

The Truth About Salt

BIBLE:

3 John 2 – “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

SOP:

“Seventh-day Adventists are handling momentous truths...it is our duty to understand and respect the principles of health reform. On the subject of temperance we should be in advance of all other people.” {9T 158.1}

“Those who place themselves under the instruction of the great medical missionary, to be workers together with him, will have a knowledge that the world, with all its traditionary lore, cannot supply.” {CH 371.3}

“He would have us understand that it is a mistake to regard as most essential the education given by physicians who reject the authority of Christ, the greatest Physician who ever lived upon the earth. We are not to accept and follow the view of men who refuse to recognize God as their teacher, but who learn of men, and are guided by man-made laws and restrictions.” {MedEv, April 1, 1910 par. 2}

WHY NOT?

“The world should be no criterion for us.” {4T 35.3}

“The light God has given in medical missionary lines will not cause His people to be regarded as inferior in scientific medical knowledge, but will fit them to stand upon the highest eminence. God would have them stand as a wise and understanding people because of his presence.” {CT 476.2}

THINGS TO KEEP IN MIND:

“It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.” {MH 127.2}

“Every person should have a knowledge of nature's remedial agencies and how to apply them.” {MH 127.2}

SOME ESSENTIAL THINGS TO KNOW ABOUT SALT:

“Salt is good.” (Mark 9:50)

“Let your speech be always with grace, **SEASONED WITH SALT...**” {18MR 213.2}

(Even the Bible uses analogies about Seasoning with salt, showing the importance of its use) (Colossians 4:6)

“DO NOT EAT LARGELY OF SALT.” (MH 305.1)

*****Note:** Only about 500 mg (1/5 t.) is all that is needed per day.

“Food...should not be robbed of that which the system needs. I use some salt, and always have, because salt, instead of being deleterious, is actually essential for the blood.” {CD 344.2}

*****Note:** It is a mistake and a very dangerous thing to teach people that they should not eat salt.

A LACK OF SALT (IODINE) CAN CAUSE MANY SERIOUS MEDICAL CONDITIONS SUCH AS:

- Cysts In The Ovaries
- Decreased Ability To Sweat
- Dry Eyes
- Dry Mouth
- Dry Skin
- Fibrocystic Breast Disease
- Lack Of Digestive Production
- Stomach Cancer
- Thyroid Goiter
- And Many Other Diseases

ALSO, MOST ALZHEIMERS AND MENTAL DISEASES COME FROM A LACK OF IODINE.

MORE THINGS TO KNOW ABOUT SALT:

Table salt has been robbed of the elements necessary to make good blood. All that it has are Sodium, Chloride and Iodine. The Sodium and Chloride without the other minerals like Potassium and Magnesium causes there to be an imbalance in the body leading to unhealthful conditions such as High Blood Pressure and Edema (swelling of the extremities)

EVEN SEA SALT, UNLESS IT SAYS WITH IODINE, IS UNHEALTHY. It too has been processed, refined, bleached and robbed of elements to make good blood. Its use can lead to iodine deficiencies such as hypothyroidism.

REAL SALT is a WONDERFUL SALT. It contains over 80+ minerals, including the iodine necessary for the body. You can purchase this online or in any health-food store (Azure Standard sells this as well). It is a bit more costly than sea salt in the stores, but you don't need as much because of its high mineral content.

GO TO THE FOLLOWING LINK TO LEARN MORE ABOUT IODINE DEFICIENCIES AND WHAT DOCTORS HAVE TO SAY ABOUT ITS MUCH NEEDED USE.

http://www.communicationagents.com/chris/2007/01/31/consequences_of_iodine_deficiency.htm

Keep in mind that **"DISEASE NEVER COMES WITHOUT A CAUSE."** {MH 234.1}

SALT REMEDIES:

"If the eyes are weak, if there is pain in the eyes, or inflammation, soft flannel cloths wet in hot water and salt, will bring relief quickly." {2SM 297.6}

APPLY HEATED SALT PACKS TO BACK, SHOULDER, HIP AND OTHER PAINFUL AREAS.

SOP ABBREVIATIONS:

9T = Testimonies to the Church, Volume 9

CH = Counsels on Health

4T = Testimonies to the Church, Volume 4

CT = Counsels to Teachers, Parents and Students

MH = Ministry of Healing

CD = Counsels on Diets and Foods

2SM = Selected Messages, Book 2

Blog Links:

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/06/the-truth-about-salt.html>

<http://ravishingrecipesandhealthfacts.blogspot.com/2018/01/the-truth-about-salt.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/the-truth-about-salt.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/04/the-truth-about-salt.html>