Traditional Salt Cures

Saltwater Flush

There is an excellent method of cleansing the intestinal tract that is less difficult than colonics and enemas. This method will cleanse the entire digestive tract, while colonics and enemas only reach the colon. The Saltwater Flush provides an internal bath for the body, drawing out toxins as it cleanses the entire intestinal tract. When your digestive tract needs a good washing, do it the natural way with a flush.

The Flush

Dissolve 10ml (2 teaspoons) of fine ground Himalayan Salt (or 40ml of saturated brine) in 1 litre (quart) of room temperature water. Use only unrefined Himalayan Salt, not ordinary iodised salt.

Drink the entire quart of salt water first thing in the morning. This must be taken on an empty stomach. A straw makes it easier to drink.

Your body will not be absorbing the salt from this brine; it will quickly and thoroughly wash your entire digestive tract in a few hours. Multiple eliminations will likely occur. The saltwater has the same specific gravity as the blood, hence the kidneys cannot pick up the water and the blood cannot pick up the salt. This may be taken as often as needed for proper washing of the entire digestive system. Use it on an empty stomach whenever you need help with elimination.

After drinking the saltwater, lie on your right side for 30 minutes. After the 30 minutes, you are free to get up and go about your day. You should have an elimination in 1 to 2 hours, though everyone is a little different. Be careful not to pass gas, except on the toilet, since it may be liquid coming through.

How it Works

The exit from the stomach into the small intestine in on the lower right hand side of the stomach. When you drink, the saltwater goes to the bottom of the stomach, below the opening. To get the saltwater into the small intestine, you need to tip the stomach like a teapot so the saltwater flows out. That's why you lie on your right side.

Once the saltwater is in the small intestines, the muscle contractions will carry it down the rest of the way. In about an hour you should be able to massage the left hand side of your lower abdomen and hear liquids gurgling. These are liquids that have flowed into the large intestines almost ready for evacuation.

Beneficial Properties

Himalayan Salt has a rich mineral content that includes over 84 minerals and trace elements such as: calcium, magnesium, potassium, copper and iron. This salt is recognized for its high mineral content, and its therapeutic properties. Regular consumption of Himalayan Salt provides essential minerals, trace elements, balances electrolytes, supports proper nutrient absorption, eliminates toxins, balances the body's pH, normalizes blood pressure, and increases circulation and conductivity. It can also assist with relief from arthritis, skin rashes, psoriasis, herpes, and flu and fever symptoms.

History of Salt

Himalayan Salt originally formed from marine fossil deposits over 250 million years ago during the Jurassic era. Harvested from ancient sea beds in the Himalayan foothills, this rare and extraordinary salt has been a valuable commodity for centuries. Historically, the Himalayan people used this salt to preserve their fish and meat throughout the year, and every spring they transported the salt to Nepalese valleys for trade. Heavily burdened yaks would carry the salt along narrow sloping paths, mountains, and cliffs in order to sell and exchange the salt for other commodities.

Himalayan Salt is still extracted from mines by hand, according to long-standing tradition, and without the use of any mechanical devices or explosion techniques. After being hand-selected, the salt is then hand-crushed, hand-washed, and dried in the sun.

Medicinal

Himalayan Salt is dissolved in water to create a brine, which is often referred to as "energized water". This brine is used for a plethora of physical ailments including arthritis, rheumatism, osteoporosis, gout, kidney and gall bladder stones, skin diseases, psoriasis, and for toxin elimination. The proper way to consume the brine is in the morning on an empty stomach, taking one teaspoon of Himalayan

Salt Brine with a glass of water. Wait 10 minutes before eating or drinking anything else. Externally, a brine bath is recommended for detoxification, to strengthen the immune system, heal skin diseases, for rheumatism and joint diseases, to balance the skin's pH, and for recovery after surgery. In order receive the full benefit of a therapeutic salt bath, it is recommended to use 1-2 pounds of salt per bath, and make sure that the water temperature is around 97 degrees Fahrenheit to mimic the body's temperature. Soak for 20-30 minutes.

Facial Steams
Recommended for those with asthma, bronchitis, sinus infections, ear infections, and for all acute, chronic, and specific illnesses of the upper and lower respiratory tracts. Simply boil water, add salt to water, cover your head with a towel to create a "tent", and inhale the vapours for 10-15 minutes.

