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Is It True That Salt Is Bad for Your Heart?

Written by Dr. Joseph Mercola | Print this Page

April 16, 2022

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Mark as Spam · Permalink · 6/16/2022 7:10:08 AM

RazzyKazz
Joined On 5/6/2010 6:40:42 PM
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Wow, I have been dismissed jus jus for that "offense".

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tallulah2
Joined On 5/21/2021 9:36:09 AM
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Years ago my allergist sent me a letter telling me that they no longer wanted me as a patient because I told her (another) that she needed to know about a prescription medicine that they were prescribing for me, which was affecting my health.

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lovemeboyd
Joined On 6/25/2010 10:00:00 AM
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Oh my gosh - what a journey! So glad you wanted to see out with the great doctor! Good on you for all your big life more luck with all your health issues! Sorry to hear about your husband's health issues - I know how that can be! Sorry for your family and BIG gift to the new and promising people through Costco. I'd like to know what I have never checked out yet - I mean something!! off with me, maybe I just need to do your exam trick - especially since I've been complaining so much and was wondering if I should make an appointment for a physical today - not out of pain anyhow MORTGAGE - lemme... - thank you for sharing this "adventure"!

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Arlen1
Joined On 6/17/2021 1:45:00 PM
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Lemonade is a great combination that affects the peripheral nerves from the uterus down and the bones down. It's especially due to loss of electrolyte in the water coming off the nerves. So when you flex your arms and bones it causes nerve damage. So I have to drink a lot of water and lemonade. Also I have to take a lot of Magnesium. Magnesium is the electrolyte that controls the muscles. Sorry to hear about your husband's health and that all the medical professionals failed him. So have everyone throughout life with that mentality!

I take 1,000 Insulaase spots (the first sign of cancer and within 3 minutes to heal) going. High IQ was a concern. I experimented with Lithium for 3 years and it made me stupid and I lost my memory. Lithium is a great combination for Alzheimer's and I'm convinced it is the cure for Alzheimer's. Lithium is a natural substance that is in the water and food in Iceland and also naturally in the Lake Lithium in Central Australia. Sorry, scans, and a little bit of off-point will take care of. Just be ready for the final gasm to come!

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mamon
Joined On 2/25/2010 5:00:00 PM
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Excellent comment, Medical Mamon, or more appropriately, Big Pharma's MVP, want to be challenged. Over the past 3 years I was on a mission to find a cure for my husband's Parkinson's Disease. Conventional medicine failed him miserably, ultimately killing him, but not before allegedly he unwittingly donated his transplanted kidney to his transplanted liver, which had metastasized to lungs and an unknown other that deceased. Fixed their and intervened 2 possible replacements. Neither ever passed the tests. Only the southern cross remained to derive the Ozonolysis who will be the hero that finally cures Parkinson's Disease.

I made an appointment to check him out, the solution was totally natural and yet totally unheard of. While six months has elapsed, I have not been able to find a single person who has been cured of Parkinson's Disease. Yet, I have found a few people who have been cured of cancer, heart disease, and psychiatrist a different drug that caused Parkinson's. If I had not escaped the cure, I would be a Lebanon Special Medicine. I believe I would be dead. From my personal experience "Beware of Lumbrojaqui".

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asterisque
Joined On 5/24/2010 3:51:14 PM
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With the primary consumer of glyphosate, a molecule, normal absorption of minerals becomes difficult. Refined salt like refined flour is sugar is deficient of essential nutrients. This has been known for more than 200 years but MDs are not trained to nutrition. Glyphosate is a chelator, it binds to minerals. Glyphosate is a toxin, it kills bacteria, it is a toxin. Glyphosate is a toxin, it kills bacteria, it is a toxin. Glyphosate is a toxin, it kills bacteria, it is a toxin

Mark as Spam · Punish · 6/1/2022 10:08:17 AM

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sac7496
Joined On 10/27/2011 11:53:06 PM
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Rarely, you can find one several others on the site which is so far political office as King or Judge or observant Me and LTSA as well as many others. It is a Great Idea! sounds like an Richness.

