

Sea Salt's Mineral Bounty



The ionic minerals in unrefined sea salt also have the power to maintain and even improve the pH balance in your body. It's important to keep your body's acid base in balance because an acidic body with its autoimmune defenses compromised, is a breeding ground for disease. The minerals found in natural sea salt are essential to human health and are the perfect way to replenish your body with all the elements you need. Be aware that sodium, while necessary for good health, is found naturally in a lot of foods and in an over abundance in our processed foods. Eat foods that are as natural and unprocessed as possible, season your food with natural sea salts only at the table if you can, and remember that **natural sea salts are traditionally lower in sodium** and full of flavor so you might even use less– while you get your minerals! We should add here that these minerals actually help the body manage fluids, thereby helping to keep your blood pressure under control.

Sea Salt's Minerals		
Serving size: 1/4 tsp. Or 1.5 g		
These are only averages– some sea salts contain slightly more and some less depending upon the sea waters where they are harvested or mined.		
Amount Per Serving		%DV
Magnesium	250 mg	63%
Chloride	690 mg	20%
Sodium	6 mg	<1%
Potassium	3 mg	<1%
Sulfate	37 mg	**
Lithium	395 mcg	**
Boron	370 mcg	**
**Daily Value not established.		

Ionic Sea Minerals. Natural Sea Salts contains no other added ingredients unless noted on the label– such as Activated Charcoal in Cyprus Onyx™– this aids in digestion and removing impurities from the body, Alaea Clay– a volcanic red clay found in our Pele Red Hawaiian™ used to make the white salts harvested from Molokai red in color– contains iron oxide, for example. In addition to the elements listed above, natural sea salt contains the following in naturally occurring, varying trace amounts: Calcium, Tin, Gallium, Gold, Silver, Cesium, Selenium, Vanadium, Dysprosium, Holmium, Cobalt, Carbonate, Bromide, Iodine, Rubidium, Scandium, Boron, Phosphorus, Nickel, Manganese, Beryllium, Chromium, Strontium, , Zinc, Titanium, Lanthanum, Cerium, Barium, Copper, Iron, Silicon, Yttrium, Molybdenum, Terbium, Praseodymium, Lutetium, Gadolinium, Samarium, Bismuth, Ytterbium, Erbium, Europium, Neodymium. Plus the other trace nutrients and minerals found in seawater.



**Himalayan natural pink salt
– 6 million years old**

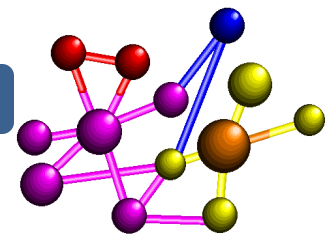


White Cyprus Pyramid Flake

It's a Matter of Chemistry



PREDOMINANT MINERALS IN SEA SALT



What do minerals do in the body?

Minerals and trace nutrients consumed in proper ratios, have a profound effect on human health. They help to transport life-giving oxygen to the body; they aid in the utilization of other nutrients and form vital building blocks your body needs such as amino acids, proteins and even hormones. Your entire body, every system including your hair, bones, fingernails, blood and nerves, relies on major and trace minerals for its proper function. In essence, we are a finely tuned, highly efficient chemical factory.

What are Ionic Minerals?

Minerals in liquid are in their electrolyte (or ionic) form.³ Within the body, major and trace minerals are found in a liquid environment (the blood stream, lymphatic, cellular, and extracellular fluids). In this condition, each mineral has a positive or negative electrical signature to essentially create a circuit to help the body move nutrients to the areas that need them the most. The electrical signatures in ionic minerals are also inextricably linked with the electrical impulses that operate the entire nervous system.⁴ These same sea-based minerals and trace nutrients have the same dynamic equilibrium as the body. In fact, sea water creates the same balance of liquid ionic signatures as healthy blood plasma and lymphatic fluid.⁵

Mineral's Importance and Our Dramatic Mineral Insufficiency

The importance of trace minerals for the human body is almost impossible to underestimate.. They are the catalysts for all the vitamins and other nutrients your body uses and natural sea salt with its minerals left in tact, is, by design, perfect for maintaining the balance of trace minerals your body needs. Even the electrical dynamics of your cells and how they function benefits from these minerals to help keep your body healthy. .

Studies have revealed that these key nutrients and minerals are in a complex balancing act in your body. It is estimated that 2/3 of the elements known to exist are required by the body to maintain health.² Maintaining balance becomes complex because mineral nutrients are constantly used by bodily processes and must be renewed regularly through the diet. While most Americans consume an abundance of calories, the quantity of minerals consumed is actually dramatically deficient. In fact, an estimated **90% of Americans suffer a mineral deficiency or imbalance and are suffering many conditions and diseases as a direct or indirect result. Because table salt, chemically stripped of all of it's trace minerals except sodium and chloride, has been part of our diet for well over 100 years, much of this mineral deficiency might be linked to the salt's and our resulting lack of minerals.**

1. Schauss, A.G. Keynote lecture, Texas Conference on Nutrition and Behavior, University of Texas at Austin, October 28, 1982; and Schauss, A G. Nutrition and Behavior. Journal of Applied Nutrition, 1983; 35:30-43.
2. Schauss, Alexander. Minerals and Human Health: The Rationale for Optimal and Balanced Trace Element Levels. Life Sciences Press: 1995, pp. 1, 5.
3. American Medical Association. The American Medical Associations Encyclopedia of Medicine. Ed. Charles B. Clayman. Random House: 1989, pp. 396, 605, 752.
4. Nielson, Mark T. Ions: The Body's Electrical Energy Source. 1993, p. 3. Utah Geological and Mineral Survey. Bulletin II 6., University of Utah: 1980, p. 198.
5. Sea Salt's Hidden Powers, the Biological Action of all Ocean Minerals on Body and Mind. Jacques de Langre, Ph.D. 1994