



# PROPER SEASONING FOR THE SEASON

## THE NATURAL SALT DIFFERENCE

The conclusive arguments presented here demonstrate the need for salt, but that doesn't mean that all salt is good for your body. We have argued that salt in its natural state is beneficial to many biological systems, however, one must seek the correct source of salt in order to eliminate possible health risks.

This is because in the industrial refining process of table salt, as many as 82 trace minerals and essential macro nutrients are forcibly removed, leaving only a single compound made of sodium and chlorine. Thus, refined white salt is a biologically changing, completely unnatural and chemicalized substance.

In fact, refinery salt may legally receive up to 2% of chemical additives, such as bleaches, anti-caking agents, and conditioners. Ferrocyanide, yellow prussiate of soda, tricalcium phosphate, alumino-calcium silicate, sodium alumino-silicate, are anti-caking agents whose role is to prevent the salt from mixing with water, in the box or in the body.<sup>1</sup>

DYNAMITE'S® NTM Salt is an all-natural, un-bleached salt with no additives and no harmful anti-caking agents. It is mined from ancient deposits that were formed before modern environmental pollutants existed.

Because life is so closely dependent upon the presence of sodium it is important not to eliminate salt from your diet. The better suggestion would be to switch from processed, refined salt to NTM Salt in order to provide the essential sodium without the harmful additives.\*

NTM Salt is perfect for use in all your favorite recipes. NTM Salt can also come in handy outside the kitchen. Simply add to a warm tub for a rejuvenating soak for the body or just the feet. You can also add it to your favorite scented oil to create a luxurious, natural exfoliant.

### Resources:

1. Excerpts taken from "The Value of Real Salt" published by The Grain and Salt Society
2. [www.tarryall.net](http://www.tarryall.net)

In fact, one entire study, widely disseminated, actually depended on just one 24-hour recall of sodium intake rather than measuring the concentration of sodium in a 24-hour urine specimen which would have provided more accurate information about dietary habits and excess consumption.

Additionally, Rosch cites Michael Alderman, MD, a highly regarded epidemiologist and past president of The American Society of Hypertension who scrutinized the same data in patients who were not overweight.

Alderman himself has long been critical of the government's low sodium diet advice for large populations and their focus on sodium intake as it relates to blood pressure rather than to the overall health, quality and length of life of individuals. He examined the relationship between sodium intake and health effects in 3,000 patients with mild to moderate hypertension. In addition, his group measured sodium excretion, which is much more accurate than estimating dietary intake. At the end of four years, they found that those who consumed the least sodium had the most myocardial infarctions and other cardiovascular complications.

The reason for this is that when you restrict vital nutrients like salt (or cholesterol) all sorts of strange things can result. In fact, low sodium diets can increase levels of renin, aldosterone, and LDL (the "bad" fat) in direct proportion to the degree of sodium reduction. In fact, the study showed that renin is possibly the most powerful and dangerous blood pressure raising substance known. Indeed, the study done by Alderman's group found that for every 2% increase in pretreatment plasma renin activity there was a 25% increase in heart attacks yet no such correlation was found with increased sodium intake.

Although there do seem to be some individuals who have salt-sensitive hypertension, an eight-year study of New York hypertensives found that those on low-salt diets had more than four times as many heart attacks as controls with normal sodium intake.

According to Dr. Rosch, "Since the government began promoting sodium restriction and diuretics three decades ago, the incidence of hypertension and strokes has increased and the previous declining rate of heart attacks has leveled off."

He goes on to say that such low sodium diets also result in insulin resistance, reduced sexual activity in men and cognitive difficulties and anorexia in the elderly.

Natural salt is the most basic condiment as well as a staple food; it possesses the power to rejuvenate the body's bio-systems, therefore is a powerful remedy for countless health problems. Clean, unrefined natural salt, used in the proper manner, has reversed many a "chronic illness" and restored wholeness in just a few days.

Because of its complex beneficial minerals and bio-electronic power, it offers countless health benefits: it balances alkalinity/acidity levels, restores good digestion, and relieves allergies and skin diseases. Natural salt provides renewed energy, and at the same time gives higher resistance to infections and bacterial diseases. Natural salt is also the greatest alkaline-forming substance known; therefore, if a natural and better diet is undertaken in order to heal, it should include NTM Salt.

The absence of salt in the daily diet greatly hampers absorption of the nutrition contained in grains and vegetables as it renders them unable to function as natural healing agents.<sup>1</sup>

### SALT AND HIGH BLOOD PRESSURE\*

Paul J. Rosch, MD, FACP, president of The American Institute of Stress and clinical professor of Medicine and Psychiatry at New York Medical College says in the Health and Stress newsletter of The American Institute of Stress that modern studies and observations, such as the \$1.3 billion 1984 Intersalt Study, have been fatally flawed by ignoring conflicting data such as the fact that "...as sodium intake increased there was a decrease in blood pressure..."

