



## Salt in the Diet

*All traditional diets contain some salt. Salt is critical in protein digestion, carbohydrate digestion, adrenal function, cellular metabolism and brain development.*

*There are two types of salt: refined (typical table salt) and unrefined (sea salt), usually obtained from sea water or rock deposits. Recommended unrefined salts are Real Salt and Celtic Sea Salt.*

*While the use of unrefined salt has health benefits, excessive use of refined salt (typically table salt & salt in processed or fast foods) can have negative implications on your health.*

### Further Reading

[Salt & Good Health](#)

[Alternatives to Salt](#)

[Iodine and Refined Salt](#)

[Weston A. Price Foundation - Traditional Diets](#)

### Quick Links

### *Dietary guidelines based on the findings...*

Unrefined salt and a variety of herbs and spices provide food interest and appetite stimulation. Unrefined salt also comes with its full complement of minerals so that your body makes full use of the nutrients.

### *Taken from...*

Research by Dr. Weston A. Price, a dentist, in the 1930's in response to the rampant dental decay and structural problems he witnessed in his practice. His research involved a ten year study of the health of populations untouched by western civilization. His studies revealed that dental caries and deformed dental arches resulting in crowded, crooked teeth are the result of nutritional deficiencies within one generation, not genetic defects. His work is published in the landmark resource, *Nutrition and Physical Degeneration*, and is carried on today through the [Weston A. Price Foundation](#).

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Ebenezer Wellness, Inc. | 2800 Purdue Ave | Dallas | TX | 75225

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