

**mar6915**

Concerning the Himalayan salt, The Specific frequency vibration pattern is similar to our body patterns. When the geometric structures are missing, we are without energy and are lifeless. I have been a consumer of the himalayan crystal salt for several years now. Have on hand a few pounds of dr Barbara Hendel's salt. However it comes in a Plastic (plastic highlighted) container. It was a joy to get Dr. Mercola's salt in a glass container with a grinder on the top. Wonderful for cooking. I did a duck duck search on Himalayan salt and one link had wonderful informative Facts About Organic Himalayan Crystal Salt. I didn't list it as they advertise their salt. Just look at what we are doing to the whales, on down the chain...The plastics in our Living Ocean has completely gotten out of hand. I had once heard a theory that our ocean is a Living "thing". Let's think everyone.

Posted On 10/04/2017

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**seg**

mar yes the ocean is definitely alive, as a matter of fact the entire ecosystem is alive.. and connected...that includes, you, me and all inhabitants on this here planet. One of me fave sayings is "everything under the Sun is connected." Time to ACT if we are to keep it going in the right direction ...cheers!

Posted On 10/04/2017

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## **iamblessediam**

Maybe a hybrid silica to the rescue - interesting read this: [[www.treehugger.com/clean-water/water-30-solves-problem-microplastics-a..](http://www.treehugger.com/clean-water/water-30-solves-problem-microplastics-a..)]. Be well! KBP!

Posted On 10/04/2017

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## **seg**

Yam, Interesting concept and experiments with hybrid silica gels..This looks promising indeed .. The sea and i are very, very close, the most relaxing place for me, even just to hear the sounds of the Ocean and or to fell the wind in my face is sheer heavenly ..cheers!

Posted On 10/04/2017

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## **tryingtobenlighted**

Love Himalayan Pink salt! It really helped me when I was experiencing periods of dizziness and weakness. I went to the local naturopathy and was told to drink a teaspoon in a glass of water as soon as I got up. If the problem was from lack of minerals & salt this would cure it, AND IT DID! I recommend this to try for anyone who feels these symptoms first, before to the doctor, because if it helps you know that's the problem, and your health will be better by staying away from the doctor if at all possible.

Posted On 10/04/2017

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## **kmandrin**

What has happened to your references link?

Posted On 10/04/2017

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## **eiggod8**

This site shows a huge list of trace minerals and elements in Himalayan salt, including numerous radioactive ones. Author claims table salt is safest, though she doesn't touch on micro plastics or other contaminants. She says the trace iodine in Himalayan is not enough to flush out the radioactivity.

[cluelessdoctors.com/.../what-salt-are-you-eating](http://cluelessdoctors.com/.../what-salt-are-you-eating)

Posted On 10/06/2017

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## **TOMyHealth**

At the risk of being a harbinger of bad news, Himalayan salt contains an inordinate amount of "fluoride," 231 - 310 ppm, which is ionized when dissolved in water or other liquids, the concentration being dependent on the composition of the liquid. You can see this fact at [www.poisonfluoride.com/.../f-\\_in\\_food.html](http://www.poisonfluoride.com/.../f-_in_food.html) and scrolling about 2/3 down the web page.

Posted On 10/05/2017

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## **jlr4876**

I agree that Himalayan sea salt is an excellent choice, I use Redmond Real Salt which is also mined from an ancient pristine ocean beneath a layer of protective volcanic ash. It comes from Utah. I prefer to buy American made when given a choice but just wanted to make readers aware of another option.

Posted On 10/04/2017

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**rowlin1**

I use Redmond salt, but it just doesn't taste as good to me when added to food, a little sweeter or something, so I mix some in water and drink it. I love Celtic sea salt, but looks like going to have to give that up and use Himalayan to add to food.

Posted On 10/07/2017

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### THE DIFFERENCE BETWEEN REDMOND REAL SALT, CELTIC, AND HIMALAYAN SALT

[redmond.life/blogs/live-your-journey/the-difference-between-redmond-re..](https://redmond.life/blogs/live-your-journey/the-difference-between-redmond-re..) .--- Salt is important for the formation of stomach acid. Also important is the potassium/sodium ratio (DASH) and calcium/magnesium for cardiovascular health. A great article published in Medscape (meta-analysis) "SALT INTAKE AND CARDIOVASCULAR DISEASE" includes interesting graphs showing increased cardiovascular risk and death above and below a urinary excretion value of 4 g/day. It concludes: There is strong and convincing evidence of an association between high sodium intake (>5 g/day) and cardiovascular disease, and there is no evidence that reducing sodium intake from high to moderate intakes 3.5 g/day causes harm.

There is also evidence that low intake may be associated with increased risk of cardiovascular death and hospitalization for heart failure. Strategies to reduce sodium intake in the population as a whole, focusing on major sources of excess dietary sodium (e.g., processed foods and fast food). Recommendations on healthy dietary habits, such as increased consumption of fruits and vegetables, etc. Current evidence supports a recommendation for moderate sodium intake in the general population (35 g/day).