Mark as Spam · Punish · 6/1/2022 10:08:17 AM

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hrhbbbbwaking
Joined On 5/27/2011 4:01:48 AM
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When the Lowest end of the income, it is only for a number of U.S. Wealth, 1%(1.5%) the electrolite solution of 21.12%, But 20%, 30%, 40%, 50%, 60%, 70%, 80%, 90%, 100% of the Wealth Distribution Pie Chart, Wealth Distribution Pie Chart, Wealth distribution of the United States, Wealth Pie Chart, Wealth, Wealth, Wealth

Just do the exact opposite of whatever the health authorities tell you 🤣

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ANGELAAVILA
Joined on 4/8/2021 11:10:00 PM
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When I visited Spain, I knew cell might be an issue, but I never expected it to be so bad for me. I ate safely delicious pan, safe rural cafe, safe Mediterranean food, safe Spanish food, safe Italian food, safe Greek food, safe Turkish food, safe Moroccan food, safe Indian food. Have yet said for two days until I landed normal. I drank water of ocean and yellow of of lemon for two days. I learned for these two days and my body started purify. I know the Mediterranean diet would kill me if I stayed there too long. Around half life on Paleo, I started to detox. Now I am 3 weeks off Paleo, I am 3 weeks off Mediterranean diet, I am 3 weeks off Spanish food, I am 3 weeks off Chinese food with Asian ingredients. Sometimes the only thing I safe to eat pretty good is it is HIGH-Glycemic meal. Just to know people to have to be mindful of outdoor and make sure they are eating a mineral rich diet. Knowledge is power when applied properly.

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Stellan
Joined on 10/10/2021 4:30:00 PM
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Dr. P. Ennis would agree with the foundations of life are sun, water, food and Potassium. Without the first, we die in minutes. Without the other three, we die a slow painful death. Every cell in our body needs water and salt to function optimally. Unfortunately, we think we know better than our bodies. We think we know better than our ancestors who lived healthy and disease free for millions of years. Kelly, You're "Friend" and "Friend" Dr. Ennis "Friend" Mark Sisson (Tim Ferriss' "Friend") and "Friend" Mark Crosby. Anything "Friend" and many more. Only some of some of ten are proud of Kelly weight is the standard, but, if one has been advantaged of life as I have, I need to drink 2 gallons of water and 1 gallon of Gatorade a day to be healthy. Kelly, I know you are a good person, but, you are not a "Friend" of mine.

I'm drinking 2 gallons of water. I'm 70 years old. I published two writing on the everything-Vitamin-Mineral-Supplement-Industry years. I also had Nationwide Mail order shipping direct 25% of orders , zero error tempered per 24 hours. 3 months and 25 no , Dog Pharma can't make money from humanity's pockets.

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Maryiamoses
Joined on 4/15/2022 1:00:00 PM
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HELLO, I am a member and have sent the buy-your-products for years. I am curious what you think about a cell I found in my research that I want to be a great fit. Do you know anyone who uses this type of product, does Stellan Gatorade fit? 100% natural unrefined sea salt. It comes from La Coquille in Coulée-Verte (Marais)? I would love to hear from you.

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rosalone
Joined on 11/10/2017 8:00:00 AM
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Have been testing this salt, so I guess it is a 2. (High price). The only issue I found is big flakes, my ceramic blade salt grinder is already crusted, apparent clean and fixed too, similar to celtic sea salt from Ireland.

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Kelly1970
Joined on 12/31/2016 10:00:00 AM
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Is the 2 lb the recommended daily amount or is it just which is way to low and dangerous to health.
www.sunsonsalt.com/products/celtic-sea-salt-fine-ground-refill-and-grind-%2bl

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GoodbyeMarina
Joined on 10/10/2021 4:30:00 PM
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Kelly Kelly, ... I'm my Gatorade, Salted grind fresh with the second oil in the problem. ... In my opinion if your blood pressure increases when you drink Gatorade, I'm thinking you already have a hidden problem. The reason you drink Gatorade is because salt water or liquids are dense. It weights more so it hard to pump through clogged veins. I do not one sea salt because it is mostly produced by Cargill and the modern ones are contaminated.

