

Water and Salt the Foundation of Natural Health and Longevity

Many elements are critical to sustaining life and a strong immune system. The four most important ones are: water, oxygen, sodium and potassium. In order to maintain health, they all must be in balance. All of these nutrients have to coexist in right proportions in order for a human body to function properly. Let us remember that the best nutrients are produced by nature - live unprocessed foods.

People sometimes call the human body a machine. Of course, the human body is not a machine, but it can be certainly compared to one.

Like a machine, the human body is made up of many systems, all of which are responsible for completing specific tasks. All of the systems in the human body work together and are responsible for running the body in a smooth and efficient way.

Like a machine, the body needs energy to work. In such a mechanism as a car, the energy comes from the gas burned by the engine. Yet human body is far more complex than any man made machine - it is alive.

Everyone wants to live a long and healthy life. Why therefore, don't we take enough care to provide our bodies with the right quantity of quality elements that it needs to live and function properly? Maybe the reason is the lack of proper information.

So why don't we study our bodies and their functions? What do we need to be healthy, and how do we properly provide for the needs of our body's systems?

Would we ever supply our car with an inadequate amount of or a contaminated form of engine oil, gas or air? Of course not! Unless we did not care for its performance and longevity.

So, let us briefly and in a simplified form look at the basic elements that our body needs to function properly.

From a physiological point of view, water serves the following functions: it carries nutrients to all cells in the body and removes unneeded products of metabolism; it allows nutrients to get converted to energy; it regulates body temperature and moisturizes inhaled air.

Salt (Sodium Chloride) is indispensable to life-everyone has 100 to 200 grams of salt in the body. Salt helps to maintain the proper volume of blood in the body and stabilizes proportions of water inside and outside of cells. It plays a vital role in the digestive process and regulates the cardiovascular system. It is also necessary for proper functioning of the nerves that carry impulses to and from the brain. Sodium in combination with calcium, magnesium and potassium helps to regulate metabolism of the body. Together with potassium it regulates the pH balance of blood, and is also necessary for correct functioning of muscles.

The cells in our body are 70% water - our brain is 90% water. The condition of our joints and blood vessels, the presence of liver and kidney stones, and the complexion of our skin all depend on the quality of water that we drink.

Water in our body cells is under a special structured form. All fluids that we consume must be purified and transformed into that specific form. The energy necessary for processing all the fluids we ingest depends on their kind and quality. The more energy is used for unnecessary water processing, the less remains for repairing of our cells and fighting diseases.

Water is obviously a primary factor in maintaining our health and energy. The tiny combination of three nuclei and ten electrons of water possesses special properties that make it unique among the more than 15 million chemical species we presently know. There are three aspects of water that are getting more and more attention: pH, its structure and its subtle energies.

Every one eats salt. We must have it in order to produce bicarbonate and stomach acid, to digest food and to retain water necessary for our organisms. However, too much salt can lead to problems such as edema (as in swollen legs) and other malfunctions of the human body.

It is known that a potassium-sodium imbalance caused by missing potassium, sodium and calcium is the cause of high blood pressure and the main source of major diseases.

The human body contains two types of salty waters: one type is held inside of the cells of the body and the other is held outside of the cells. Good health depends on the balance of these two types of water. This balance is maintained by a sodium-potassium pump system. The amount of sodium outside the cells has to be matched by an equivalent amount of potassium inside the cells. Since the volume of water inside the cells is greater than the volume of water outside of them, the cells have to be supplied with potassium in order to hold the pressure of water equally balanced. Cells would not be able to hold enough water without potassium.

Even natural, mineralized salt is chlorine bound to sodium but it is better than no sodium at all. Yet the best sodium we can supply our bodies with occurs naturally in vegetables. The key to maintaining good health is eating live (not processed) fresh vegetables and fruits and drinking plenty of pure water.

A human being is an entity whose soul and body form a union. This is why it is not possible to heal the body without considering the state of the soul and vice versa.

- Kan Funajana, an ancient Japanese physician.

Disclaimer:

The information in this article should not be considered medical advice. The information in this article is not meant to treat, diagnose, prescribe or cure any ailment. Always consult with your physician before taking any products or following any advice you have read in this article.

MSc. Eng. PE. Majored in Chemical Engineering. Specialized in the science of water purification. Fifteen years ago took interest in natural healing methods, which led him to the area of salt therapy and its devices.

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