Poultices
Made with the brine are used to treat open wounds, and pain from arthritis, gout and osteoporosis. Simply soak a cloth with body temperature brine, and apply the cloth to the affected area. Wrap this poultice with a dry cloth.

Why Himalayan Salt?

Himalayan Salt has been used throughout the ages as a preservative and to draw out poisons. Salt will not do harm when used this way and will sterilize and make it possible for the body to repair itself. When you have a wound on your arm that gets infected, soaking the arm in saltwater draws out poisons. If you have damaged the intestinal tract with fissures or diverticula (small pouches in colon), the salt will cleanse in a similar way.

Salt is an essential element in the diet of not only humans but of animals, and even of many plants. It is one of the most effective and most widely used of all food seasonings and natural preservatives.

Salt's Hidden Powers by Jacques de Langre, PhD

Book Excerpts from Chapter 1 "Definition of Good Salt"

Regular over the counter table salt is one of the worst things for you! It is mined from large natural deposits underground where they take the natural salt and basically take out everything that is good, and we are left with Sodium Chloride (common table salt). This is ideal for melting snow and other industrial uses all which leave eating it a minority. Eating too much refined salt can be hazardous to your health. However all the minerals your body needs are in Himalayan Salt, there is no need to worry about eating too much. Your body will use the minerals it needs and instead of trying hard to find more, as would be the case with regular refined salt, it just disposes of any excess it doesn't want. As a result, it really isn't bad at all for you. The bad salt is the store bought refined salt. All they try to do is make it look good and flow through a saltshaker. The makers of table salt do a good job at one thing; they remove the things that are good in salt! All of the minerals that were in it, of approximately 84, only 2 remain.

Even many salts labelled "sea salt" are washed or boiled, which removes minerals and trace elements from the salt.

Low-Salt Diet a Risk?

London, March 12 - A low-salt diet may not be so healthy after all. Defying a generation of health advice, a controversial new study concludes that the less salt people eat, the higher their risk of untimely death. The study, led by Dr. Michael Alderman, chairman of epidemiology at Albert Einstein School of Medicine in New York and president of the American Society of Hypertension, suggests the government should consider suspending it's recommendation that people restrict the amount of salt they eat. "The lower the sodium, the worse off you are," Alderman said. "There's an association. Is it the cause? I don't know. Any way you slice it, that's not an argument for eating a low sodium diet. Natural salt is not white and it is not dry. It is a little gray with minerals and feels damp or clumps in humidity. It must be labelled UNREFINED, NO ADDITIVES ADDED.

About the minerals and trace elements:

Although certain body processes are attributed to certain minerals, each mineral needs one or more other minerals to properly function. For instance, a proper calcium-phosphorus balance is necessary to the body in that an imbalance reduces resistance to disease, increases fatigue, weakens intellectual faculties and leads to premature ageing. Magnesium can only be used if calcium and phosphorus are in

a proper balance. An overabundance of one mineral can result in a deficiency of another. Obtaining minerals from whole food sources provides the body with the wide variety of minerals it needs. Supplementing with one or two minerals is rarely a good idea unless it is under the supervision of a doctor or nutritional counsellor.

Chloride

Chloride, along with sodium, regulates the acid/alkali balance in the body. It is also necessary for the production of gastric acid, which is a component of hydrochloric acid (HCl).

Sodium

Sodium regulates the pH of intracellular fluids and with potassium, regulates the acid/alkali balance in the body. Sodium and chloride are necessary for maintaining osmosis and electrolyte balance.

Sulphur

Sulphur is found in all cells, especially in skin, connective tissues, and hair. Inadequate dietary sulphur has been associated with skin and nail diseases. Increased intake of dietary sulphur sometimes helps psoriasis and rheumatic conditions.

Magnesium

Magnesium is a mineral of primary importance in the body because it aids in the activation of adenosine triphosphate (ATP), the main energy source for cell functioning. Magnesium also activates several enzyme systems and is important for the synthesis of RNA and DNA. Magnesium is necessary for normal muscle contraction and important for the synthesis of several amino acids.

Potassium

Potassium exists primarily in intracellular fluids (the fluid inside cells). Potassium stimulates nerve impulses and muscle contractions and is important for the maintenance of osmotic pressure. Potassium regulates the body's acid-alkali balance, stimulates kidney and adrenal functioning, and assists in converting glucose to glycogen. Also, potassium is important for biosynthesis of protein.