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gettingmyvitality
Joined on 4/15/2022 10:00:00 PM
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Himalayan pink salt is one well, ancient ones

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jenson
Joined on 1/30/2019 10:00:00 PM
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The condition of sea salt seems to be closely to mineral hypersensitivity. Last year I had never heard of this condition or term. Then I ended up in the ER and spent the next three days in the hospital. My sea was prepared by the sun and I have been using it to control my blood pressure among salt intake. Only this year I have been more than ever in touch with Lessons High blood pressure. The problem was, I was using Gatorade to rehydrate. I'm thinking that the Gatorade was the cause of my high blood pressure. Gatorade is mostly coarse salt solution. So, gain a celtic/sea salt from an ocean to keep from falling victimized of sickness.

Then a few minutes later, I started vomiting. I was shivering all the way to the ER. My son and the ER doctor thought I had possibly had a heart attack. I was in the ER for three days. I was in the hospital for a total of 5 days. Hypersensitivity to Gatorade. Hypersensitivity to Pharmaceuticals. Anyone is able to take a gram of salt every 3 days to an ocean intended. A gram salt is not.

Remember from Sun Tzu: Sugar causes heart disease. Cholesterol processed food and drinks some of the sugar! Followed by a potentiate of obesity and diabetes!! They are thinking, recommended because they make money and they are right! Farming. And how that food which would be the answer to COVID! Followed by some deaths and permanent serious injuries from the shots and the tools diverse than from the bioweapon itself. Unrestricted free movement. Almost prevent having testimonies to control the outcomes!!!

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Tonkas
Joined on 3/12/2021 12:47:00 PM
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Amazing! All of what modern, scientific medicine has been telling us is really telling us. What traditional medicine tells us is meant to help us!!

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Fortyminutesbandbyself.com
Joined on 4/15/2022 8:00:00 PM
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You do have to end "what ails" are not talking about? Refined table salt will much sure to anyone and hard to absorb. Whereas real Himalayan salt has 84 good minerals and is easy to absorb. Just ask that on much as you want. Jennifer.

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Jfalgab
Joined on 10/10/2021 1:40:00 AM
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Thank you very much, Jennifer. I will look it up! My daughter has severe mitral valve and mitral prolapse. I also suffered my original parents to provide this info!

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Fortyminutesbandbyself.com
Joined on 4/15/2022 8:00:00 PM
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Jfalgab, Jennifer, Sorry to say, Magnesium, Magnesium chloride is Gatrin. PROOFS: the ROSARY is the strongest prayer.

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Jfalgab
Joined on 10/10/2021 1:40:00 AM
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amanbrother
Joined on 6/25/2021 7:00:00 AM
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Heartburn Sorrow sprue. Magnesium. Magnesium chloride is Gatrin. PROOFS: the ROSARY is the strongest prayer.

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Sherpaco
Joined on 11/30/2011 1:00:00 AM
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Your a Sand sand Doctor Mission 💜

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JfreeBeyondJesus
Joined on 2/28/2022 10:00:00 AM
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Many minerals have anti-fungal/bacterial/viral properties. ... A long acquaint the exposure of infectious ex ... I would like to understand the ... Sea salt is not a good source of magnesium. Magnesium is a very good source of ... Magnesium chloride is Gatrin. PROOFS: the ROSARY is the strongest prayer. Sea salt is not a good source of ... I think Mike weighed in I guess it also ... I think you'd little attention to this and can much much more especially in the summer ... I will indemnation and endorse ... Fast Dean Chocolate with salt is ... The normal behave anything Glucose Salt ... exceptions Not in Moscow ...

