

What Natural Sea Salt Provides

The minerals that are present in sea salt, when ecologically extracted with manual dexterity and respect for life's laws, are the 84 elements that are originally in the sea. None of these elements are removed from natural Celtic sea salt. Once redissolved in water or in the moisture of food as it cooks, this recreated "ocean" bears an amazing likeness to human blood and body fluids. Basic physiology validates the fact that the ideal replenishing substance, capable of maintaining or restoring health in humans, would have to be that very sea salt that has retained all of the elements of original seawater. Although the biological necessity has not yet been proven for each of these elements, it has been established that 24 of these elements are essential to maintain life ([Note1](#)). Many of these need only be present in parts per million (ppm) concentration in order to provide or restore essential biological functions. In fact, these trace elements are properly absorbed and utilized safely only when they occur in parts per million concentration. Here, concentration of these elements in excess of micro doses would cause clumping and provoke malabsorption in the living cells ([Note2](#)).

Ocean minerals and dissolved gases, besides providing a stable environment for marine life, also help to maintain the chemical and physical stability of the living organisms based on dry land, assuring the survival of the planet's flora and fauna.

The air above the ocean waters becomes saturate with, distributes and onstantly moves and releases the ocean's dissolved gases to all forms of land-based life around the globe. A large part of these airborne gases are destroyed by city pollution; luckily these same rare gases are locked within salt crystals as they form at the seashore, adding to the salt's effectiveness as biological regulators of our body's functions. Thus a clean and natural salt, with all these essential minerals and gases trapped within, is essential for effectively maintaining and restoring human energy. Interestingly, whenever natural Celtic sea salt is ground (not required or suggested) while being milled, the salt releases a subtle fragrance reminiscent of violets, another telltale sign that gases, floral-like vital essences, are being released ([Note3](#)).

The Attributes of True Salt

Salt is such an important part of our food that very close scrutiny, attention and sensitivity must be given to the process used to produce it so that the end product accurately fills our biological requirements. Most modern consumers are familiar only with the refined or boiled white, vacuum-evaporated product. To determine that a salt is a truly whole product of natural crystallization of the ocean, these guideposts will help. Only natural sea salt will have the following characteristics:

1. It is light gray in color and, on standing, the color darkens slightly at the base of the container.
2. It is moist to the touch and retains its moisture even when kept in cool storage for long periods.
3. It is formed of very small, precisely cubic crystals.

Each of these three signs proclaims the natural sea salt's integrity and wholeness but also guarantees its effectiveness as an outstanding food/condiment/medicine combination that builds, maintains or restores optimum health.

The Importance of the Gray Color

Some of the minerals present in true natural sea salt are responsible for the salt's light gray coloring and attest to its power to support all biological functions. Natural products reveal their richness in minerals by their color. It is true of whole-wheat flour and natural unrefined sugar. By its total lack of color, white refined salt reveals its mineral deficiency and biological ineffectiveness.

Salt Moisture as a Vital Sign

The oceans are the lifeblood of the planet. All of the salt's essential trace and macro-elements stay within the crystal only as long as the moisture of that salt is retained. Applying any artificial heat will destroy the riches of the ocean while removing that moisture. If flash crystallized, kiln dried or boiled, the salt loses all. This water-retaining part of sea salt, centered around the magnesium salts that are highly water retentive, is called the mother liquor or bitterns. In the ancient traditional sacred medicine of the Celts, it is used to treat major physical and mental disturbances, severe burns, and other ailments. Today's biologists attest that the mother liquor restores hydro-electrolytic imbalance, a disorder that causes the loss of immune response, creates allergies, and causes many health problems. The therapeutic effect of mother liquor is recognized and used by the European medical profession, and is still in use today. Moisture assists the transfer of the energy of the great oceans themselves; if the oceans are the lifeblood of our planet, then natural sea salt creates the lifeblood of our organism.

