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PRINCIPLES

Use unrefined salt liberally.



All traditional diets contain salt.

Ninth Principle

All traditional peoples consumed salt: salt evaporated from salt springs or sea water, or mined salt. Salt was the original item of trade, not only in Europe but also in Africa, Australia and the Americas. When salt was not available, traditional peoples consumed sea water, blood and even urine from their animals; or they burned sodium-rich plants and added the ashes to their food.

Throughout history, nations have fought wars to obtain access to salt, and governments controlled people by restricting salt. One great advantage of living in the modern age is the worldwide availability of inexpensive salt.

We need salt—sodium chloride—to digest our food: chloride to make hydrochloric acid for digesting meat and sodium to activate enzymes for digesting carbohydrates. We also need sodium for brain function, adrenal function, regulation of blood pressure and production of a variety of hormones. In fact, sodium is key to cellular function, and is needed to maintain electrolyte and fluid balance.

Twenty-seven percent of the body's salt is in the bones. Osteoporosis results when the body does not get enough salt.

We need about one and one-half teaspoons of salt per day to satisfy the body's requirements for sodium and chloride—more when working in the hot sun or when under stress. This is good news for those who enjoy salty food—we don't need to forego salt to be healthy, quite the contrary, salt is vital for good health.

Unfortunately, modern salt is refined to remove all the magnesium and trace minerals naturally present in salt. Manufacturers then add an aluminum compound to prevent clumping. It's best to use an unrefined salt that has not been stripped of minerals through modern processing. Salt should be grey, pink or beige, not white. Fortunately, many varieties of unprocessed salt are available today.

For further information:

Articles

- Salt Intake in the U.S.:
westonaprice.org/health-topics/abcs-of-nutrition/salt-intake-u-s/
- The Salt of the Earth by Sally Fallon Morell:
westonaprice.org/health-topics/abcs-of-nutrition/the-salt-of-the-earth/
- Salt and Our Health by Mortin Satin: westonaprice.org/health-topics/abcs-of-nutrition/salt-and-our-health/
- How to Find the Right Salt with Darryl Bosshardt:
westonaprice.org/podcast/we-need-real-salt/

Wise Traditions Podcast westonaprice.org/podcast/

- Episode 105: Principle 9: Salt Friend or Foe with Sally Fallon Morell
- Episode 270: Why Being Salty is a Good Thing with Sally Fallon Morell