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SWITCH TO ROCK SALT

No wonder in the olden days BP problem was ever heard of. WE didn't have the Iodized Salt!!

WE all must switch to Rock Salt

STRESS RELIEF. Is salt bad for hypertension?

What is bad for hypertension is iodized salt, which is a fake salt. It is made up of only 3 synthetic chemicals, sodium, chloride, iodine. It does not melt in water (glistens like diamonds), does NOT melt in the body, does not melt in the kidneys, gives kidney stones, and raises blood pressure. However, it is the salt favoured by the drug-based doctors who say it is very clean and sanitary, pointing to how white it is and how it glistens like diamonds. The fake salt is man-made in a factory.

The true salt, which comes from the sea and dried under the sun and commonly called rock salt, has 72 natural minerals including natural sodium, chloride, and iodine. It melts in water, melts in your body, melts in the kidneys, does not give kidney stones, and best of all, brings down blood pressure and stops/prevents muscle cramps, numbness, tingling.

If you get muscle cramps in the lower legs at night, just take a half teaspoon of rock salt and a glass of water, and the cramps with its horrific pain will be gone in 5 minutes.

The highest BP that came my way was in a woman who had a BP of 240/140 and came to my house at 10:30 pm on what she said was a matter of "life and death" because the high BP was already giving her a crushing headache, especially the back of her head. She could not walk up the 6 shallow steps to my porch. Two men had to help her, one on each side, in addition to the cane that she needed to prop herself up.

Immediate testing found that she had her BP of 240/140 and the crushing pain in the head, her body's water content was only 6% (normal is 75%), salt content was zero, potassium was 96% deficient, and cardiac output (blood flow from the heart) was only 40% (normal is 100%). So the blood supply to the head was 60% deficient.

I gave her one 6" long green chili (hot pepper), 1 raw ripe saba banana, 1/2 teaspoon of rock salt and 3 8-oz glasses of tap water. The chili was to normalize cardiac output and shoot blood to the head, the saba banana was for the potassium deficiency and to have food in the

stomach because pepper will give a stomach ache if the stomach is empty, and the rock salt and the water were the first aid for her severe dehydration which was causing her arteries to be dry and stiff and her blood to be thick and sticky, because they were dehydrated.

After 5 minutes, she said, "The pain in my head is gone." We took her BP, it was 115/75, and cardiac output was up to 100%. She walked out of the house to her car without the men helping her and without the cane. She has been taking 2.5 teaspoons of rock salt, 15 glasses of water, 6 Saba bananas and 3 of the long pepper daily since then (beginning September 2009), and her BP and cardiac output have been normal since then.

Two months later, in November, at a PCAM round table forum on hypertension in Club Filipino, she gave her testimony, followed by her brother who said that she grew 2", because the salt and the water had refilled her compressed disc spaces in her vertebral column. The disc spaces had become compressed because they had become dehydrated since the fluid filling up these discs is 95% water.

Why salt? Because without salt the body cannot retain water no matter how much water is drunk. You will still be dehydrated because you will just keep urinating and sweating the water out. This is not an isolated case. When BP is rising high but there is little or no headache but there is stiffness of shoulder and neck muscles, all you need to normalize the BP and remove the stiffness and the pain in 5 minutes is 1/2 teaspoon of rock salt and 3 glasses of water. If there is crushing pain in the head, it means blood supply to the head is lacking, and you will need the chili to normalize it and shoot blood to the head and remove the extreme pain.

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