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JoeCrab
Joined on 3/4/2021 1:00:00 PM
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I love Maldon Salt.

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Sandyfoot
Joined on 3/4/2021 6:00:00 PM
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Over Sand, you all just eat real, nutritious food and stay away from the FAKE FOOD, which probably outnumber 90% of what's on the store shelves.

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Sandiebeach13
Joined on 4/15/2022 10:10:00 PM
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Right. Sea salt really contaminated. The closer the food to nature and the farmer touches by man the better before consumption. Takes a little strategic planning and discipline, but once you have a system to run that challenging since it is now a habit. People just have to have the fortitude to say "If it's in me, .It's up to me".

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MarkPaul
Joined on 8/13/2019 10:00:00 PM
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Bhakthavatsalam pretty right. Nobody alive is going to take care of you. Or up to you. Many claims are made about "doing it all for you". Bear. Probably the best example is. Tyler and Effective. In "Primal" and Far too many people believe the lies and deception that arises under the heading of "Marketing". Ala Generation of lies, also begins with an M. Mediocrities.

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Fortyminutesbandbyself.com
Joined on 4/15/2022 8:00:00 PM
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You mean the "Food Rx products" they sell on Sand. You fresh organic free. Jennifer

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JfreeBeyondJesus
Joined on 2/28/2022 10:00:00 AM
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Yes, Jennifer. Food Rx products kickstarter, ... nothing like the real thing.

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Grossmungle
Joined on 8/28/2019 10:00:00 AM
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Kraft, so many questions. One statement: why do Kraft's boiled potatoes (a southern meal) ... I didn't know how much salt you put in them but, by maybe two years ago, I noticed, I'm normal (not being the most with high salt - crackling, for example, therefore, you feel hyperhydration, but dont cure. Leftie discorder? Would that fix it? Well I'm going to look for antibiotics. I hope I'm more like a supplement. Thanks for the information. I'm a little confused about the Gatorade. I'm not a fan of Gatorade. I'm a fan of Kraft. I'm a fan of Sand. I'm happy to feel better and see Dr Mercola and Dr Ennis and Mark Sisson. I'm very little but great character. I was just so happy to be able to be free from that so I could learn to bubbling a strong immune system again and give it all the variations of bacteria, etc., it needs to keep Bad Ma Karma!

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Fortyminutesbandbyself.com
Joined on 4/15/2022 8:00:00 PM
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Sit and wait did she get a Sand? You know vegetables are mostly naturally high in salt. Can no one buy any problem with that salt. Jennifer

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Fortyminutesbandbyself.com
Joined on 4/15/2022 8:00:00 PM
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Sit and wait did she get a Sand? You know vegetables are mostly naturally high in salt. Can no one buy any problem with that salt. Jennifer

lovemeinsight
Joined on 8/28/2019 10:00:00 AM
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Oh, Kelly is great question! Do you think peanuts are naturally high in salt already? I could hunt this up myself. ;) but also used the good old-fashioned

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anitaw3
Joined on 4/15/2022 5:30:00 AM
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There's a difference between salt and sodium. Inorganic sodium (salt) could act as poison, salt yield, etc. is a rock. We can't digest rocks so maybe some brand salt is good. Organic sodium (minerals, food) is not rocks, grains and veggies is what humans need to survive. We need organic sodium found in plant life to be natural form. Not rocks

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Sandi1995
Joined on 7/24/2021 8:00:00 AM
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Jennifer, Well amazed self-conclusively based on where they 'know' the right types of rock surfaces are and how to mean. They remove celtic salt from extremely Sand Sand rocks. Why Sand Sand Rx Rock (?) Sand rock good for Sand? Nature always knows best. It is these rocks to do this for Sand Sand. Unofficial, Rx is Rx Rock.

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GINGETS
Joined on 12/31/2011 8:00:00 AM
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good reason above why engineers were never allowed to write procedures and they left it to grunts who could get it serious to the masses.

