

TIP
OF
THE
MONTH

This month, we take a look at the wonderful properties of salt



Our bodies cannot function without some salt. It is essential for the kidneys to clear excess acidity from the body and also regulates the water content of the body.



Salt is essential for regulating blood pressure and irregular heartbeats – working in conjunction with other minerals and water, it can lower blood pressure to normal levels.

REMEMBER – not to exceed the daily recommended amount of salt, as this can have severe negative health effects. The NHS suggested daily amount is 6g salt (2.5g sodium) for adults.



Salt can be used for clearing the lungs of mucus. It's particularly good for asthma, emphysema and cystic fibrosis sufferers. It can also break up catarrh and sinus congestion.

Salt is a strong natural antihistamine and antiseptic and sea salt contains around 80 vital mineral elements.

Salt is a strong anti-stress aid for the body and is a mild sleep regulator and natural hypnotic.

Without salt, the body wouldn't be able to absorb food particles through the intestinal tract. It also helps in the prevention of gout.



Salt is vital for maintaining muscle tone and strength and helps prevent muscle cramps. It is also critical in making the structure of bones firm.

SALT HELPS OUR BODY'S CELLS TO ABSORB NUTRIENTS FROM FOOD.

Salt can help prevent varicose veins and spider veins on the legs and thighs.

Salt helps carry nutrients to the skin. We have salt in every cell of our body and this is why our sweat and tears taste salty!

Salt is the most mineral rich exfoliating scrub you can use and great for your skin!