

Gray is a Good Color for Salt

Gray sea salt contains dozens of nutrients that have been removed from bright white salt. The nutrients are hard-to-obtain in other foods and deficiencies will eventually lead to nutrition-related health problems.

by **Mary Jo Fahey**

Commercial salt producers quote professors of chemistry when they want to convince the public that the trace elements missing from table salt are worthless. Medical researchers have only recently started to learn what nutrients are required for metabolic pathways in the human body. Several decades after the salt industry decided that pure sodium chloride [and some potassium iodide] is all that's needed in table salt, nutrition researchers are discovering roles for several of the elements that are removed from commercial salt. The chemistry professors who the salt industry employs are not cell biologists, and they are not up-to-date on nutrition research.

The truth is, there are 68 elements missing in table salt and many are extremely hard to find in food due to soil mineral depletion. If soil depletion is something that you find hard to believe, here are two sources that may convince you:

U.S. Department of Agriculture

Government food tables published in 2000 contain nutrient values that are half of those published in 1963.

National Geographic

The September, 2008 edition of *National Geographic Magazine* contains an article by Charles C. Mann called, "Our Good Earth: The Future Rests on the Soil Beneath Our Feet." Mann's article begins with a description of the Midwestern machinery that is turning valuable topsoil into compacted slab that plant roots cannot penetrate. Plants need large root systems to obtain the nutrients that they need. Mann's article, and its description of compaction, contains a big clue that plants are deficient in the nutrients that they need and that humans need.

Bleached, White Salt is Missing Elements

The color of salt will reveal whether it is processed. If it's gray, it contains trace minerals that your body desperately needs. If salt is bright white, it has been



[Optional Stock Photo Caption] The color of the salt that you buy will be an important clue about the nutrient content. Gray salt is unprocessed salt that contains trace minerals. If the gray salt is from the sea, it will most likely contain eighty-eight minerals. If it is mined inland, it has sixty-six.

This free-of-rights photograph is available at istockphoto.com. Photos are purchased with credits that cost \$1.50:

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Small	849 × 565 px	11.8" X 7.8"	72 dpi, 3 credits
Medium	1698 × 1131 px	5.7" X 3.8"	300 dpi, 6 credits
Large	3500 × 2333 px	11.7" X 7.8"	300 dpi, 12 credits

washed, bleached, heat-treated and mechanically made into uniform sodium chloride crystals. Salt companies also add two anti-caking agents to commercial salt:

- **Magnesium carbonate** is added to brands that large salt producers sell as "natural salt." The Environmental Working Group that works to "fill an information gap about chemicals where companies and the government leave off," gives magnesium carbonate an 80% rating for a "data gap" which means there is very little known about the health effects of this compound. Salt manufacturers use it as an anti-caking agent because it is about five times more powerful than talc as a water absorbent. Could a water absorbent this powerful be safe inside the body that is 55% to 78% water?
- **Silica aluminate** is an anti-caking agent that large salt producers add to brands in a category known as "grocery store" salt. Grocery store shoppers are not as aware of the health effects of metals as people who shop at natural food stores and this anti-caking agent is most likely outside their radar. Aluminosilicates have been found in the brains of people who have died of Alzheimer's disease. Aluminosilicates

exist in nature but their use in talcum powder, asbestos, cat litter, cement, asphalt and table salt has increased human exposure. Dr. Stephen Davies, clinical director of the Biolab Medical Unit in London, has condemned aluminum particulates as the “most noteworthy source of dementia.”

To find salt that has not been bleached, heat-processed or mixed with anti-caking agents, you will need to look for gray salt at your local food store. Supermarket managers are eager to sell natural products these days because of the industry’s double-digit annual growth. Due to growth in natural product sales, the manager at the store where you shop may be willing to order a product that they don’t have on their shelf [See: Gray Salt Brands from the Sea and Land].

Although Wal-Mart’s superstores are starting to sell natural products, they are selling Morton and Hain sea salt that are bleached [and missing trace elements]. Don’t be shy about asking the grocery manager at a Wal-Mart superstore about stocking a gray salt. They know that the natural food industry the world over is outpacing the conventional food industry in term of growth [natural foods are expected to generate sales of \$32 billion in 2009]. Tell the Wal-Mart superstore manager the truth you’ve learned about bleached white salt [they won’t hear it from their suppliers].

If, and when, you talk to a retailer about carrying gray salt, you may need to use the expression “whole salt” now that large salt producers are using the word “sea” as a marketing strategy. It’s amazing that Hain, a company that claims to “sell high quality, healthy foods made from the finest all-natural ingredients,” labels their bleached, white salt product, “sea salt.” Cargill, the Agricultural giant that sells fourteen million tons of processed salt worldwide, has admitted that Hain is one of their customers.

If your search for gray salt at supermarkets is unsuccessful, there are always natural food stores that have always understood the value of gray salt.

What Elements Are Missing in White Salt?