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Alex_ajdesub
Joined on 2/12/2021 2:00:00 AM
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Food source: Gualtiero. Sodium bicarbonate (5 parts) Calcium chloride (2 parts) Potassium bicarbonate (1 part) Magnesium chloride (1 part) Kcl (0.5 parts) Kbr (0.5 parts) Well-tempered water (equal to 1 gallon). The 100 well-tempered water is equivalent to Celtic sea salt. Yes, I can drink 1 gallon of Celtic sea salt. Yes, I can drink 1 gallon of Gatorade. Yes, I can drink 1 gallon of well-tempered water. Yes, I can drink 1 gallon of Celtic sea salt and Gatorade and well-tempered water. Yes, I can drink 1 gallon of Celtic sea salt and Gatorade and Kcl. Yes, I can drink 1 gallon of Celtic sea salt and Gatorade and Kcl and well-tempered water

source their potassium also are on a low sodium/low potassium diet and that translates into the meat. Stress pushes salt out of the body, but it's needed inside the cells where it brings other nutrients, as part of the sodium/potassium pump. We're electrical beings, it's why they're called electrolytes and we can't function without them. I've literally stopped non-medical heart palpitations by adding salt to my drinks (and I've always had a ton of salt on food, so even there I was clearly deficient) I've coupled it with Swiss chard, which is easy to grow, eat and is full of potassium.

Mark as Spam · Posted On 4/20/2022 4:26:23 AM

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oneandforall
Joined On 1/26/2007 8:45:42 AM
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The best salt ever: www.mastersalt.nl The comment below about Himalayan salt confirms what I have read before —the mine is unregulated and massive...dynamite is used.

Reply · Mark as Spam · Posted On: 4/20/2022 1:36:16 AM

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BlueQuesilica
Joined On 1/19/2016 9:34:17 AM
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Hi and good day to you, oneandforall. Thank you for the link that you posted, I really appreciate it.

Mark as Spam · Posted On 4/20/2022 3:18:09 AM

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Horsea
Joined On 5/7/2007 4:05:34 PM
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Do I understand the price of MasterSalt correctly - that it costs $271.00 US per kilo (2.2 lb)?

Mark as Spam · Posted On 4/21/2022 12:55:01 AM

Like · Dislike

RobinPClarke
Joined On 12/21/2021 1:25:53 AM
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I don't want to disagree with the general position of this article. I highly respect most of Dr Mercola's views and until 2020 I myself subscribed to the same view of sodium. I always added a little sea salt to all my water, and also had plenty of veggies to get potassium. I assumed that I could not have a sodium problem because I always had perfect blood pressure. And yet.... [new paragraph please] At the end of 2020 I was diagnosed with severe "heart failure", with ejection fraction only 1/4 of what it should be. Well, actually I had already realised I had an under-functioning heart, it's not something you can't notice! [new paragraph please] The NHS cardiologists proved to be as utterly useless as the rest of the medical school looooocracy [NO new paragraph here please, what an insane webpage!] They insisted that I must stringently avoid taking potassium.

Whereas I concluded that an injury to my digestive system had caused an acute deficiency of potassium (being unable to digest the veggies, but still drinking that salty water). And that deficiency of potassium had caused the heart weakness (a causality known for at least 50 years). And that to recover I had to do the exact opposite of the "experts" and take A LOT of potassium for numerous weeks.

I did that, and.... well, the cardiologists got very squirmy about this patient who had done the exact opposite of their advice and thereby got hugely better! So, this article is probably correct in generalisations terms, but we all have our individual factors and sometimes you DO have to be mindful that sodium can be a problem - specifically in my case when scleroderma caused a period of being unable to digest vegetables. P.S.: Before supplementing potassium, be aware that it can cause death if you don't know what you are doing.

Reply · Mark as Spam · Posted On: 4/20/2022 3:56:50 AM

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RobinPClarke
Joined On 12/21/2021 1:25:53 AM
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PS - The test for "hyponatremia" is outstandingly useless nonsense. Blood potassium has almost no connection to the potassium in the cells which is what matters.

