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The Salt of the Earth?

Salt is an essential component of a healthy diet, but many scientists believe that too much salt can cause serious health problems such as stroke and heart disease. Extremes are unhealthy. Too little salt in the diet could also result in risk of stroke or heart disease, among many other health complications.

The body's salt/water ratio is critical to metabolism. Human blood contains 0.9 percent salt (sodium chloride). The human body is made up of between 50 to 75 percent water and of between 14 gm salt (infant) and 250 gm salt (male adult). Crucial bodily functions take place via the salty fluids, including metabolism, transportation of nutrients, and the removal of substances no longer required by the body. According to medical research, the body cannot manufacture salt; we are therefore dependent on external sources. A healthy body will process the amount of salt it needs and the kidneys are designed to dispose of the surplus. But regular salt intake in excess overloads the kidneys, alters our pH, and affects our entire body chemistry. Likewise, regular lack of salt in our dietary intake can affect the same systems.

From a nutritionist perspective, salt intake should come from mineral sources or sea salt. Even kosher salt is a better form than common table salt, which usually contains starch added in the

processing. Most experts say that there is nutritionally little to no difference between the different salts, but the differences in processing, taste and texture do make a difference.

Mineral salt (mountain mined) of consumable grade has a more salty taste and a better flavor. This means less sodium and better taste.

Table salt is the most poor grade processed for human consumption. Table salt is Sodium chloride, NaCl, and water, H₂O, which are formed by neutralization of sodium hydroxide, NaOH, a base, with hydrogen chloride, HCl, an acid: HCl+NaOH+NaCl+H₂O.

Most salts are Ionic compounds made of the ions rather than molecules. The chemical formula for an Ionic salt is an imperial formula; it does not represent a molecule that shows the proportion of atoms of the elements that make up the salt. The formula for sodium chloride (NaCl) indicates that equal numbers of sodium and chloride atoms combine to form the salt.

A salt that has neither hydrogen (H) nor hydroxyl (OH) in its formula, e.g., Sodium chloride (NaCl) is called a normal salt. A salt that has hydrogen in its formula, like sodium bicarbonate (NaHCO₃), is called an acid salt. A salt that has hydroxyl in its formula, like basic lead nitrate (Pb[OH]NO₃), is

called a basic salt. We could go on, but to most people this salt science is too dry.

Generally, in the USA we consume too much salt (sodium). Reducing salt can curb obesity. The Associated Press (Feb. 20, 2008) reported that kids who load up on salty meals and snacks get thirsty, and too often they turn to calorie-filled sodas. A British study published in an American Heart Association journal suggests cutting back on the salt is a good way to cut calories.

The study revealed that approximately 80 percent of salt intake comes from manufactured food, not coming from the salt shaker. This will hopefully be a wake-up call to those who think of controlling the salt shaker rather than the diet as the solution.

Fast foods are loaded with sodium and unhealthy preservatives and other chemicals. One order of McDonald's McNuggets have 2240 grams of sodium and the RDA (Recommended Daily Allowance) of sodium should not exceed 2400 gm daily. The UK's RNI for sodium is 1600 gm per day. Panera Bread Company's "Italian combo sandwich" has 3570 gm of sodium.

All processed foods are very high in sodium. For the general public, less salt translates to fewer soft drinks and therefore fewer calories.

Past reports revealed strong links between sugary soft drinks and obesity

Upcoming TKM® Classes

Classes subject to change without notice.

For more information on classes or to register, visit the Calendar page at www.kinginstitute.org.

TKM®: Self Help

Date: Mar. 7-8

Location: Jackson, Tennessee

Instructor: Linda Kane

Tuition: \$300 Deposit: \$150

TKM®: EMT

Date: Mar. 15th

Location: Fredericksburg, TX

Instructor: Jana Smith, RN

Tuition: \$175 Deposit: \$85

TKM®: Level 1 and 2

Date: Mar. 31 - April 4

Location: Carrollton, TX

Instructor: Glenn King, PhD, RD, CN

Tuition: \$800 Deposit: \$400

TKM®: EMT

Date: April 5th

Location: Austin, TX

Instructor: Patrick Jackson, ND

Tuition: \$175 Deposit: \$85

TKM®: Level 1 and 2

Date: April 22 - 26

Location: Sebring, FL

Instructor: Dr. Jim Robertson, ND

Tuition: \$800 Deposit: \$400

SPECIAL TKM® Class:

Pulses, Body Biography,

TKM® Proficiency, Plus TKM® Q&A

Date: April 23 - 26

Location: Carrollton, TX

Instructor: Glenn King, PhD, RD, CN

Tuition: \$650 Deposit: \$325

Additional classes are listed online at:

www.kinginstitute.org

You may also register online.

in children. Reducing salty processed foods would naturally reduce the desire to quench the salted palate.

Experts note that it will take more than cutting salt to get overweight kids into shape: healthy eating and exercise are needed as well. And children most often follow the examples set by their parents. Not only are many parents sabotaging their own health, but they are setting examples for their children to do the same.

At the same time, minerals in natural salts are important to our health, and most people are mineral deficient. Inadequate salt can be problematic, especially for weekend athletes, body-builders, professional athletes, outdoor laborers wilderness hikers and older people. Chronic deficiency in salt or chronic excessive salt intake have been associated with poor health conditions and diseases such as hypertension, stomach cancer, kidney disease, cystic fibrosis, lymphatic filarisis, stroke, heart attack, bone diseases, and more.

According to the Salt Institute in Alexandria, Virginia, for 4000 years we've known that salt intake affects the blood and the signals to the muscles of the blood vessels trying to maintain blood pressure within a proper range. Cardiovascular events are a major cause of "premature" death and cost Americans more than \$300 billion in the US every year in medical costs and lost productivity,

As a solution, we can lower our consumption of processed foods, or even better eliminate them altogether. Never drink artificially sweetened drinks and preferably eliminate soft drinks from the diet. Eliminate the use of common table salt and decrease the use of a healthier choice of salt. Occasionally, have your sodium levels checked, so that you may maintain healthy sodium levels for excellent health.

The Kidney and #23-25 Sequences will help to balance the sodium levels that you are hopefully intaking for living a healthy life. 🙏

Special TKM® Training Class For Christian Pastors & Missionaries Worldwide

This very special event will be held in Dallas, Texas on September 16th - 20th, 2008. The King Institute's TKM® Missions Outreach is presenting an EMT and Level 1 & 2 training for all pastors and missionaries who register no later than thirty-days prior to class (by August 16th).

This will be a special training designed for those serving in Christian outreaches, especially missionaries. The tuition for the five-day class will be \$50 including the volume 1 & 2 Textbooks, which would cost \$159.90 separately. This is in special effort to equip the Lord's workers in the field with an extraordinary tool kit of information to help the sick and suffering. This information is being utilized already by missionaries and pastors internationally as a great evangelizing tool to teach the wonders of God's creation.

We invite churches to get involved in spreading the word about this event and helping to provide travel options for those who may have difficulties coming to this international event. We urge participants to register ASAP, so we can be prepared for the group size. See website for additional information and to register.