Gray sea salt that is harvested with minimal processing contains the following 70 elements:

Sodium & Chlorine	84%
Sulphur, Magnesium, Calcium, Potassium	14%

Carbon, Bromine, Silicon, Nitrogen, Ammonium, Fluorine, Phosphorus, Iodine, Boron, Lithium, Argon,

Rubidium, Copper, Barium, Helium, Indium, Molybdenum, Nickel, Arsenic, Uranium, Manganese, Vanadium, Aluminum, Cobalt, Antimony, Silver, Zinc, Krypton, Chromium, Mercury, Neon, Cadmium, Erbium, Germanium, Xenon, Scandium, Gallium, Zirconium, Lead, Bismuth, Niobium, Thulium, Thallium, Lanthanum, Gold, Neodymium, Thorium, Cerium, Cesium, Terbium, Ytterbium, Yttrium, Dysprosium, Selenium, Lutetium, Hafnium, Gadolinium, Praseodymium, Tin, Beryllium, Samarium, Holmium, Tantalum, Europium 1.9997%

Truth About A Few of The Missing Elements

Due to recent research in the field of nutrition, we now know the following about a few of the trace minerals that are lost in commercial salt production:

• **Molybdenum**

This micro nutrient is needed in the metabolism of sulfur foods such as onions, garlic, shallots, mustard, watercress, leeks, cabbage, brussel sprouts, rutabagas, asparagus turnips, broccoli, bok choy, cauliflower, nuts, kale, lettuce, seaweed, raspberries, coconut, avocado, watermelon, Swiss Chard, parsley, spinach, sweet potatoes and yams (American yams, Genus Ipomoea), tomatoes, tea, coffee, cows’ milk and whey protein.

• **Germanium**

White blood cells [called lymphocytes], that kill viruses and bacteria, need free, organic germanium from a food source [Note: Besides sea salt, Korean ginseng and hydrangea root are also sources of germanium].

• **Selenium**

White blood cells also need organic selenium to fight viruses and bacteria. Sea salt and Brazil nuts are both sources of organic selenium [Note: White blood cells also need organic Vitamin C with complementary rutin and herperidin. These nutrients may be found in Ground Rose Hips].

• **Zinc**

Zinc is needed by more than 225 enzyme reactions in the body and it’s also a co-factor in the production of fatty acids that are important for brain and nervous system functions. Without zinc, digestion is impaired because it is needed to make an important stomach acid known as hydrochloric acid [HCL].

Gray Salt Brands From the Sea and Land

Look for the following brands that have had no “anti-caking” agents added:

- **Celtic Sea Salt**

This hand-harvested salt from The Grain & Salt Society is sold in many health food stores and originates from a pristine coastal region in France.

- **EdenFoods Celtic Salt**

This hand harvested salt is also from a protected coastal area in France. Eden Foods is a family owned certified organic producer of over 250 organic products and their salt is less expensive than the original Celtic Sea Salt.

- **Redmond “Real Salt”**

Redmond “Real Salt” is mined from ancient sea beds in Utah and not processed with chemicals, additives or heat. Real Salt has approximately the same number of trace minerals as gray sea salt.

Mary Jo Fahey writes books for alternative medical doctors and believes that papers can attract readers who are seeking news that they will never see or hear on television. She lives in Madison, Wisconsin and may be reached through e-mail at maryjofahey@tds.net.

Article length = 1,263 words

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[Note: Eden, Hain, Redmond and Morton images can be sent via e-mail].



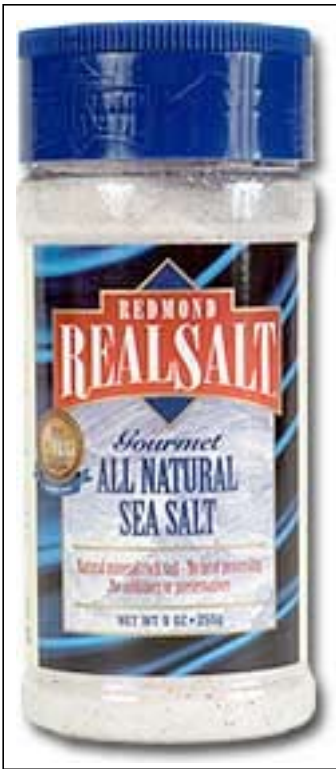
[Optional Photo Caption] Eden’s Sea Salt is a gray salt that is sourced from a company called Lima.

Source: Eden Foods Web site.



[Optional Photo Caption] Hain’s iodized sea salt is a bright-white, bleached salt that is purchased from Cargill and then packaged.

Source: Hain Web site.



[Optional Photo Caption]

Redmond's Real Salt is a gray salt that is mined in Utah.

Source: Redmond Web site.



[Optional Photo Caption] Morton is a relative newcomer to the sea salt market. Their bright-white sea salt cannot be considered a “whole salt” due to the missing trace elements.

Source: Morton Web site.