

[Download] The Salt Fix: Why Experts Got It All Wrong - and How Eating More Might Save Your Life

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We all know the dangers of sugar and salt: but the danger attributed to the second white crystal has more to do with getting too little of it, not too much. Too little salt can shift the body into semi-starvation mode, causing insulin resistance, and may even cause twice as much fat to be absorbed for every gram that's consumed. Too little salt in certain populations can also actually increase blood pressure as well as resting heart rate. In order to hydrate and nourish our cells, transmit nerve signals, contract our muscles, ensure proper digestion and breathing, and maintain proper heart function, we need salt. In this book, a leading cardiovascular research scientist and doctor of pharmacy overturns conventional thinking about salt and explores the little-understood importance of it, the health dangers of having too little, and how salt can actually help you improve sports performance, crush sugar cravings, and stave off common chronic illnesses.

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