The moisture always present in Celtic natural salt settles at the bottom of the container or bag, leaving the top part almost dry to the touch. Thus it is always advisable to mix the contents of the salt bag before its use. Natural sea salt is best dispensed from a salt cellar or a salt box; it readily dissolves in the moisture of the food and is usually added near the end of the cooking. To sprinkle dry on food from a shaker makes the salt slightly harder to assimilate. In this latter form, it also enters the system in a non-ionized form, thus it can create thirst and lessen some of its advantages.

Unrefined Seasalt: Vital Nutrition

Health Freedom Resources distributes genuine natural seasalts produced without refining, oven drying or chemical additives. The refining of and additives in white table salt can be harmful. In fact all refined white salts, including those labeled seasalts, are known to be detrimental to health.

Natural salts that come from pristine clean salt farms very definitely make food more tasty, and these salts make food more digestible, and may often, even measurably, help improve health.

The daily use of these natural salts along with a whole-grain-based diet could greatly reduce toxins and prevent ill-health. These findings, documented and confirmed by many other biologists, are published for the benefit of consumers at large.

Natural salts are not readily available over the counter (OTC) in North America today. New labeling laws and other restrictions could prevent the OTC sales of our natural salts. HFR, however, will continue to offer its products direct to its customers for their own use and evaluation: Light Gray Celtic crystals and Flower of the Ocean™ (see description of these [here](#)). All of these natural products are obtained from traditional organic salt farmers, under the highest quality controls. The method used for gathering them follows a time-honored 2,000 year-old Celtic culture and tradition, supported and authenticated by modern Quality and Purity control establishments.

We continue to urge that all persons maintain serve stock of natural salts at home for several important reasons:

1. Natural salt is a prime condiment that stimulates salivation, helps to balance and replenishes all of the body's electrolytes.
2. It supplies all 92 vital trace minerals to promote optimum biological function and cellular maintenance and also free will.
3. The oligo-element - natural iodine - in these salts protects against radiation, atomic fallout and many other pollutants.
4. Because salt crops, at times, fail due to bad weather and natural disasters, we advise our readers to stock salt ahead. Properly stored, salt keeps virtually indefinitely. Restrictive regulations and shipper's strikes may also arbitrarily cut off our supply.

When you are salt-wise, You Help Others...

Our flyers, books and tapes on salt can help some of your relatives, friends and representatives in Congress relearn the value and imperative necessity of these genuine unrefined Celtic ocean mineral salts. Doctors prescribe saline liquid (salt & sugar solutions) and introduce these into patients in many emergencies. Yet only a minority of physicians and biologists have discovered and agree that natural whole salt is vitally important for the control of disease as well as for optimum nutrition. Our customers - by experiencing, sharing and talking about the benefits of salts - have measurably helped in having official medicine and regulatory agencies recognize Celtic salt's value. Order spare copies of "**Seasalt's Hidden Powers**" or our cassette: "**Celtics Grey Seasalt, The Nutritional Imperative**" as a mentally stimulating gift. The spreading of information through word of mouth by our customers continues to be the mainstay of health freedom. Your efforts are appreciated and many thanks go out to the doctors and health advocates who have written about Celtic Ocean Seasalts in their newsletters.

The Value of Real Seasalt

What Is Real Seasalt Why Is It Hard To Obtain? How Do We Recognize The Real Thing?

Humans need whole, clean ocean salt; medical and biological facts support that. Genuinely healthful seasalt is composed of minerals from the ocean waters which have been transformed by microorganisms, algae and plants into organic nutrients; these in turn are bioavailable to animals of the sea and land.

The ocean contains the precious minerals our body requires for optimum function. The salt refiners, however keep these facts hidden from the public because they profit from selling the minerals extracted from the rich ocean brine. The same vital minerals that, when left in at the onset, make salt the vital necessity and its color light gray. This is the salt of Life!

Basic Roles of Seasalt

Natural light gray salt is the most basic condiment as well as a staple food: it possesses the power to rejuvenate the body's biosystems, therefore, a powerful remedy for countless health problems. No pill supplementation can equal the wealth of minerals that natural seasalt supplies, regardless of how rich or precisely that supplementation is formulated.

