

Salt

DISTILLED WATERS KNOWLEDGE: PROFESSOR HILTON HOTEWA

"Salt Eating Dangerous"

By Prof. Hilton Hotema

"When did any doctor ever tell a patient that salt eating is dangerous? In Colliers's of Nov. 26, 1954, J. D. Ratcliff wrote:

"Body fluids - a Major Medical Problem."

Under the headline he said: "This year some 200,000 Americans will drown - not in oceans, streams nor pools, but in their own body fluids. The cause is often congestive heart failure, as big a killer as cancer."

He says that congestive heart failure is often the cause of excess fluids in the body, because -

"When diseased hearts are unable to pump enough blood to the kidneys, those organs fail to excrete the body's surplus fluid and it congests tissues, feet, legs, and ankles swell with retained water; a gallon or more may accumulate in the abdomen or chest."

This statement leads the layman to believe that blood from the heart goes directly to the kidneys as it does to the lungs. Such is not the case.

All blood from the heart, except that which goes to the lungs, leaves the left ventricle of the heart thru the great aorta, main trunk of the body's blood system. Then thru its many branches the blood is distributed to the entire body, the kidneys receiving their supply thru branches from the aorta termed renal arteries.

To increase the blood flow to the kidneys requires an increase in the general blood flow thru the aorta to all parts of the body, as occurs in vigorous exercise.

Radcliff believes in the exploded medical theory that the heart is a pump. It is a valve, not a pump. It is the great central valve of the blood vascular system, regulating the blood flow, not pumping blood.

Then he lets the cat out of the bag. The accumulation of excess water in the body is not due to "diseased hearts." It is due to salt eating.

He says: "An ounce of salt in the body will seize and hold three quarts of water."

If salt eating is responsible for excess fluids in the body, if salt eating is the reason why "this year some 200,000 Americans will drown...in their own body fluids," what is the remedy? Stop eating salt.

Ratcliff is careful to see that the doctors are needed. He does admit that "low salt diet helps," but says:

"In the fight against water death, doctors today rely mainly on kidney-stimulating drugs. A new drug of this type, Diamox, is already being ranked as a major medical discovery."

There it is – pure medical propaganda. The purpose of the story is just to promote this “major medical discovery”.

Why not correct the condition by not eating salt? That would leave no place for doctors and Diamox.

### Back to Nature

In his “Back to Nature” magazine in 1936, Dr. St. Louis Estes, frequently called the “Raw Food King,” said so much against, “Salt- The Death Dealer,” that his article was reprinted in the May 1937 issue of “How to Live” magazine.

In the article was quoted a letter from a wise naturopath, giving his observations of salt eating. He had a patient suffering from Bright’s disease, and upon examination, he found there was a small excretion of salt.

As so little salt was being eliminated it occurred to him that the salt was accumulating in the body, and water accumulated to lessen the irritation of the salt.

It was not the case of salt seizing and holding the water, as stated by Ratcliff. It was the body’s demand for water to lessen the irritating effect of the salt. It was the tissues of the body holding the salt.

The patient was in the dropsical condition so typical of this disorder in advanced stages. So he placed the patient on a salt free diet. In three days the dropsy disappeared.

To be sure of his ground, he tried this three times, with the same result. Each time the patient was given salt, the dropsy returned; and each time the salt was withheld, the dropsy disappeared.

Dr. G. J. Drew, another “raw food king” of the 1930’s wrote: “Salt is so stable that it is not dissolved and utilized by the body. It is ingested as salt and excreted as salt.”

“As the salt is absorbed by the body cells, they contract from the irritation, and discharge their precious albumen and other vital elements. This causes hardened tissues, shriveled blood corpuscles, hardened blood vessels, arthritis, and produces the state called old age.”

Hal Beller, M. D., said:

“In the days of our forefathers, salt solution was used as an embalming fluid. The ancient Egyptians used salt, oils and spices in their mummy wrappings.

“Today we mummify the living with salad dressings made of salt, oils and spices, and see them walking down the streets. Their dry skin, shrunken bodies, and enervation bespeak of hardened blood vessels, livers, kidneys, and muscles.

“I often wonder why it is necessary to embalm such bodies after death. They are already pickled to the gills.” (Philosophy of Health)

Most primitive people, in their natural state, use no salt. Bartholomew found Chinese of the interior ate no salt. Dr. Benjamin Rush found the American Indians never ate salt when discovered by the white man.

Stomach ulcers and some cases of blindness are due to salt. Glaucoma is one of the most prevalent and serious of eye ailments, causing about one in eight cases of blindness.

In the normal eye a thick fluid flows into and out of the eye at a constant rate. In glaucoma, exit channels for the fluid become rise. Vision becomes distorted, a rainbow halo appears around lights. If not relieved, the pressure continues to rise, eventually producing much pain. In time the optic nerve terminals are destroyed and blindness follows, due to salt eating.

