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Salt

Salt is defined chemically as the product which is formed from the neutralization reaction resulting when acids and bases are combined. Salts are ionic compounds which means that they are composed of positive (cations) and negative (anions) ions. Consequently, the product of a cation and an anion is neutral which means that there is no net charge. Salts can be inorganic, like sodium and potassium or organic, like acetate and carbonate. An organic substance is defined in chemistry as a compound which contains the atom, carbon. The definition of organic has come to be broadened in the past 30 years to include food which is grown without poisons however that is not the original definition.

When salts are dissolved in water, they are called electrolytes which describes the fact that they are capable of conducting electricity. Table salt, Na Cl (sodium chloride) is a crystal when dry but divides into Na⁺ and Cl⁻ when dissolved in water.

There are three types of cells in blood; red cells, white cells and platelets. Plasma is the fourth major component of blood and is a yellow fluid mixture of water, protein and salts. It is about 95% water and nutrients, proteins and hormones make up the remaining 5% of plasma. Plasma constitutes 55% of the volume of human blood. Human blood makes up about 7% of body weight which equals about 14 to 18 pints.

If we want to know the condition of someone's heart, we perform an EKG which provides an electrical wave pattern which is then analyzed. If a person in the ICU is unresponsive and we want to know if they are capable of living, we perform an EEG which gives us an electrical wave pattern of their brain activity. All internal organs and movements of limbs are a consequence of electrical activity. When any of these test results are "flat lined", the person is no longer alive!

We and all life forms are electrical. The Chinese word for life-force is Chi, Japanese call it Ki and we call it electricity. All higher life forms require a subtle and complex electrolyte balance between the intracellular and extracellular compartments. Specifically, the maintenance of precise osmotic gradients of electrolytes is required for life to exist. Such gradients affect and regulate the hydration of the body, blood pH, and are critical for nerve and muscle function (the heart is a type of muscle). Various mechanisms exist in living species that keep the concentrations of different electrolytes under tight control.

For example, the cations sodium, potassium and calcium are required for muscles to contract. When people die from Cholera or other dysenteric diseases, they actually die from electrical imbalances resulting in heart fibrillations and muscle weaknesses precluding their ability to breathe.

All vegetarian animals in the wild seek out and find salt to lick. Anyone who has ever been around horses knows how important salt is to their wellbeing. Carnivores get their salt needs met by drinking blood; another choice you have.

So, I ask you...Do we need salt ??? There are old expressions, “ye are the salt of the earth...” and “he is worth his salt” hmmm....guess there truly is “nothing new under the sun”

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