

NEWSTART + 6 (Nutrition)

SALT: Is It Necessary for Health?

Website: [Healthy Christian Living - Living by the Blueprint](#)

"...Education should be given on proper diet..." (CD 406.4)
(Genesis 1:29; 3:18; Isaiah 55:2; Psalms 103:4-5)

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

"...Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health." {MH 127.1}

"...Become more intelligent in regard to the laws of life. . . ." {11MR 187.3}

EDUCATE IN REGARD TO THE LAWS OF LIFE:

"...Educate people in regard to the laws of life..." {GCDB, January 30, 1893 par. 2}

"...EDUCATE, EDUCATE, EDUCATE..." {6MR 379.1}

WHY?

"...Educate people in the laws of life **so that they may know how to preserve health..."** {MM 259.3}

"True religion and the laws of health go hand in hand." (7T 137.1)

"...In violating the laws of health, even in doing the service of God, you misrepresent your maker..." {KC 20.4}

"...It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them..." (MH 128.1)

"We should educate ourselves, not only to live in harmony with the laws of health, but **to teach others the better way..."** (CG 361.2)

"Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted..." (MH 128.1)

BIBLE:

Proverbs 26:2 – **"...the curse causeless shall not come."**

"Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health..." (MH 234.1)

Mark 9:50 – **"SALT IS GOOD..."**

Job 29:16 – **"...the cause which I knew not I searched out."**

*****NOTE:** Find out which law of health has been violated, remove the violation, offer a prayer of faith and then sit back and see the glory of God.

SOP:

"The idea should never be given that it is of but little consequence what we eat..." (CD 198.4) (CH 151.1)

"...A diet lacking in the proper elements of nutrition brings reproach upon the cause of health reform. We...must supply ourselves with food that will give proper nourishment to the body." {CD 207.2}

"...Our food should be plain and free from all objectionable elements, but let us be careful that it is always palatable and good." {LLM 545.3}

"The Lord loves us, and he does not want us to do ourselves harm by following unhealthful recipes." {CD 297.4}

"...Let our people discard all unwholesome recipes." (CD 349.2)

NOTE: Not adding salt to our food is unhealthful.

COMMON SALT IS HORRIBLE STUFF:

"Is the eating of COMMON SALT any great advantage to the human system?" {1868 JNL, HBH 192.3}

"It is not, being innutritious, and indigestible. It is irritating, and its presence in the system tends to produce chronic debility, and disease of the stomach, intestines, absorbents, veins, heart, arteries, and all other organs of the system, retarding those functions by which the vital changes are effected... It is argued that deer and some other herbivorous animals go in search of salt and brackish water. It should be observed by those raising this objection, that these animals who frequent salt water pools only do so in warm weather, and even then only seek it when they are diseased by worms, bots, or grubs in the alimentary cavity. So it is not sought by them as seasoning to their food, but merely as a medicine." {1868 JNL, HBH 192.4}

COMMON SALT NATURAL REMEDY:

"If any poison is swallowed drink instantly half a glass of cool water, with a heaping tea-spoonful each of COMMON SALT and ground mustard stirred into it. This vomits as soon as it reaches the stomach: but for fear some of the poison may still remain swallow the white of one or two raw eggs, or drink a cup of strong coffee, these two being antidotes for a greater number of poisons than any other dozen articles known, with the advantage of their being always at hand." {January 20, 1863 JWe, ARSH 58.10}

SOME ESSENTIAL THINGS TO KNOW ABOUT SALT:

- "SALT IS GOOD..." (Mark 9:50)
- "At one time Doctor ----- tried to teach our family to cook according to health reform, as he viewed it, without salt or anything else to season the food. Well, I determined to try it, but I became so reduced in strength that I had to make a change; and a different policy was entered upon with great success. I tell you this because I know that you are in positive danger. Food should be prepared in such a way that it will be nourishing. It should not be robbed of that which the system needs." {CD 203.4}
- "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}

- It is a mistake and a very dangerous thing to teach people that they should not eat salt...A lack of salt (which includes iodine) can cause many serious medical conditions such as:
 Thyroid Goiter
 Fibrocystic Breast Disease
 Dry Skin
 Decreased Ability to Sweat
 Lack of Digestive Production
 Stomach Cancer
 Dry Eyes
 Dry Mouth
 Cysts in The Ovaries
 Many Other Diseases....