On a high-sodium diet, most normotensive individuals experienced minimal change in mean arterial pressure; for many people with hypertension, values increased by about 4 mm Hg. Furthermore, among hypertensives who are "salt-sensitive," blood pressure may increase by >10 mm Hg in response to high sodium intake. Replacing some of the sodium chloride in regular salt with potassium chloride may mitigate some of the harmful cardiovascular effects of salt. [www.medscape.com/.../782465\\_1](https://www.medscape.com/.../782465_1) (2013) [www.medscape.com/.../980533](https://www.medscape.com/.../980533) (2022)

Posted On 07/26/2024

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## grandmax4ever

GUI - I don't want to sound like an alarmist but I'm not sure I can trust claims in the link above made by the manufacturer of Real Salt from Utah. What doesn't sit easy with me is atomic bomb testing was done in Utah. The movie The Conqueror was also filmed in Utah and over the next 30 years thereafter, 91 of the 220 cast and crew members developed cancer. While I understand the salt comes from the deep mines, we can't be sure the pristine salt was not contaminated by miners and equipment going into the mines from the surface or after the salt is taken to the surface for manufacturing

Posted On 07/26/2024

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## Guillermou

Dear grandmax4ever, thank you very much for your decisive information. A Utah Resident Remembers Atomic Testing in 1950s Nevada The arms race between the United States and the Soviet Union for nuclear weapons escalated quickly after World War II. After the Soviets detonated their first atomic weapon in 1949, the U.S. conducted a series of atomic tests in remote areas, including Nevada. Between 1951 and 1963, 126 atomic bombs were detonated at the U.S. government's Nevada testing site. At the time, the government did little to inform the residents of the area of the potential dangers of exposure to radiation and many suffered health problems as a result. Isaac Nelson, a World War II veteran and resident of Cedar City, Utah, describes his experience of it. [shec.ashp.cuny.edu/.../960](http://shec.ashp.cuny.edu/.../960)

Posted On 07/26/2024

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## grulla

And mined pink salt can contain radio active and other heavy metal ingredients. I'll simply rely on plain, unadulterated, quality table salt for just my NaCl needs, and selectively procure certain mineral supplements for any other minerals I might need. [www.bouldersaltcompany.com/is-himalayan-salt-healthy](http://www.bouldersaltcompany.com/is-himalayan-salt-healthy) ~~~ [foodwatch.com.au/blog/healthy-eating-for-wellness/item/pink-salts-are-..](http://foodwatch.com.au/blog/healthy-eating-for-wellness/item/pink-salts-are-..) ~~~ [www.mynustart.com/blogs/insights/why-you-need-to-stop-using-pink-himal..](http://www.mynustart.com/blogs/insights/why-you-need-to-stop-using-pink-himal..)

Posted On 07/26/2024

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**ela3783**

My 2 pence - By alternating or staggering various salts one can minimize the heavy metal or radioactive contaminants

Posted On 07/26/2024

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**OnceBannedNowBack**

I agree ela3783. I have eight different salts on my counter that I rotate through - a different one every day. That and daily sweating and sauna keep my tox levels very low.

Posted On 07/26/2024

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**wariormom**

What about Real Salt from Utah? Anybody know if it's been tested?

Posted On 07/26/2024

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**Guillermou**

This is the first time I've heard of salt. from UTAH.-- [www.visitutah.com/.../mighty-mineral](http://www.visitutah.com/.../mighty-mineral) .-----  
-- Redmond Real Salt is unrefined sea salt mined from an ancient seabed in Utah where it's safe from modern pollutants. It's pure, unprocessed, and full of trace minerals that give it one-of-a-kind nutritional benefits and a subtly sweet flavor that brings out the best in each bite. Redmond's Real Salt comes from a pristine, underground salt deposit in Utah left behind by an ancient sea. It contains 60+ trace minerals and is naturally protected from pollutants. [redmond.life/.../mine-to-table](http://redmond.life/.../mine-to-table) .----  
[loveyourbodywell.net/benefits-of-redmonds-real-salt](http://loveyourbodywell.net/benefits-of-redmonds-real-salt) .--

Posted On 07/26/2024

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**frecey**

Hello Warriormom, I just want to point out the heavy metals contamination of salt. According to Lead Safe Mama, Tamara Rubin, Real Raymond salt from Utah has a high content of lead in addition the Selina Naturally Celtic salt also showed a high content of lead! It is very disappointed. I used to use that salt brand. I think she also tested Himalayan salt. Check her web site.

Posted On 07/26/2024

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**mckinney88**

About 4 months ago a friend informed me that analysis of Himalayan sea salt showed heavy metals in the salt due to how it is mined. I love Himalayan sea salt, have used it for a very long time and have many pounds of it on hand. What is your opinion on this? M McKinney

Posted On 07/26/2024

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