Dr. Rosch claims the anti-salt statisticians had a field day with other data also including the fact that dietary sodium intake was associated with higher rates of illness and death only in participants who were overweight; there was no correlation between sodium and increased cardiovascular disease risk in the remainder.

\* Consult your health professional before making dietary changes.

# FERMENTATION FACTS

The traditional holiday menu consists of savory meats, rich carbohydrates and creamy side dishes. This year, however, we suggest taking an alternative approach to preparing the perfect companion dish for the usual, turkey and gravy. This year consider a cultured (fermented) vegetable dish that is not only nutritious and easy to make, but also aids in the digestion process.

We aren't going as far as to suggest serving bratwurst & sauerkraut to your mother-in-law for that special family gathering, however savory it may be, but you should remember that just ¼-½ cup of a cultured vegetables on a regular basis as a tasty side dish, in roll-ups, in salads/slaws, as stuffing for pork & fowl or even as marinades, can make an incredible difference in total health.

This is because fermentation supports beneficial intestinal bacterial colonies thus increasing digestibility (nutrient uptake). In other words, raw cultured foods containing live bacteria & enzymes act as pro-biotics.

Lacto-fermentation (referring to the friendly bacteria that turn sugars into lactic acid) foods have been known for over six thousand years. Historically, enzyme-rich fermented products have been used as a superior source of Vitamin C during winter months or for travelers/seamen, as a baby food, and as a general source of health and longevity. During the Civil War, according to Linda Forristal's website, "some enlightened doctors fed sauerkraut to prisoners of war, reducing the death rate from smallpox from 90% to 5%."

Cultured vegetables can last a year or more if stored in a cool place, but fruits should be eaten within a few months as they can become 'hard' fairly easily.

## Modern studies confirm that fermented foods:

- Promote beneficial microflora to colonize our intestines
- Produce beneficial enzymes
- Allow our bodies to absorb vitamins (in particular C, & B12), minerals, nutritional value and omega 3s more effectively
- Regulate the level of acidity in the digestive tract
- Act as anti-oxidants.
- Impede cancerous growths
- Reduce sweet cravings so are especially useful in weight control diets
- Maintain blood glucose levels even eating other high carbohydrate foods
- Aid in digesting heavy protein/fat meals
- Control yeast overgrowth
- Can alleviate arthritis, allergies, & especially Crohn's disease
- Reduce osteoporosis
- Rid pregnant/nursing mothers even to aiding appropriate & beneficial colonization of the birth canal
- Control spread of viruses/pathogenic yeasts/intestinal parasites & even e-coli

The recipes here are strictly for brine/salt-based using ONLY **DYNAMITE® NTM Salt**; however, 4 T whey can be used as an inoculant to speed the process but you should reduce salt by 1 tsp if adding whey.

One way to obtain whey is by draining yogurt: Pour 1 qt of live-culture yogurt into a cheesecloth-lined strainer laid over a bowl to gather approximately a pint of whey in a 24-hour period. The "yocheese" left in the strainer can be used in place of cream cheese.

## Fantastic Fermentation Recipes

### Basic Sauerkraut

Chop/shred 4 cups clean cabbage; mix with 1 tsp juniper berries, 1/2 tsp cumin, mustard seed, 1T **NTM Salt**, and 1 cup purified water. Pack into wide mouth quart jar adding water if necessary to bring water to just at 1" from top of jar; cover tightly, keep at room temp (72°) for 2-4 days then put into cool (40°) storage to improve with age

### Variations include:

**KOREAN KIM CHEE:** Add 6 cloves garlic, 2 sliced onions & shredded carrots, 1T grated ginger & 1 tsp chili flakes  
**JAPANESE TSUKEMONO:** Add 1 cup sliced green onions, 2T soy sauce & lemon juice  
**LITHUANIAN KOPÛSTAI:** Omit mustard seed & add 1 lgrated carrot, 1 cup cranberries, 1T caraway seed & agave syrup  
**MEXICAN CORTIDO:** Add 2 cups shredded carrots, onions, 3T oregano  
**CHOW CHOW:** Add 3 cups chopped cauliflower & red & green bell peppers, 6 small sliced onions, 2 tsp celery seed

### Beets

1 qt washed/peeled "pearl" beets (or larger sliced), 1 thin sliced red onion, 1 full sprig tarragon, 1T **NTM Salt**, 1/4 tsp aniseed, nutmeg, peppercorns, & 2-4 whole cloves; optional 1T grated horseradish

### Carrots

1 qt sliced carrots, 2-3 grated daikon (Japanese radishes), 1 tsp grated ginger, 1T **NTM Salt**

### Cucumbers

1 qt whole small pickling cucumbers (or larger sliced), 2 cloves sliced garlic, 1 full sprig dill, 1T **NTM Salt**

### Green Tomatoes

1 qt chopped green tomatoes, 1-2 sliced onions, 1 thin sliced sweet red pepper, 1 full sprig marjoram, 1T **NTM Salt**

### Red Cabbage

4 cups red cabbage, 1 grated Granny Smith apple, 1 full sprig marjoram & 1 bay leaf, 1T **NTM Salt**