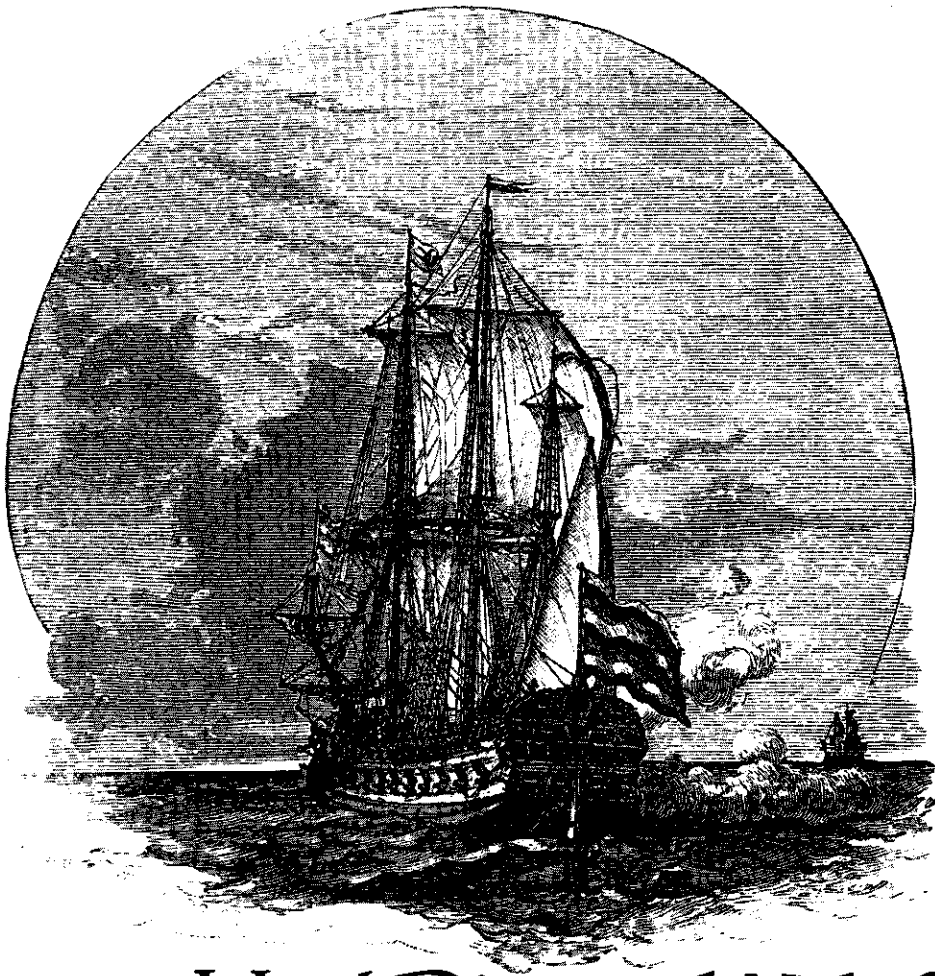




How to Heal Disease With Salt: the Forgotten Wisdom of the Ancient Mariners

by Sam Biser

Published by The University of Natural Healing Inc.



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Revised 8/10/94

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The approaches described in this report are not offered as cures, prescriptions, diagnoses, or a means of diagnosing different conditions. The information contained in this document is the expression of various opinions — not *approved* medical fact.

Most medical experts would strongly disagree with the opinions expressed by the various individuals interviewed in this Report.

This is our great dilemma: On one hand, we wholeheartedly believe in the superiority of natural methods over drugs and surgery.

On the other hand, we also know that modern medicine has perfected its health care delivery system to where a patient can receive essentially the same quality of care in one city as in another. By contrast, the delivery system for alternative medicine is atrocious, disorganized, erratic and a potential threat to a patient's well-being.