Clean, unrefined, and hand-harvested natural seasalt, used in the proper manner, has reversed many a "chronic illness" and restored wholeness in just a few days. Because of its complex beneficial minerals and bio-electronic power it offers countless health benefits: it balances alkalinity/acidity levels, restores good digestion, and relieves allergies and skin diseases.

Natural gray seasalt provides renewed energy, and at the same time gives higher resistance to infections and bacterial diseases. Natural Celtic Seasalt, in either white small crystals or larger light gray crystals, is the gentlest alkaline- forming substance known. Furthermore, cereal grains, beans, roots or vegetables pickled or aged with salt (pickles, sauerkraut, or naturally fermented, starter-type bread), all become even better healing foods when prepared with unrefined natural salt. The absence of salt in the daily diet greatly hampers absorption of the nutrition contained in grains and vegetables and leaves them unable to function as natural healing agents. If you pickle, brew, bake or make miso, request this Society's special bulletin on "Salt Quality and Fermentation" for \$2 pp. "Natural seasalt is a living food, with its ionic and electrolytic properties profoundly anchored in its grounding crystals.

Precious Minerals Working Together

Trace elements, found in minute quantities in sea water and therefore in natural unrefined seasalt, all work together to assure and maintain proper function of the body's systems. If any one of them is left out -or even just diminished- a link will be missing, and the whole organism will suffer as a result. Stated another way, if any of our internal oceans are shortchanged of trace nutrients, the body will lack the triggering bio-electrical impulses and the mineral building blocks necessary to function at full efficiency or to renew its systems properly.

.But..Isn't Salt Bad for You?

All the medical and scientific studies condemning table salt would appear to be justified, except for the fact that these studies examined only refined white salt, a biologically damaging, completely unnatural and chemicalized substance. In the industrial refining process, as many as 82 trace minerals and essential macro nutrients are forcibly removed, leaving only a single compound made of sodium and chlorine.



In centuries past, salt, the universal necessity, was also much appreciated as an effective medicine. Used either alone as an energizer and detoxifying agent or in conjunction with healing plants. from Mythologia Aesopi, Basel 1531

The Value of Real Seasalt

Were these 82 nutritive substances left in as they occur in clean natural seasalt, table salt would again be whole and would fulfill its vital role, which is to enhance life and to maintain optimum health. That beneficial form would receive the full endorsement of medical and health professionals alike. However, the industrial salt refining methods used today in the U.S. and other industrialized countries cannot make natural salt because the refiners start with a bulldozer-harvested product which contains many pollutants and must be cleansed of them. Their technology is geared to mass-produce, mainly for industry, the most refined -and deadly white- of chemical grade sodium chloride.

The high technology methods we have inherited from the Industrial Revolution days were never designed to produce mineral-rich, food-grade salt. In the light of what is known today about human biology, salt refiners would be forbidden to make their ultra-refined salt available for human food use.

A dark unrefined salt is made in the U.S.A., but it is an industrial crude product, mechanically bulldozed from stagnant cement-lined salt flats which draw their water from industrially polluted bays and industry-laden coasts. Such crude salt is

totally unsuitable for food use as it is filled with dirt, oily sand, concrete efflorescence, and heavy metal pollution. Crude salt does not qualify as a clean, natural agricultural or maricultural product; it requires refining - and gets it!

The same U.S. crude salt, even though it sometimes has the connotation of being a health-producing natural seasalt, should never be used for food under any circumstances, as it will cause severe skeletal damage. Even if properly hand-picked or stripped of the darker crystals it still contains large amounts of toxic heavy metals, concrete efflorescence, and pollution locked within all its crystals, and is therefore unsafe.

Domestic salt refiners cannot economically develop a production method that will yield clean whole food salt. The market for edible salt is too small to bother with when compared with the huge industrial consumption. The trace elements such as magnesium, bromide and sulfur, are all extracted from seasalt by those refiners since they are a great source of profit for the multinational big ocean chemical business.