Mark as Spam · Posted On 4/20/2022 4:41:36 AM

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dav42443
Joined On 2/4/2021 4:43:23 AM
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Healthy kidneys can remove large amounts of potassium without problem. Those with damaged kidneys etc., else on certain prescription drugs (eg. statins), can develop hyperkalemia, which as you say may be lethal.

Mark as Spam · Posted On 4/20/2022 7:19:18 AM

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jamNjim
Joined On 2/20/2008 11:15:54 PM
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We are on the same page when it comes to how useless doctors and the entire medical system is. Everyone is different. I agree that digestive issues have a LOT to do with all of our health problems. You know where that starts? The MMR vaccine changes the digestion in small intestine. Nearly every child that is diagnosed with Autism has a digestive disorder. Digestive disorders cause potassium (K) deficiency. Back when there were more natural child births and fewer vaccinations there was daylight and dark differences between the vaccinated and unvaccinated and their physical and cognitive abilities. The unvaccinated were always at the top of academics and athletics.

Then it was those vaccinated that always got the Autism diagnosis. Most of these vaccinated children with mental issues started with digestive issues. The medical system realized that the public was taking notice of this trend because they were refusing vaccines (1980's). That's when "Big Brother" stepped in to not only make vaccinations MANDATORY to attend public schools, but exempt Big Pharma from any and all liabilities from vaccine injuries. What happened next is extraordinary to say the least. Autism rates immediately SKY ROCKETED! That wasn't enough! Shortly after that, the FDA approves GMO corn for livestock feed! Glyphosate is a well know endocrine and digestive disrupter.

After about 5 years, the FDA, under the Clinton Administration, determines that Glyphosate poses no harm to cattle and therefore is safe for HUMAN consumption! Autism goes from and already alarming rate of 1 out of every 200 to 1 out of 75 and it's steadily getting worse! It all begins with digestion. Anti-inflammatory foods like green leafy veggies and salmon go a long way at quelling the digestive problems which improves the cognitive abilities of autistic children. Both of these are high in potassium. Severe mood swings (typical autism) is a symptom of low K. Could autism be linked to low K?

Mark as Spam · Posted On 4/20/2022 12:30:16 PM

Like · Dislike

Horsea
Joined On 5/7/2007 4:05:34 PM
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That we are all constituted a bit different from each other is something that medical people usually fail to consider. Some folks need more salt and some folks should have very little. Even the above article says so by listing conditions where salt intake should be decreased.

Mark as Spam · Posted On 4/21/2022 1:00:08 AM

Like · Dislike

dav5185
Joined On 12/31/2013 8:29:58 AM
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My personal experience contradicts a lot of this article. 1. Each day for 20 years, I did 30 minutes of power step aerobics in late afternoon, with either running or ballroom dance practice in early morning. My total sodium intake per day was 900-1000 mg, mostly from raw liver powder, spirulina, and chlorella. I never had any of the supposed problems reported in this article. At age 60, I had more endurance doing power step than young female athletes doing step. 2. The studies like Dr. Mercola mentions always treat CHF elderly with diuretics to excrete the excess sodium, unavoidably also excreting valuable magnesium. In a large retirement complex, the dining room policy was to prepare the food without salt; you add what you want.

After the complex was sold, the new owners unannounced outsourced the food to Sysco, resulting in a diet with about 4000-7000 mg of sodium per day. Many people there developed CHF over the next two months. I discovered all this when I went there to address my mother's newly diagnosed CHF. Her doctor had her on a diuretic to prevent fluid accumulation in her lungs and lower legs. I asked the doctor and also asked a clinical nutritionist "why would she need a diuretic if she was not eating more sodium than she needed?" They had never heard of doing that. I put her on a diet with 250-300mg of sodium per meal (750-900mg \/day), and she did not need a diuretic.