However much the editor and publisher believe in natural methods, they must still face the fact that modern medicine is poised and prepared to cure the sick with appropriate standards that are applied and enforced. No such standards exist in the world of natural therapy. Hence the sincerely-given warning: Do not endanger yourself. It is essential that you consult a medical doctor before you self-diagnose

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Table of Contents

Introduction	9
---------------------------	----------

Lesson #1:

How Salt Changed History!	10
---------------------------------	-----------

Why men went to war over salt	11
-------------------------------------	----

* Salt deprivation is so dangerous that judges in the Middle Ages in Holland and Sweden, when they sentenced a criminal to death, offered immediate execution, or a month in a cell without salt — a slow agonizing death..... 12

* "A salt shortage in Bengal, where the average daily consumption is five grams, would mean famine and wholesale death." M.R. Bloch..... 13

* The vampire was not a fairy tale. The phenomenon occurred during medieval salt shortages in which people killed other people and drank their blood to get salt

* When college students tested a salt-free diet, the experiment had to be called off because the students were suffering so badly, they were losing their will to live. 17

* When mobs stormed the French state prison, the Bastille, in 1789, King Louis repealed the salt tax. But it was too late. The revolution had begun..... 19

* Two hundred years ago, in North Carolina, the settlers were making salt the healthy way through ancient Celtic methods. But Dutch traders convinced the nation to buy 'pure' boiled salt — and America has been off course ever since. 22

Lesson #2:

Your Body Is A Battery. Keep It Charged!	26
--	-----------

If you deplete your body of salt, disease will await you.....	27
--	----

* If Mankind could have gotten their sodium from vegetables, they would never have risked jail and death for it..... 28

* A salty soup before meals re-charges the body so it can replenish from its fatigue. 30

- * Not eating the right salt promotes stupidity and lack of mental development. — Sam Biser..... 32
- * Salting food helps to bring out its natural sweetness..... 33
- * BISER'S LAW of AGING: If your cells cannot re-generate, they de-generate. Without sodium, this is what happens. 35
- * A low-salt diet accelerates aging, because it inhibits cell repair..... 36
- * Celtic salt contains dissolved gases which give off a violet-like fragrance when it is heated. 37
- * With refined salt, your taste buds become stunned and weakened..... 37
- * 39
- * If the fish cannot survive in refined salt water, can we expect our own cells to survive in it?..... 39

Lesson #3:

- Bones and Muscles..... **42**
- How the right salts promote bone growth and flexible muscles..... 43
- * People don't realize that the salt may not help them as much if they won't exercise daily..... 45
- * Reader builds endurance — not just energy — through the use of Celtic salt..... 46

Lesson #4:

- Kidney and Bladder..... **48**
- Longevity advice from the healthfood establishment can wreck your bladder function..... 49
- * Sodium is needed for the maintenance and regeneration of kidney and bladder tissue..... 49
- * The right kinds of magnesium will cause the kidneys to begin to expel water that has accumulated from refined salt..... 50
- * Reader cures kidney and bladder problems with salt..... 52

* Kidney stones; their prevention and possible removal..... 54

Lesson #5:

Heart and Blood Pressure..... **56**

Heart and blood pressure problems are often caused
by a lack of good salt..... 57

* In most cases, high blood pressure is not lowered by reducing sodium
intake. Moreover, sodium is needed to cleanse arteries..... 58

* The finest chefs know that dissolved salt water helps to prevent foods from
becoming too greasy. A similar thing happens in our arteries: the proper
salts cleanse grease from the arterial walls..... 59

* How salt helps eliminate sugar cravings..... 60

* Celtic salt lowers the blood pressure, because it removes the excess sodium
from the tissues..... 61

* When I was 55, I had the blood pressure of a twenty-year old..... 62

* People who eat meat or chicken need to salt it to restore the salinity that
was in these foods when they were slaughtered. — Sam Biser..... 63

* If people consumed a richly-mineralized natural salt, they would find
they need much less salt in their food..... 65

* A close friend of Dr. De Langre makes special magnesium-rich salt clay
to use for her mother's heart condition..... 67

* Reader with congestive heart failure gets better on good salt..... 68

* If you are still skeptical and believe that a salt-restricted diet is the
rightway to go, consider the following points..... 70

* "The excess salt theory is in fact a very powerful one...My own view is
that this is not proved and that it is not right to go...and launch an
anti-salt campaign unless we have better evidence."..... 72

* Several important facts have escaped the public in this heated issue..... 73

* Still other doctors have found that in some cases, high blood pressure
is dangerously aggravated by salt restriction..... 74