Mr. A. age 39, paralyzed from waist down, limbs emaciated, was given up to die by the best doctors. He used salt freely. It was impossible to move the muscles of his limbs. A wise naturopath had all salt removed from his food, and at the end of four days he could move the muscles of his toes.

Mrs. B, age 50, was unconscious for three days from uremic poisoning: was told by three physicians that she would die of Bright's disease. A wise naturopath had all salt removed from her food, and she recovered health.

Thousands of cases could be cited where the sick recovered health by simply living on a salt-free diet.

Sodium chloride (salt) conceals itself in the cells and tissues like a thief in the night, and irritation begins that calls for water.

This eventually produces hyperesthesia of the nerves, deterioration and hardening of blood capillaries, blood vessels, high blood pressure, all forms of growths, including cancer and tumor, arthritis, psoriasis, all forms of growths, including cancer and tumor, arthritis, psoriasis, neuritis, valvular leakage of the heart, defective hearing and eyesight, and is in fact the root of many ailments.

Ratcliff's 200,000 a year who drown in their own body fluid, can thank their salt-eating habit for that.

The basic cause is not congestive heart failure, as claimed by Ratcliff. It is the result of salt-eating.

Frederick Hoelzel, after years of experimentation, declared that the cause of mental and physical deficiency is due mainly to a "retention of salt and water in the body."

He relates in his book, "Devotion to Nutrition," that his experiments showed that salt eating, with the retention in the body of salt and water, impairs the body's functions.

Many people suffer from "hidden edema" due to salt. The most common symptom of this condition is a swelling of the ankles. Hoelzel showed that the cause is salt eating. He also showed that "salt retention, hypersensitivity of the skin, thickened skin folds and fat deposits are interrelated."

--- Professor Hilton Hotema, from his book, The Great Red Dragon

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For more knowledge to help you see through the poison-encrusted deceptions of the Jesuit Salt Pushers:

Sea Salt...

<http://www.therawadvantage.com/.../sea-salt-is-it-good.../>

Lake Salt...

<http://www.thisiscoossal.com/.../lake-natron-nick-brandt/>

Cell Salts...

<http://www.rawfoodexplained.com/minerals/organic-and-inorganic-minerals.html>

Colloidal Salts...

<http://www.quackwatch.org/01Qu.../DSH/colloidalminerals.html>

Epsom Salts...

<http://saveyourself.ca/art.../reality-checks/epsom-salts.php>

And the most poisonous of all, Himalayan Salts...

The level of minerals found in Himalayan pink rock salt are very, very tiny. To get any substantial nourishment from Himalayan pink rock salt, you'd have to eat several pounds of it! (Which would be lethal.)

Himalayan pink rock salt is approx. 97% sodium chloride (common table salt).

In a chemical analysis of Himalayan pink rock salt, compared to our daily nutritional requirements, it's not even worth bothering.

You don't get any mineral nourishment worth even mentioning.

But what you Do get from Himalayan pink rock salt is a whole bunch of toxic elements.

Here's a short list...

Fluoride ~ 100ppm

Aluminum ~ 0.661ppm

Nickel ~ 0.13ppm

Arsenic ~ 0.01ppm

Bromine ~ 2.1ppm

Antimony ~ 0.01ppm

Cadmium ~ 0.01ppm

Tellurium ~ 0.001ppm

Barium ~ 1.96ppm

All of these items are toxic to the human body.

And that's not even a complete list.

When people look at the huge list of the different types of minerals & elements found in Himalayan pink rock salt, they often tend to think that all of those things are very beneficial to the body. But when you take the time to look up all those exotic-sounding words, you'll find that many of them have no business at all being inside of our bodies.

You can find a more comprehensive list of the items found in various types of salt at this website...

<http://www.saltnews.com/chemical-analysis-natural-himalayan-pink-salt/>

Again with the salt...

"Millions of the human race have lived healthfully, and died of a good ripe old age, without employing it at all; furthermore, hundreds of thousands of human beings now live in the enjoyment of good health, who have never used salt either as a food or a condiment."

--- from Trall, "Hydropathic Encyclopedia," Vol. I, Page 886

"I think it would not be difficult to show that there are whole nations and tribes of people who do not eat salt. I am told by an Italian, who has lived among them, that the Algerines do not. I was myself informed while in the region that the Indian tribes inhabiting the banks of the Columbia and Puget Sound do not. It is noteworthy also that those tribes are among the most graceful, intelligent and industrious tribes in North America, and are fine in personal appearance. I think that there is little doubt that the inhabitants of the islands of the Pacific Ocean lived from a period of vast antiquity, explorers have been left for weeks, months and years without a supply of salt by accident or otherwise, and have survived without apparent injury. Finally, there are many persons in the United States who have voluntarily abandoned the use of salt for periods ranging from one to twenty years (and for aught I know longer), not only without injury but with increased health, strength and activity. So far from being natural to man, the instincts of children, especially when born free from an inherited bias in its favor, go to show by their rejection of it that it is unnatural. Like the taste for coffee, tea and various seasonings, it is an acquired one; few, if any children but will prefer unsalted food."

