted diets contribute to both Adrenal Fatigue and dehydration. (The most common symptoms of dehydration are fatigue, headache and a flu-like feeling.)

Cells cannot fully hydrate without sufficient salt. Basically, water follows salt in the body. (Sports drinks, for example are just fancy salt drinks with added sugar and food coloring.)

SALT PROTOCOL FOR ADRENAL FATIGUE

Sea salt should be used, which can be found in health food stores and tastes just like commercial salt.

Note: When this protocol is used ongoing (more than a month) add 3 tablets/day of *Organically Bound Minerals* for extra potassium and 4 tablets/day of *Calcium Lactate*. These are needed to maintain overall electrolyte mineral balance.

- Upon arising, have some salt by:
 - a) Putting 1/8 to 1/4 teaspoon in a glass of warm water and drink**OR**
 - b) Putting a large pinch of salt on your tongue and then drink some water. Repeat until you've consumed about 1/8-1/4 teaspoon.
- Repeat mid-morning and mid-afternoon (and more often if needed).
- The guideline: salt or salt water will taste good to you if you need the salt; it will make you nauseous if you don't need it. You can trust your body to guide you in this. Salt cravings are accurate cravings—feed them. Better to eat the salt than the junk food it comes on.

Some have noted feeling a lift in energy within ten minutes of drinking their salt water.

- Precaution: there are a few health conditions that require salt restriction, such as kidney disease or Heart Disease. Do not follow the salt protocol if such a condition applies to you.
- Also, if you notice some water retention when you begin the salt protocol, try smaller amounts and find the dose that causes no water retention.

***Real Salt** is the best we've found. It contains other trace minerals which most people are deficient in. Call 1-800-367-SALT (7258). Commercial salt is refined to remove all the extra trace minerals, which are then sold to supplement companies, tableted, and sold back to you as trace mineral supplements.