- * Dr. Zanchetti and six other discussants questioned the wisdom of a generalized campaign to lower high blood pressure, when “it seems that some patients are at risk from even quite minor falls in blood pressure.” 75
- * Dr. John M. Cruickshank, whose studies were the focal point of the roundtable discussion, has determined that there may well be a threshold below which it becomes dangerous to try to lower certain patients’ blood pressure..... 76

Lesson #6:

- A low sodium means low sex drive..... **77**
- Salt has a major role in regulating sexual energy..... 78
 - * On refined salt, the sperm count goes down and the sperm become more sluggish — due to starvation for minerals..... 78
 - * The excess iodine in refined salt will suppress sexual development in a child..... 79
 - * A lack of salt or the wrong salt alters and distorts a woman’s sexual expression..... 82
 - * Middle-aged mineral deficiency: a big reason for male menopause..... 82

Lesson #7:

- Feeding Your Brain..... **86**
- Proper salt charges the brain..... 87
 - * Sodium is essential to brain function. A lack of it will gradually turn you into an idiot, or ‘mentally dense,’ if you need a softer phrase. — Sam Biser .. 87
 - * Lack of salt affects the brain’s emotional development. 88
 - * Without salt, the brains cells, like all other cells, cannot maintain their integrity. They go downhill, i.e. degenerate. — Sam Biser..... 90
 - * In France, they soak mentally depressed or Alzheimer’s patients in salty water — and cure them..... 90
 - * How one woman came out of a pit of despair through the use of Celtic salt. 92

- * A woman who used to fall apart under stress can now tolerate it..... 95
- * Man notices calming effect of proper salt on his children. 95
- * Remember salt's effect on increasing courage and determination.
It worked for the Romans and can work for you — Sam Biser..... 95

Lesson #8:

The Use of Healing Salt Baths	98
Baths — a neglected form of healing.....	100
* The skin is not only an organ of elimination. It is an organ of absorption, and that's why salt baths are so healing.....	100
* Different types of ocean water therapy.....	101
* Cleansing reactions from sea water therapy.....	102
* The French government actually recommends the use of sea water therapy.....	103
* How to get the benefit of French seawater spas in your home.....	103
* If you make the bath temperature too hot, you can weaken yourself.....	104
* If you ever use a hot tub, you have to take salt immediately afterward to replenish what you lost in the hot waters.....	105
* The best time of time of day to take a salt bath is not when you expect.....	106
* Native Americans used ice-cold baths to re-invigorate their bodies when the winter was over.....	107
* How to make the magnesium-rich 'mother liquor' solution for special healing. — Sam Biser.....	108
* Over 600 different illnesses have been cured using the 'mother liquor' solution.....	109
* How to use salt to help retard hair loss.....	110
* How one woman uses salt for so many family ailments, they call her the 'salt lady.'	111

- * The different types of Celtic salts, including the one that women prefer. 111
- * We are creating a new Dark Ages in America — because of a glut of the wrong salt. 112

Lesson #9:

The Unknown History of Saline Therapy..... **114**

- Hundreds of clinics in France were curing people with saline therapy — but the medical people closed them down. 116
- * Scottish physician makes breakthrough for saline therapy in the 1800's, but no one follows-up on his work. 117
- * An alternative to blood transfusions?..... 119
- * Help for terminal patients..... 120

Lesson #10:

Questions and Answers..... **124**

- Important questions on the use of Celtic salt. 125
- * The big mistake people make when they start using Celtic salt. 125
- * How you can tell when you have overdone it with natural salt. 126
- * Factors that determine how much salt you should use. 126
- * Salt can clear eyes of mucous..... 127
- * How to deal with cleansing reactions which can be triggered by Celtic salt. 127
- * Tips on bathing with Celtic salt. 129
- * Using salt to head off a cold or flu — or to reduce its severity..... 129
- * Kidney conditions are helped by salt..... 130
- * How to make your drinking water healthier. 130
- * Celtic salt is critical for vegetarians..... 131
- * Celtic salt is very beneficial to women and their special needs. 131

- * Celtic salt can be used for rejuvenating tired animals. 132
- * I used Celtic salt to help my pet Scottish Terrier. 133
- * Try killing fleas with Celtic salt. 134
- * The best way to store Celtic salt. 134

Lesson #11:

- Testimonials From Readers **136**
- Testimonials..... 137
 - * He tried Chelation therapy, vitamins, minerals — nothing really helped all his health problems until he began using Celtic salt..... 137
 - * The fat drops off without leaving saggy skin. 140
 - * His 30-year blood pressure problem is now under control. 142
 - * Her iridologist is now using Celtic salt she was so impressed with it. 143
 - * Celtic salt made their skin as soft as a baby's. 145
 - * Celtic salt may be an appetite suppressant. 146
 - * He was able to reduce his blood pressure medicine..... 147
 - * Celtic salt helps with depression..... 147
 - * Enemas are more natural, less traumatic, when Celtic salt is added..... 148
 - * One family's "Success Story" 151
 - * For information on purchasing Celtic salt, here is where to write:..... 154
 - * Please write to me personally and tell me of the results you achieve with this information. Your story could save someone else's life..... 155

Dedication



To the late Jacques De Langres, Ph.D., who worked to awaken Mankind to the salt-filled heritage of the ancient peoples.

Introduction

This special report features the lifework of the late Jacques De Langre, Ph.D. He was the leading proponent in the world for the use of natural ocean salt in our diets.

Dr. De Langre studied the health benefits of salt for over 30 years. He had a Ph.D. in biochemistry from the University of Brussels. He wrote two books on this topic, *Sea Salt's Hidden Powers*, and *Sea Salt, the Vital Spark for Life*.

Because of his vibrant enthusiasm for salt, they called him "The Salt Man." Doctors from Australia, Italy, New Zealand, Japan, England and Africa called him at all hours seeking his wisdom on salt.

His recent passing this last December was a horrible to shock to all of us at the University of Natural Healing.

Through my many conversations with him, I found it was impossible to speak with him for even a few minutes and not be enlightened. His knowledge has changed my life and my own health, and through this report, I can share with you the conversations I have had with one of God's pioneers. The world needs what he learned.



How to Heal Disease With Salt: the Forgotten Wisdom of the Ancient Mariners

by Sam Biser

Lesson #1 **How Salt Changed History!**

WARNING: For proper diagnosis and treatment of any diseases, please see your medical doctor without delay. It is your responsibility to discuss these natural programs with your doctor before you try them. To delay appropriate medical treatment can prove fatal. Do not try any of these natural methods mentioned in this Course without first consulting your medical doctor — because they can cause harm, instead of benefit.

Why men went to war over salt.

Salt is so essential to life that men have murdered for it, and wars have been waged over it.

Did you know that...

* When Julius Caesar attacked the barbarians in northern Europe, he took with him not only his armies, but his 'salinators' — the men who would make salt for him.

* The Roman Emperors Vespasian and Titus waged endless wars in the Holy Land — not for religious reasons, but to maintain control of the salt mines near the Dead Sea.

* In Medieval France, salt was taxed so greatly that men would risk 15 years slavery on the King's ships — or life imprisonment — to try to get some tax-free salt for their families. This tax, called the 'gabelle,' was one of the main reasons for the French Revolution.

* In Africa, a scarcity of salt made it more precious than human freedom. Families often sold children into slavery for a handful of salt. As recently as 1882, a traveler in British East Africa reported that he was offered a young girl in exchange for four loaves of salt.

Our first lesson discusses how the need — and greed for salt has changed history. No mere seasoning could have ever caused such upheavals.

Salt deprivation is so dangerous that judges in the Middle Ages in Holland and Sweden, when they sentenced a criminal to death, offered immediate execution, or a month in a cell without salt — a slow agonizing death.

BISER: *Centuries and centuries ago, did people know about the benefits of salt?*

DE LANGRE: Yes, they did. The knowledge has been inherent in mankind throughout history.

In 1963, *Scientific American* published an article called “The Social Influence of Salt” by M. R. Bloch which describes the many different civilizations whose development depended upon their access to salt. The article points out that some of the earliest known agricultural settlements arose near the Dead Sea — the world’s saltiest body of water. And most population densities throughout the world tended to be higher in areas where salt could be found.

According to Bloch, “There were salt swamps in Persia, the deserts of Egypt and the Sahara.”

For example, a salt mine at Camp Verde in Arizona made possible the Salt River civilization of pre-Columbian times.

We can find numerous references to salt in the Bible, and even in the Koran.

BISER: *What kinds of references?*

DE LANGRE: Well, for instance, in the Koran, Mohammed had a whole code on how to take care of the body. The Koran requires “ablution in the morning” — by this they mean immersing the body in salt water.

