



THE FASTING PODCAST **WOW**: EPISODE 39 – SEA SALT & FASTING

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The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP

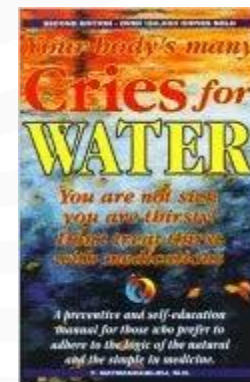




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Sodium – Let's Say “NO” to Table Salt

- ❌ Table salt is stripped of minerals and bleached – linked to blood pressure risk, typically contains anti-caking chemicals, MSG, & aluminum derivatives!
- ❌ “Good” sodium is crucial to good health, even for the cows
- ❌ Pink (e.g. Himalayan) sea salt vs gray (Celtic) sea salt vs Miracle Salt
- ❌ Sufficient good sodium required for HCl, needed to uptake minerals like calcium, magnesium, zinc, iron, folate, B12
- ❌ Sea salt has alkalizing minerals/electrolytes (sodium, potassium, calcium, magnesium PLUS trace minerals for escorting water inside cells+ – crucial for health and helpful in balancing pH – can use to re-mineralize “dead” water
- ❌ Electrolytes regulate heartbeat, letting muscles contract for movement..., and extreme imbalance can be fatal – important topic when fasting
- ❌ Sodium/potassium pump





What are Functional Medicine Doctors Saying?

Functional medicine doctors report regularly eating UNREFINED **pink Himalayan salt** can help:

- Regulate the water content throughout your body
- Promote healthy **pH balance** in your cells (particularly your brain cells)
- Promote blood sugar health and help reduce the signs of aging
- Assist in the generation of hydroelectric energy in cells in your body
- Absorb food particles through your intestinal tract
- Support respiratory health
- Promote sinus health
- **Prevent muscle cramps**
- Promote bone strength
- Regulate your sleep
- Support your **libido**
- Promote vascular health
- Regulate your blood pressure with sufficient water and potassium intake





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Fasting Folks Especially

- 🌀 Minerals extended fasters may be deficient: sodium & magnesium
- 🌀 During fasting, I put a few shakes of pink sea salt in my pure water – can't taste
- 🌀 Many fasters exercise regularly – sea salt helps with muscle function and lack of cramping
- 🌀 People fasting need nutrients absorbed, good hydration into the cells, and balance of the pH – good sea salt is crucial
- 🌀 Use it on food, broths, on tip of tongue if fatigued – may snap right back
- 🌀 If you're desperate to poop quickly, there's a "recipe" some health practitioners use (can be risky) – ask health food store owner or contact me
- 🌀 Quote from Scientific American: "Moderating our sodium intake may help us maintain healthy gut flora, which is associated with healthier body weight – who saw that coming?"





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POSSIBLE NEXT STEPS



Watch our next episode, refer others, & check out our website:
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Watch WOW (Wellness & Optimal Weight) video: www.LifeboatDoctors.com

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Stay Positive, Focused, & Determined Because
Where the Mind Goes, Energy Flows... *Ernest Holmes*

