

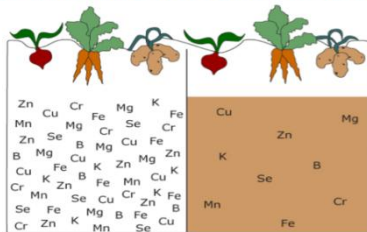
Why is Sea Salt Better than Rock Salt

Minerals are Vital for Human Life

They contribute to the absorption of vitamins and, they play a major role in neutralizing the acidity in our body.

They also are an important part of our body structure.

PLANTS MAY LOOK THE SAME, BUT
THEY NOW HAVE FAR FEWER MINERALS.



Over hundreds of millions of years to the present time, land gradually became deficient in the elements. Now we depend on chemical fertilizers with only a few minerals. So the food we eat no longer supplies the necessary variety and quantity of the elements to maintain a Biological Terrain containing the complete Periodic Table.

In the early 1900s, McCann proved that animals fed a mineral-free diet **died faster that if not fed at all.**

Unfortunately, as Dr WESTON Price noticed in early 1900, our soil is already depleted of these minerals and so therefore are the plants growing in that soil.

Phytoplankton, Zooplankton, Fish and Man

This depleting process did not happen in the ocean at the same rate as in our western soils.

It is the Phytoplankton in the ocean which converts inorganic substances into bio-available minerals and then the zooplankton eating the phytoplankton concentrate these minerals. Ref, Prof M. Aubert of the University of Nice, and J. Craig Venter, Ph. D (the first to sequence the human genome).

Bio-available minerals - this is an important point: in order to be **ABSORBED** minerals need to be **BIO-AVAILABLE**.

We **CANNOT** eat minerals directly from the ground; we **CANNOT** go into our gardens, take some rock, grind it up, dissolve it and eat it. **THAT DOES NOT WORK.**

Man cannot eat rocks. Plants “digest” minerals from the soil and then man can eat the plants and **ABSORB** the minerals. The plants make the minerals **BIO-AVAILABLE** for man.

This is the food chain.

Why is Sea Salt Better than Rock Salt?

Providing the **sea salt** is UNWASHED and UNREFINED it will **contain these bio-available minerals**. This is why some sea salts are **grey**.

If we wash the salt to make it white, we might wash away some of these precious bio-available minerals, essential for our health.

Rock salt is a mineral salt, it comes from a mine. The mine is an old dead sea which was buried over millions of years by movements in the Earth's crust. During this process, the bio-available minerals of the sea; **fossilized and became rock**.

Man's food needs to come from living sources. Man can only eat and absorb minerals which are bio-available. This is why **sea salt is better than rock salt**.

So basically, **sea salt is food for man; rock salt is food for plants**.

Atlantic Grey Sea Salt or Celtic Sea Salt™



Atlantic Grey Sea Salt is harvested by hand on the Atlantic coast of France; it is a nationally preserved area and registered as a World heritage Site since 2002.

It is obtained by sun and wind evaporation and is **free of any pollutants from mechanical and chemical processes**.

It contains a **high percentage of bio-available minerals and trace elements** (calcium, potassium, magnesium, iron, manganese, sulphur, zinc and other nutritive elements). **This is why it is grey**.

These organic minerals **are all the basic food** for our cells and **glandular system**. It can contain **natural iodine** which is the food **for the thyroid gland**.

The thyroid gland plays an important role in detoxifying the body.

The thyroid gland also controls growth of the body and builds the central nervous system. **This is very important for CHILDREN**.

This salt will nourish the body. It has been recommended, for decades, by MDs.

Extracts from the book: A New Understanding of Sea, Minerals and Salt by Andre Delamare
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