



## Dr. Angela DaGrosa

*Ayurveda Doctor*

661 Maplewood Drive

Suite #19

Jupiter, FL 33458

561-301-6442

Angela@brightpathayurveda.com

### SALT

- Refined Salt has been stripped of its 84 trace minerals.
- Trace minerals work to maintain proper functions of the body's systems.
- Ocean or unrefined salt contains all the precious minerals our bodies require.
- Salt holds water in solution in the right amount for proper balance.
- Unrefined salt helps with production of HCL, which is needed to digest our foods.
- The adrenal glands need salt.
- Iodine naturally occurs in the right amount of unprocessed sea salts. It is very important to produce thyroid hormones, energy production, and mental development.
- Most often salt related health problems are caused by diets consisting of high quantities of refined sodium compounds, combined with lack of exercise.
- There is so much "sodium" in processed foods like French fries, soups, milkshakes, and frozen foods.
- Many times, cramping is a sign of deficient salt consumption as well as dehydration. Because salt holds water in solution, without salt, water will run right through you.
- If you have ¼ teaspoon of salt total throughout the day, you must drink 5 glasses of water that day.
- If you have ½ teaspoon of salt during your day, you must drink 10 glasses of water. And so on and so forth.
- Salt is a natural antihistamine. It can break up mucus in the lungs.
- Place a pinch of salt on tongue before bed to help you sleep.
- Salt helps with cognition.