

TABLE SALT KILLS 300,000 PEOPLE A YEAR?

No one should use table salt. And almost everyone should use less salt. But did you know that **therapeutic salt could save more than 300,000 lives each year?!** That is correct. In a national experiment in Finland, standard table salt was replaced nationwide with a therapeutic salt that contains less sodium, with added magnesium, potassium, and the amino acid L-lysine hydrochloride. After less than 3 years, this one change resulted in a **more than 60% reduction in deaths from coronary heart disease and stroke!** And death rates from heart disease and stroke decreased even as male obesity, female smoking, and alcohol intake all increased in Finland!

What does this mean to us? It would mean close to 250,000 fewer deaths per year (60% of our heart disease and stroke deaths). And for you – it would cut your odds of dying from heart disease or stroke by more than half. That is why we recommend Celtic Sea Salt instead of table salt to everyone. That is also why we recommend Min-Tran, Organically Bound Minerals and/or Calcium Lactate from Standard Process to all heart and circulatory patients.

Celtic Sea Salt is a therapeutic salt with decreased sodium and increase potassium and magnesium. Celtic Sea Salt brand is authentic, unprocessed whole salt from one of the most pristine coastal regions of France. Since 1976 Celtic Sea Salt has been harvested by the salt farmers of Brittany using a farming method that preserves the purity and balance of ocean minerals. Using Celtic Sea Salt will enrich the taste of your foods while adding vital nutrients to your diet. Celtic Sea Salt is highly recommended by many health care professionals. It's no surprise why! It is hand harvested and dried by the sun and the wind. It contains no anti-caking agents, bleaching agents, or other additives. It contains a natural balance of minerals and trace minerals and is unmatched in flavor.

The composition of our blood plasma, lymphatic fluid, and extra-cellular fluid all mirror the chemical balance of the ocean water from which it is derived. The human body uses the minerals and trace minerals in Celtic Sea Salt to create electrolytes, maintaining these internal oceans which are vital to the proper functioning of every system in your body.

Min-Tran, Organic Minerals and Calcium Lactate are good sources of magnesium and potassium. Heart diets contain rich sources of the amino acid lysine from eggs and meat – foods primarily banned by most cardiologists. Nutritional yeast, fish, legumes and wheat germ are also good sources of lysine.

So if you are still eating table salt, stop. It is easy to substitute Celtic Sea Salt. You can purchase this therapeutic salt, (at the best price around), right here at Dinkelmann Health Center. Be sure to eat a healthy diet that contains the nutrients your heart needs. And when it comes to supplements, use those that naturally contain organic forms of magnesium and potassium (and so much more) in form that only nature can provide. Don't wait, in 2005, heart disease killed more than 250,000 and strokes killed more than 140,000 of our friends and neighbors.

You won't be hearing this about salt or nutrition from your doctor or government. Alternative doctors and others have recognized these simple, effective, safe and therapeutic treatments for people with heart and circulatory disease.