Long ago the U.S. government directly asked the refineries to define what constitutes edible table salt. It was profitable and convenient for these salt and chemical conglomerates to tailor the requested definition to fit their own product: Salt, they declared, "must not contain over 2 1/2% of trace minerals--back then, all minerals were lumped together under the term "impurities" and were extracted for their profit. Refinery salt, however, may legally receive up to 2% of chemical additives, such as bleaches, anti-caking agents and conditioners.

Watch Out for These Additives:

Ferrocyanide, yellow prussiate of soda, tricalcium phosphate, alumine-calcium silicate, sodium aluminosilicate -are all anti-caking agents whose role is to prevent the salt from mixing with water, in the box or within the human body. Thus preventing the salt from doing one of its important functions on the organism.

Sodium-Restricted Diets Kill!

Public health policy should be guided only by proven facts. Current scientific research reveals that there are actually very few salt-related health problems. Sodium, in the form of sodium chloride, plays an important part in the primary processes of digestion and absorption. Salt activates the first enzyme in the mouth, salivary amylase. At this stage, sodium exposes food to the tastebuds -a reason why food has always been salted "to taste"- it also helps start digestion by breaking down food. In the parietal cells of the stomach wall, sodium chloride generates hydrochloric acid, one of the most important of all digestive secretions.

If potassium is in excess in relation to sodium, the body's enzyme pathway loses its ability to produce hydrochloric acid. Thus most diets, but especially vegetarian and grain diets, require slightly more salt in order to prevent an excess of potassium over sodium. With salt present, the acidity of the partially-digested food is able to trigger off some needed natural sodium bicarbonate, derived from the supply of sodium chloride, as well as enzymatic and bile secretions from the gall bladder and pancreatic ducts. Without salt no digestion is possible.

In illnesses such as diabetes mellitus, Addison's disease, kidney or gastrointestinal disorders, or any time there has been surgery or other significant fluid losses triggered, the requirement for an abundant supply of salt is vital for survival. A certain amount of extra salt ration at that crucial time has often been the factor that has saved lives.

The Value of Real Seasalt

High Blood Pressure and Refined Salt

The research of Dr. John H. Laragh, M.D., at the Hypertension Center of the New York-Cornell Medical Center, shows that the High Blood Pressure (HBP) problem lies not in salt intake but in an overactive hormone system. When this system is overactive, i.e., high renin* levels, body salt content is usually excessively reduced and thus salt starvation could occur if the patient is put on a low salt diet. On the other hand, low renin levels, which occur only in a third of hypertensive people, actually reveal a sodium excess. Only patients in the latter group should lower their sodium intake.

*renin: a protein-digesting enzyme released by the kidney, acting to raise blood pressure.

Evaluating Various Natural Salts

The percentage of magnesium salts varies greatly from one natural salt to the others. Even within the same salt farm installation, it is possible to extract two salts of slightly different magnesium content.

Cold, active, northern seas, because of upwelling and other marine and climatic conditions, offer the advantages of a richer mix of minerals. Geographical orientation of the coastline also plays an important part in the final quality of the naturally-extracted seasalt. Winds not only dry more than sun alone, but "load" the salt flats and stacks with additional trace elements, mainly iodine salts. These additional nutrients are carried as spray from the crests of waves (by aerosolization). Finally, the method used for gathering salt from natural flats and effectively separating it from the hard clay sole is crucial to the production of health-giving salt. There must be some constant eddying movement to the brine - a kinetic crystallization - over and through the clay flats (if concrete-lined beds should be reused, as in refinery-type salt, the efflorescence of the cement pollutes and loads the salt with toxins). In order to ionize and harmonize the trace elements by the clay's filtering action, the final hand-raking of the moist crystals is done by artisans with such a skillful light touch that almost no particles of clay appear in the finished natural product. In the case of "Flower of Ocean" salt, an almost white Celtic salt which is also harvested traditionally and rare because it crystallizes naturally on top of the water only during the hottest days of the harvest. The gathering is done delicately from the top layer of the brine and thus NO clay is ever trapped in the final smaller crystal structure.

