

## **Jakkie, everything in the stores that were salt free are now made with sea salt! What is it! And is it better for use!!!!? Confused....**

The human body is comprised on nearly 75% water. Because the body relies so greatly upon water, it is important that the human body stays well hydrated. What many people may not realize is that the chemical composition of the water that is vital to all human life. It is said that life and our bodily functions is nearly identical to that of ocean (sea water). In fact, ocean or sea salt is healthy and good for us. This may come as a surprise to those who have repeatedly heard how harmful salt is to the body. Yet, it should be realized that the negative effects of salt comes from refined white or table salt, not unrefined raw sea salt. Athletes understand the importance of maintaining the body's electrolytes through salt. However, even sports drinks don't compare to the amazing benefits from raw unrefined sea salt. In addition to restoring and balancing the body's electrolytes, it also helps to increase energy, restore the body's ph balance, and increases the immune system. Salt is a vital source of many minerals including iodine. Unrefined raw sea salt contains numerous trace minerals and these help protect the body from toxins, parasites, bacteria, viruses, and other illnesses. There are over one hundred minerals in unrefined sea salt that all help keep the body in balance.

Just a side note so you're not worried, many people are surprised to see that unrefined raw sea salt is dark in color. In fact, sea salt may come in a variety of colors. Different salts will vary in the amount and types of minerals that it contains. Because of this range, the salt will appear different colored depending upon the source. Refined table salt is typically white and dry, but this is not the case with unrefined raw sea salt. This salt is moist from the amounts of minerals that it contains.