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Meet Dr. Michele Menzel

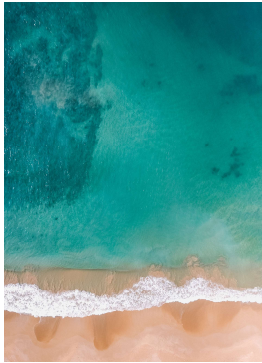
Doctor of Naturopathy, Diplomat of Pastoral Science, Certified Nutritional Counselor, German New Medicine Consultant, Certified Natural Health Professional

Disclaimer

- Not a licensed medical doctor.
- This lecture is not intended to diagnose, prescribe or treat any illness.
- Statements not approved by the FDA or any other state regulated organization.
- These statements are from research gathered by Michele Menzel, ND.




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Is Salt Good For Us?

The salt content of the oceans is similar to the salt content of our own blood, tissues, and cells. The sac surrounding the embryo—where every human begins—is filled with this same saline solution called amniotic fluid.


All Salt originates from the sea!



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"Modern science has determined that 24 of the 84 elements are essential for life, although many believe that a proper balance of all 84 elements in our bodies is necessary for good health. Whenever a dietary deficiency of any of these elements occurs, the cells in our bodies lose ions. A loss of ions in our cells causes imbalances, a breakdown of the cell regeneration and growth process, and loss of the cells themselves, which leads to brain damage, muscle damage, or illness. Therefore, it is vital to your health to have the proper mineral balance in the saline and ion composition of your blood, and these compositions must be maintained within very precise limits. Many illnesses and poor health conditions have been traced to a deficiency of minerals, ironically the minerals that are found in sea salt."


www.saltoftheearth.com.au



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48 Day Transformation

History




- Circa 6000 BC—The early humans -salt from meat and natural salt
- Circa 3000 BC—Egyptians exported
- Circa 2700 BC—A Chinese pharmacology treatise discussing more than 40 kinds of salt, including description of two methods of salt extraction.
- Circa 2000 BC—The first salt tax was established
- Circa 1450 BC—Egyptian art depicts salt-making
- 20 BC-1400—The Romans built salt works
- Circa 600—The Japanese development
- 1770—Solar salt-making began
- Circa 1800—Salt also had military significance
- 1830—Mechanical evaporation and purification began
- Circa 1880—Open pans were replaced
- Circa 1900—Anti-caking agents were added
- 1924—Iodine was added to the mass-produced
- 2013—The United States is now the world's largest producer of salt

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48 Day Transformation

Refined Salt

Difference between refined salt and unrefined salt



- ❖ Process begins from large, underground salt deposits or seawater
- ❖ Salt "impurities" are removed to make it more attractive and uniform in appearance
- ❖ Industrial salt processors use the sodium chloride in salt and sell the extracted minerals for other uses
- ❖ This highly refined salt is the product of a high- temperature chemical process that removes all the valuable magnesium salts and naturally occurring trace minerals
- ❖ Several harmful chemical additives are added
- ❖ synthetic iodine in the form of potassium iodine is added then the salt is bleached

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A Salt- Restricted Diet is Not the Answer!

- A salt restricted diet can raise or even lower your blood pressure
- A lack of salt can cause aging, cellular degeneration, and starvation.
- A lack of pure, whole salt can impede proper organ function
- A salt-free diet leads to tiring heart valves
- To pump properly, the heart needs magnesium
- The healing powers of good salt equal those of vitamin C, vitamin E, and many other nutrients



48 Day Transformation

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Chemical salt substitutes to avoid:



- Potassium chloride
- Sodium ascorbate
- Sodium diacetate
- Sodium lactate
- Sodium nitrate
- Sodium phosphates

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48 Day Transformation

Unrefined Salt



- Sea salt has the perfect balance of nutrients in its natural form
- The body is able to utilize and absorb them and eliminate what it doesn't need.
- Their salt is not altered by additives, and nothing is removed.
- Sea salt naturally enhances the flavor of foods and aids in digestion.
- Provides a small amount of natural, pure source of iodine that is quickly absorbed and stored in your body

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Unrefined Salt



Redmond Real Salt comes from central Utah. The salt is extracted from an ancient seabed deep within the earth, crushed, screened, and packaged without bleaching or refining.

Real Salt has a unique “pinkish” appearance and flecks of color come from more than 60 natural trace minerals, including iodine. There is nothing added or taken away from this salt, and it is never chemically treated, bleached, or kiln dried—and it tastes great!

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48 Day Transformation

Naturopathic

- *Only consume unrefined salt
- *The accompanying minerals in unrefined provide body with the whole picture
- *There is a difference in how the body reacts to sodium chloride in its natural form
- *The body pulls from its reserves to rid itself of the chemicals

Allopathic

- *Lower salt intake to lower HBP
 - *No Real Health advantage of consuming unrefined salt
 - *the minute amounts of trace minerals can be obtained from other foods
- The amount of sodium chloride is the same in both refined and unrefined

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Naturopathic

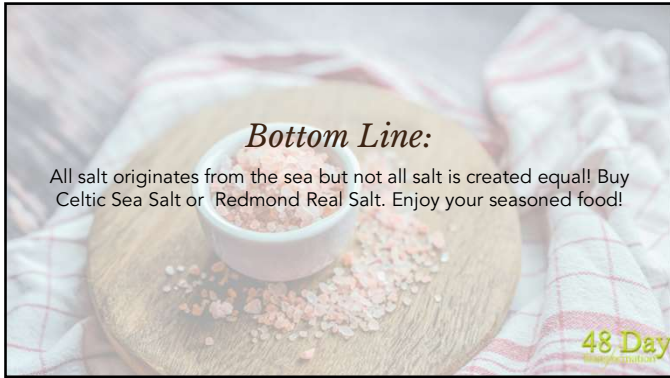
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