Both methods just described are still followed by a dedicated group of professional natural salt farmers in Europe who perpetuate the traditional skills passed down through generations from antiquity. When harvested in these ways, both of these natural seasalts are highly beneficial to anyone's health as they possess therapeutic qualities that are capable of restoring balance, even in long-standing chronic afflictions.

Is Mexico's Salt Advisable?

Much of Mexico's crude salt, after being bulldozed, is shipped in bulk mainly to Japan. There it is refined by electrolysis and used in mise, soy sauce, and other so-called "natural" products, then shipped back to natural food stores here. A state law forbids any Japanese firm or individual from making their own salt. The refining and sale of salt is a government monopoly, monitored by Japan's Salt and Tobacco Bureau. Their entire supply is imported and always highly refined. A healthy trend has sprung from that: it consists in artificially "loading" the refined salt with specific minerals in order to reconstitute it. While this does not MAKE natural salt, it is a step in the right direction. There is at least one mise maker in the U.S. who uses Celtic salt for his fermentation. His product is rated above any of the Japanese imported miso.

A smaller amount of this Mexican crude salt is bought by Californians, who boil and recrystallize it into a totally demineralized white salt which is often sold through natural and macrobiotic food channels under the name "Balanced Minerals Salt." However, the boiling of crude salt removes all its precious trace elements. This deficiency has been recognized as the primary cause of demineralization and malabsorption. The following two analyses, performed at a Boston-based laboratory, are further proof of the value of Celtic seasalt. By and large, the essential minerals in Celtic salt are 10 times that of the "Balanced Minerals Salt" of boiled Mexican salt.

TABLE 1 - Comparing Celtic Natural Gray Seasalt to Boiled Mexican Salt

Mineral	French Celtic	Mexican Boiled
Magnesium	1.00%	0.1%
Manganese	.01	.0001
Boron	.001	.0001
Copper	.001	.0001
Silicon	.01	.001
Iron	.1	.01
Nickel	.0001	.0001
Moisture-% By Weight	5.79	0.31

The Value of Real Seasalt

TABLE 2 - Atomic Absorption Spectroscopy

Mineral	French Celtic	Mexican Boiled
Magnesium by weight as Mg.	0.42%	0.032%
Magnesium by weight as MgSO4	2.10%	0.152%

Table 1 uses the Emission Spectrographic Analysis of oven drying, while Table 2 uses the Atomic Absorption Method. Such analyses seldom agree totally, even when performed by the same laboratory, however, both tables show that Celtic gray salt contains 10 times more trace minerals than the Mexican refined and boiled variety.

The moisture assay at the end of Table 1 is also worth noting, since a dried salt does not retain any of its volatile trace elements.

Salt - Used as a Social and Political Oppression Tool

The influence of salt on population, mass migration, blind submission and as a demographic control weapon cannot be ignored. In the past, it was done by controlling the supply; today, it is accomplished by control of its chemical makeup or of its additives. Control the salt and you can control the mind and body of the populace. Within the internal sea of the human body, the biological and psychological effects of salt quality are ever more far-reaching...Should we not take charge of the quality of our salt?

Georges Ohsawa's Advice:

During a lifetime of lecturing Georges Ohsawa, who introduced the practical philosophy of macrobiotics to the West, often referred to natural Celtic Salt from the clean, virtually unpolluted coast of Brittany as the only salt that should be used for the optimum maintenance of health. Today, some leaders and teachers in the macrobiotic movement may have forgotten this important message. Over twenty years ago, Mr. Ohsawa asked that I thoroughly research and study the biological impact of salt, and expressed the hope that I would then publish these findings.

Become Salt-Wise: Read our Books or Listen to One of Our Cassettes

If you are new to the well-guarded mysteries of salt and nutrition and this information sheet has whetted your appetite. Acquire additional knowledge by requesting an audio cassette now for \$8.00, or by ordering the book: "Seasalt's Hidden Powers" for \$8.00.

