

SALT

WHAT PROACTIVE STEP SHOULD YOU TAKE ON THE HEALTH RISKS



NEWSLETTER

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Cut Down On Salt?

- Read food labels before making any purchases to stay informed about sodium content.
- Following a whole-food diet can significantly help lower your daily salt intake.
- Over time, as you decrease your salt consumption, your taste buds will adapt to lower sodium levels, allowing you to fully enjoy the natural flavors of food.

REDUCE SALT

If reducing salt is difficult, try a blend of 50% potassium chloride and 50% sodium chloride to cut sodium intake by half. Enhance flavors with black pepper, fresh herbs, and spices to keep meals tasty.

TOO LITTLE SALT MEANS?

The primary cause of hyponatremia is an excess of fluid (water) in the body. This dilution effect reduces the concentration of sodium in the blood, making it appear low. Another frequent reason for this condition is the significant loss of sodium through urine and/or sweat.



EXCESSIVE SALT IN PROCESSED & PACKAGED FOODS

Many foods contain salt because it prevents microbial growth in packaged items. Additionally, it helps foods taste better to the human palate. A simple blood test is used to measure the level of sodium in your blood.

These routine visits are crucial for catching problems early and monitoring your progress.



SALT AND HEALTH RISKS

High blood pressure has rightfully earned the title of “the silent killer.” It often goes unnoticed, causing no symptoms while stealthily damaging your arteries, heart, brain, and kidneys. Over time, this damage greatly heightens your risk of heart attack, stroke, heart failure, and kidney disease. What’s particularly alarming is that many individuals with high blood pressure are unaware they have it.

Excessive salt intake depletes calcium,

increasing the risk of weakened bones. A 2010 estimate suggested that reducing sodium by 1 gram daily could be more cost-effective than prescribing blood pressure medications for hypertension.

Excessive salt intake increases the risk of noncommunicable diseases, especially hypertension, which can lead to strokes, cardiovascular diseases, and kidney disease. It is linked to 30% of hypertension cases and 1.65 million cardiovascular deaths annually, and is also associated with a higher risk of gastric cancer.

Resources:

Action on Salt. N.D. “Salt and Your Health.” Action on Salt. Queen Mary University of London. <https://www.actiononsalt.org.uk/salthealth/>
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National Institutes of Health. 2010. “The Health Benefits of Cutting Salt.” <https://www.nih.gov/news-events/nih-research-matters/health-benefits-cutting-salt>
<https://heartofwellness.org/the-truth-about-salt/>