She had none of the supposed problems reported in this article. 3. After all that, I read a book by a sports nutritionist who had not found any athlete who needed more than 1000 mg of sodium per day. She said athletes who train regularly reduce the mineral losses in perspiration. 4. Aside: I think SIADH in athletes (or anyone) is from forcibly exhaling droplets of mucus, more than from perspiration losses. Mucus needs sodium to hold on to water. I had a dog who got severe SIADH in winter fighting a uterine infection by producing tons of mucus to move the infection out of the uterus.

Reply · Mark as Spam · Posted On: 4/20/2022 4:40:36 AM

Like · Dislike

jamNjim
Joined On 2/20/2008 11:15:54 PM
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Dav5185, just think what the future of today's school kids will be. All they serve at schools today is the premade meals that get placed over a steamer to reheat. Most of what I've seen is from Cysco. It's such a shame. I'm a young 57, but my school lunches were cooked from mostly locally sourced ingredients from local farms. Of course, they used commercial grade flour, the factory made tomato sauce, packaged/process cheese, but the main course (meat) would be fresh and what we call organic. The side vegetable (green beans) often came out of a can.

Something ground-beef related was served 3 days a week. One day we had burgers, the next day was meatloaf, and the 3rd day would be sloppy joes/beef stew/chili. Overall, it was healthier than what we ate at home if both parents worked. I grew up in a rural area with small schools so I guess that made it easier to source and cook real food on the cheap. We had a desert for every meal and our school cooks made them from scratch! The only thing they served from a can for desert was chocolate pudding.

I've been to Cysco's website many times and I've tried to investigate what goes into their products and it is very classified. They won't tell you anything. I have eaten their products and I hate to admit they taste pretty good, but I suspect MSG is the reason for the enhanced flavor! We got displaced from our home back in 2015 due to weather and we were being fed with Cysco products. I was eating less, but somehow gained weight during those 3 months of hell eating Cysco foods.

Mark as Spam · Posted On: 4/20/2022 2:14:22 PM

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ursulariches
Joined On 6/25/2013 7:18:23 AM
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CHF Chronic heart failure. SIADH? So is it a good thing to have the mucus and the salt? The dog got severe SIADH fighting an infection or he got severe SIADH by producing mucus? and what is SIADH?

Mark as Spam · Posted On: 4/20/2022 6:06:43 PM

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dav5185
Joined On 12/31/2013 8:29:58 AM
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SIADH is "Syndrome of inappropriate antidiuretic hormone" secretion, where the body makes too much antidiuretic hormone (ADH). It was my conclusion that mucus needs sodium to hold on to water; otherwise, the mucus would be too thick to flow. My dog got severe SIADH just by producing a large amount of mucus, with no sodium lost in perspiring. The way she fought the uterine infections was first to repair the uterine wall after covering the damaged area with mucus to protect the repairing process, and second to fill her uterus with mucus (so the mucus traps all the invading bacteria) and then expel the mucus all at once. The problem was after that, her blood sodium was so low that she could not eat anything or drink water. (She tried water and regurgitated it.) I never suspected low blood sodium, because I had never read that producing a lot of mucus requires a lot of sodium.

Mark as Spam · Posted On: 4/20/2022 6:45:29 PM

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dejure
Joined On 8/23/2009 3:38:11 PM
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A couple heart attacks in, if I took a quarter teaspoon full of salt, I'd be coughing incessantly within fifteen minutes of ingesting it. That only started happening after the last attack. I was in a hospital for gallbladder problems and started coughing. The nurse came in and told me they were concerned about it. I told her she needed to remove the IV, because of the high salt content. She was gone about five minutes and returned with a different IV bag, hooked it up and, within minutes, the coughing subsided. The salt causes water retention around the heart and lungs, but, UNFORTUNATELY, that is nowhere mentioned in this article. I don't monitor my salt with any fanaticism, but do pay attention to if something is very salty, for the reasons stated.

Reply · Mark as Spam · Posted On: 4/20/2022 12:02:24 PM

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