You may also secure, for \$2.00, a tasting and testing sample of the "Flower of the Ocean" natural seasalt which is one of the two salts this Society recommends. A tasting and testing sample of the "Light Gray Celtic," the other salt recommended, is available for \$1.00. These samples will enable you to compare the taste of the true natural seasalt versus refined.

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(1993 update. From the research of Jacques de Langre, Ph.D. Biologist- The Grain and Salt Society)

The Value of Real Seasalt

Those are the Three Kinds of Celtic Ocean Crystals™:

A. Light Grey Celtic™ - In France and many other countries outside the U.S.A., Light Grey is treasured as the finest of all condiments. Free of any processing, it is dried only by the hot Summer's sun and wind. It is harvested by expert saltmakers who delicately gather the salt with wooden hand tools from the eddying salt flats within the marsh. The characteristic light grey color comes from the pure clay sole of the manicured basins. That clay ionizes the many mineral salts, making them even richer in electrolytes. The crystals are very carefully sifted to remove the darker crystals. Because light gray is just sun dried, it retains some of the ocean moisture; this helps lock in many vital trace elements.

B. Flower of the Ocean™ - are very small white crystals that naturally form on top of the brine. These contain all the minerals of the clear and clean Celtic ocean water. The flower forms on the surface of the water therefore it does not Pick up any light gray color from the clay base. It forms only at the height of the season and its harvest requires great skill. Traditionally, Flower of the Ocean™ is delicately gathered by the harvester's wife. She often reserves it for her own usage but, occasionally, we receive a limited stock for our members. Priced higher than Light Gray Celtic, it is a very unusual and precious salt. More than a matter of color preference, the character of the Flower and it's floating, least-ionized, quality makes it the "feminine" or "calming effect" Celtic salt. This live salt is the best for sprinkling.

C. Natural Bath & Animal Salt - Some of our customers have asked for a less expensive salt for their horses, pets, gardens and for the bath. This salt comes from the same salt flats but is B graded and has not been certified as a food salt. *Not recommended for human consumption.*



A Well-deserved and Valuable Recognition...

The most reputable organic-certification group in Europe: "Nature et Progres, " has given its highest certificate of quality and merit to these Celtic Ocean products: Light Gray Celtic™ and Flower of the Ocean™ salt crystals.

The Red Label is another merit that has been awarded the Celtic Salts. In 1991, the French Ministry of Forest and Agriculture gave its most honorable "*Superior Quality Food*" mention to our Celtic Ocean products. At that time the French government also set aside and classified, as "*National Treasure* " and "*Protected Site*" the thousands of acres of pristine wild marsh areas that have produced Celtic salt for centuries.

The four recognitions above guarantee that we distribute to you only the highest quality food and table salts, but it will also ease the acceptability of our salt products to any labeling laws and other bureaucratic restrictions.

Why Stock Up on Good Salt?

HOW TO STORE THE CELTIC SEASALT™

The bulk of Celtic Seasalts can be stored in a sealed noncorroding container, in a cool place. It is especially important for the Flower of the Ocean to be kept cool when sealed.

In the Kitchen or at the Dining Table, it is best stored in a wooden Salt Cellar (a lidded wood box). Next choice would be Glass or Ceramic with a loose fitting or cork lid allowing the salt to breathe yet protecting it from dust.

The mineral content will not change if the salt dries out. Salt is hygroscopic so the moisture content will flux with the surrounding conditions. The mineral contents start changing when heated past 240F°/115 C°.

HOW TO USE CELTIC SEASALT™

Light Gray Celtic™.

This Salt is best used in cooking because of the coarse consistency and density of the crystals. It may be used directly on your food at the table, but it is advised to grind it with a mortar and pestle or a Salt grinder. Salt is corrosive therefore we do not recommend a traditional pepper grinder.

Flower of the Ocean™.

This is the finest Gourmet salt available. Lighter in color, the smaller crystals dissolve quickly and can be crushed between the fingers. It's delicate flavors make it a perfect table salt, great on salads. Also, can be used in the kitchen for your more delicate dishes.