--- from Richard T. Colbum, in "The Salt Eating Habit"

"Although the interior parts of our continent abound with salt springs, yet I cannot find that the Indians used salt in their diet till they were instructed to do so by Europeans."

--- from Dr. Benjamin Rush, who made a careful study of the habits of the American Indians a hundred years ago and found them to be very healthy.

"Mr. Wm. Bryant, of Philadelphia, who went with a company of 120 men, under the U. S. Government, beyond the Rocky mountains, to conduct to their far Western homes, the Indian chiefs who were brought to the seat of government by Lewis and Clark, says that for more than two years they lived as Indians did, without tobacco, narcotic or alcoholic substance and without salt. Most of these men suffered with various chronic complaints when they left the East, but all of them were restored to good health during their sojourn in the wilds of the West."

--- from, The Reverend Sylvester Graham, who was an early American dietary reformer.

"On many occasions, I myself have offered them some surplus articles of food left by us after our meals. Soups and meats cooked in the usual way and seasoned with salt, they would invariably refuse, after tasting, saying in their own language, it was not good. Of the same kind of meats cooked without salt, they would eat heartily and with gusto. Bread, hard bread, crackers, etc., they would also eat, but anything they could taste salt in they would invariably refuse." He says that even when they were hungry they would refuse foods in which they could taste salt." In other bands (of

Indians) that we saw, it (salt) is an article of medicine rather than an article of food." Describing these men he says: "A more athletic, hearty, stout and robust class of men cannot be found in the world than these very Indians of whom I am writing, who never used this article (salt) in any shape. Many of them are more than six feet high, others of medium size, and they will endure more hardship, stand more fatigue, have better lungs, suffer less from sickness, live longer, on a general average, than the white race, who have all conveniences."

--- Dr. Hoffman of the U. S. Army, writing in the San Francisco Medical Press in 1864, gives us an account of experiences he had with some of the "wild Indians" who inhabited the Western plains, as he passed, with the army over these in 1849. The Indians frequently visited their camp.

"it required the lapse of several generations after the conquest of Mexico to reconcile the Tlascalans, "a bold and hardy peasantry," of Mexico, to the use of salt in their food. The Indians of Northern Mexico still use no salt in their food. Those of the Hudson Bay district and a few isolated regions still thrive without salt. If Hudson Bay Indians are forced to eat salted meat, they first soak it over night in an abundance of water. They then add freshwater and boil it for an hour. They pour this water off and add fresh water and cook again."

--- from the historian, William H. Prescott

"About 1912 I gave up the use of salt. Up to that time I had been a heavy user of salt. At first I missed it from my foods. After a time I did not relish foods in which I could detect the taste of salt. I enjoy the fine delicate flavors of the foods much more than I ever enjoyed the flavor of salt. I have never missed salt after the first weeks after giving it up. I have never had a craving for it. My health has not suffered in any manner from lack of it. I have brought up three children - ages 23, 20 and 17 - without salt. Their mother did not take salt before and during pregnancy nor during lactation. These children have been reared from conception without salt. They are well developed, strong and healthy and brimming over with energy and enthusiasm. Although they were reared as vegetarians, who are supposed to need salt most of all, they have not needed salt."

--- from Vilhjalmur Stefansson , a Canadian Arctic explorer and ethnologist.

"Vilhjalmur Stefansson found the Eskimos to be very healthy, yet none of these peoples ever use salt. Indeed Stefansson tells us that they greatly dislike it. The Siberian natives have no use for salt. In Africa most Negroes live and die without ever hearing of this "essential of life." In Europe for long periods salt was so expensive that only the rich could afford it."

"Bartholomew found the Chinese of the interior to be healthy and that they do not use salt. The Bedouins consider the use of salt ridiculous. The high-landers of Nepal refuse salt, as do the Kamschatdales. Millions of natives of Central Africa have never tasted salt. The Dardas of Southwest Africa "never take salt by any chance."

"In Thoreau's account of his life in the woods, he refers to salt as "that grossest of groceries," and tells us that he discontinued its use and found that he was less thirsty thereafter while suffering no ill effects. He also says that he found that the Indians whom he encountered in his wandering did not use it."

"Since the time Graham started his crusade and condemned the use of salt along with all other condiments, literally hundreds of thousands of people in America have

discontinued the use of salt, many families of children have been reared without it, and no harm has ever come from abstinence from this "essential of animal life." For more than twenty years I have excluded salt from the diets of my patients and have watched them get well without this supposed-to-be indispensable article of "diet." Some of these patients have not returned to the use of salt after leaving my care. Some of them have reared their children without it. Nowhere has any evidence of any harm from a lack of salt been observable.

Why, with all the historical, observational, empirical and experimental evidence that is available bearing on this subject, will men continue to declare that "salt is essential to animal life"?

Why will they ignore the facts and cling to a superstition?"

--- from, Felix L. Oswald, founder of [www.realrawfood.com](http://www.realrawfood.com)