Calcium

Calcium is necessary to build healthy bones and teeth. Calcium influences blood coagulation, stimulates muscles and nerves, and acts as a cofactor for vitamin D and the function of the parathyroid gland. Muscles cannot contract without calcium. Calcium is essential for the regulation of the heartbeat. Calcium depletion can result in a number of symptoms, the most notable is osteoporosis which results in decreased bone mass and increased chances of bone breakage.

Silicon

Silicon is necessary for normal growth and bone formation. With calcium, silicon is a contributing factor in good skeletal integrity. Silicon is a main component of osteoblasts, the bone forming cells. Silicon may help to maintain youthful skin, hair and nails.

Copper

Copper facilitates in the absorption of iron and supports vitamin C absorption. Copper is also involved in protein synthesis and an important factor in the production of RNA.

Tin

Small amounts of tin appear to be necessary for normal growth. Because tin is common in soil, foods, and water, deficiencies are rare. Because of poor absorption, low tissue accumulation and rapid tissue turnover, tin has a low level of toxicity.

Manganese

Manganese is essential for glucose utilization, for lipid synthesis and for lipid metabolism. Manganese plays a role in cholesterol metabolism and pancreatic function and development. Manganese in involved in normal skeletal growth and it activates enzyme functions.

Iron

Only trace amounts of iron are essential for living cells of plants and animals. Iron has the ability to interact reversibly with oxygen and to function in electron transfer reactions that makes it biologically

indispensable. Iron is necessary for cell function and blood utilization. Blood loss is the most common cause of iron deficiency. Pallor and extreme fatigue are the symptoms of iron deficiency anaemia.

Aluminium

Aluminium is a natural component of many foods. Although it is found in small quantities in plant and animal tissues and in blood and urine, there is no evidence that this element is essential for any metabolic function in humans or animals. In fact, there is evidence that elevated aluminium can result in neurological disorders, bone disease, gastrointestinal irritation, loss of appetite and energy. Because aluminium is a natural constituent of some foods and is in a growing number of modern foods and pharmaceutical preparations, an understanding of aluminium and aluminium containing foods and cooking utensils can benefit all people. In healthy people, more than 98% of the ingested aluminium is passed through the gastrointestinal tract. Silicon, a constituent of Celtic Sea Salt (see above), prevents the absorption of aluminium and actually helps the body eliminate aluminium that is bound in the tissues.

Strontium

Strontium (not Strontium 90, the radioactive form of the element) may help harden the calcium-magnesium-phosphorus structures of the body. Strontium may influence the intake or structural use of calcium, according to Bernard Jensen, Ph.D.

Zinc

Although adults only require an average of 15 mg of zinc per day, zinc is a very important trace element that is essential to many biological factors. Zinc is required for growth, for immune system function, and for sexual development. Zinc is a cofactor in over 90 enzymes. Zinc is required for the synthesis of insulin. Proper zinc metabolism is needed for wound healing, and carbohydrate and protein metabolism. Zinc is considered an antibacterial factor in the prostatic fluid, and may contribute to the prevention of chronic bacterial prostatitis and urinary tract infections.

Gallium

Gallium has no known biological role, although it may stimulate metabolism. Small concentrations of gallium are normally found in human tissue.

Titanium

Titanium is an abundant mineral, yet it appears to have no function to plant and animal life. In general, humans may eat and excrete titanium with no side effects as it is considered essentially non-toxic. Titanium may be carcinogenic, but not at the levels humans are generally exposed to.

Fluoride

Fluoride has a direct effect on the calcium and phosphate metabolism and in small amounts may reduce osteoporosis. Trace amounts of fluoride produce stronger tooth enamel that is more resistant to bacterial degradation. However, an increased intake through fluoridated drinking water can potentially overload the human system.

Rubidium

Rubidium has a close physiochemical relationship to potassium. In fact, it may have the ability to act as a nutritional substitute for potassium. Although rubidium is not considered "essential," some evidence suggests that rubidium may have a role in free radical pathology and serve as mineral transporters across defective cell membranes, especially in cells associated with aging. Clinical studies have suggested that rubidium increases memory and mental acuity in the elderly.

Precautions:
None known, though high consumption of salt may result in numerous negative health effects.

Sources

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Salt Water Nasal Rinse