***Many Alzheimer's and mental diseases come from a lack of iodine.

"Disease never comes without a cause." {MH 234.1}

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)

"...It unnecessary to burden our systems with common salt to furnish chlorine to the body..."
 {1868 JNL, HBH 181.2}

- **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 and weakness. True sea salt has color to it like Real Salt, Celtic, or Himalayan Salt.
- **REAL SALT IS A WONDERFUL SALT.**
 You can purchase this online or in any health-food store. 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.
- **HIMALAYAN SEA 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. 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

THE LINK BETWEEN IODINE DEFICIENCY AND BREAST CANCER

<http://www.lewrockwell.com/miller/miller20.html>

BENEFITS OF UNREFINED SALT:

http://www.newsmaxhealth.com/dr_brownstein/benefits_unrefined_salt/2010/10/04/354605.html?s=al&promo_code=AEF2-1

SALT REMEDIES FROM SOP:

- “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}

OTHER REMEDIES NOT FROM THE SOP:

- **Non-iodized sea salt placed in warm water and mixed till dissolved is great for skin problems**
Such as Eczema, Psoriasis and Itching Of The Skin. You can even pour in a couple of cups of non-iodized sea salt into a warm bath and have them soak in that.
- **Microwave salt in glass dish, put into a pillow case, and then apply heated salt packs to back, shoulder, hip and other painful areas.**

SOP ABBREVIATIONS:

11MR = Manuscript Releases, Volume 11

6MR = Manuscript Releases, Volume 6

7T = Testimonies to the Church, Volume 7

CD = Counsels on Diets and Foods

CG = Child Guidance

CH = Counsels on Health

GCDB = General Conference Daily Bulletin

KC = Kress Collection

LLM = Loma Linda Messages

MM = Medical Ministry

PIONEER WRITINGS BOOK ABBREVIATIONS:

ARSH = Adventist Review & Sabbath Herald

HBH = Handbook of Health by J.N. Loughborough

*****Questions on next page*****

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(Questions)

1. The Bible says Salt is _____.
2. However, Common Salt (aka Table Salt) is _____.
3. The consumption of common salt is innutritious and _____.
4. Is regular table salt (aka common salt) irritating to the system? YES or NO
5. List 5 organs of the body that regular table salt (common salt) debilitates.
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
6. Animals would eat salt during certain times of sickness. Please list the diseases these animals had:
 1. _____
 2. _____
 3. _____
7. We are to discard all _____ recipes.
8. Does the Lord want us to do ourselves harm by using unhealthful recipes? YES or NO
9. Should every person have a knowledge of nature's remedial agencies? YES or NO
10. Should we eliminate healthy salt from our diet? YES or NO
11. Food should be prepared in such a way that it will be _____.
12. Food should not be _____ of that which the system needs.
13. Good salt, instead of being deleterious, is actually _____ for the _____.
14. Is it dangerous to teach people to cook without salt? YES or NO
15. A lack of salt can cause:
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____

6. _____
7. _____
8. _____
9. _____
10. _____

16. Disease _____ comes without a cause.
17. Table salt has been _____ of the elements necessary to make good blood.
18. All that it has is _____, _____, and _____
19. It is unnecessary to burden our system with common salt to furnish _____ to the body.
20. The Sodium and Chloride without minerals like potassium and _____ causes there to be an imbalance in the body leading to health conditions like _____, _____, _____, and _____.
21. Even Sea Salt, unless it says with _____, is unhealthy.
22. It too has been processed, _____, bleached, and robbed of _____ to make good blood.
23. Its use can lead to _____ deficiencies such as _____ and weakness.
24. Which salt is a wonderful salt? H _____.
25. It contains over ____+ minerals, including the iodine necessary for the body.
26. List 1 remedy that common salt is good for. _____
27. What should the common salt be mixed with for this remedy? _____
28. If this remedy doesn't work, what should you do instead? _____

29. From the Spirit of Prophecy, name 3 ailments that using salt as a remedy is good for:
 1. _____
 2. _____
 3. _____
30. List 3 skin conditions that warm salt water (non-iodized) is good for.
 1. _____
 2. _____
 3. _____
31. Can a non-iodized salt water bath be used for those conditions? YES or NO
32. What else can you do to salt to use it as a remedy? _____
33. What is the name of the health book that J.N Loughborough wrote for the Church/SDA Schools?
_____ of _____