BISER: *Mohammed knew about the value of salt?*

DE LANGRE: Yes, he did. You can find references in other religions as well. In the Christian religion, baptism used to be much more than a religious ceremony — it was actually a way to ensure the health of the child. The traditional baptismal font (which today is filled with plain water) would be filled with “mother liquor” — heavy, magnesium-laden salt water.

A midwife has told me that is how they saved what are called “blue babies,” babies that are starving for oxygen. They dip them in this magnesium-rich water and rub it gently into the baby, and it saves them.

By dipping any newborn in this extra-salty water, they would galvanize the baby, help him through the first few days of life.

BISER: *Sort of like jumpstarting a car?*

DE LANGRE: Exactly. As a matter of fact, I have a Russian friend who tells me that even to this day, Russian mothers who are ready to give birth are placed in a tub filled with saline solution matching the salinity of the amniotic fluid — so the babies are born into a familiar, energizing environment which reduces the trauma of birth.

“A salt shortage in Bengal, where the average daily consumption is five grams, would mean famine and wholesale death.” M.R. Bloch

BISER: *So salt has historically been given great importance all over the world?*

DE LANGRE: Oh, yes — you'd be surprised at how many different cultural traditions have celebrated and revolved around salt.

Towns and cities have been named after it — Salzburg, Austria; Saltsville, Virginia; Salt Lake City, Utah. Even back to Biblical times, the name “Sodom” is extracted from the Hebrew word for salt.

The Bible contains a strong understanding of the power of salt. Remember the quote in II Chronicles — “Don't you know that the Lord, God of Israel, has given the kingship of Israel to David and his descendants forever by a covenant of salt?”¹ The Bible is full of such references — in fact, no sacrifice to God was offered without being accompanied by salt.

“The natives in the market places of Central Africa invariably turn up their noses at trinkets and household goods, if they can get salt instead. Men have been murdered for salt. Wars have raged over it....”

— G. L. Eskew (1948)
Salt, The Fifth Element

The vampire was not a fairy tale. The phenomenon occurred during medieval salt shortages in which people killed other people and drank their blood to get salt.

BISER: *What happened when people couldn't get good salt?*

DE LANGRE: Those have been the times when whole populations have fallen into deep despair.

1. II Chronicles xiii, 5

Derek Denton writes that in Africa, children were sold into slavery in exchange for the import of salt to the continent's interior. In fact, salt was so scarce in the east and south that it had to be obtained from the blood of animals or from cattle urine.

And did you know that the legend of the vampire began during one such period in Europe? In the Dark Ages, there was a raising of the ocean due to glacial melting. In other words, the level of the ocean was raised to the point that it flooded all the salt flats of Europe.

According to the Belgian Historian Henri Pirenne, in his work, Economic and Social History of Medieval Europe, the salt shortage was to cause Europe to fall into an economic dark age. The salt flats virtually disappeared. The coastal areas were abandoned.

The whole of Europe suffered from a salt famine that was to last almost 500 years. The daily average ration fell to less than 2 grams per person and caused many to die from dehydration and madness.

There was a terrible shortage of salt, compounded by the fact that royalty were exacting a high tax on what salt was left. The people were cut off from salt completely.

BISER: *What did they do to survive?*

DE LANGRE: Many of them grew too ill and weak to do anything at all. The more aggressive ones would assault the weaker ones and cut their jugular veins to drink the victims' blood, which was salty. That was the origin of the myth of the vampire.

BISER: *People did all that for salt? Couldn't it have been for the protein blood contains?*

DE LANGRE: Perhaps. But blood is one of the saltiest parts of the body. Remember the infamous Andes mountain plane crash years ago? Denton



Citizens of Verona, Italy had to get salt through rationing boards in the 14th Century.

says the survivors were forced to eat the flesh of the ones who had died in order to stay alive, but they found it was also necessary to eat the frozen blood because of the salt content.

Men and women throughout history have taken desperate measures to get salt where there was none.

“Kings and priests maintained their rule and obtained their income through their monopoly of salt, on which the population was helplessly dependent. By their control of the military forces that guarded the stores of salt these rulers exercised a power of life and death over their people.”

— M.R. Bloch
“The Social Influence of Salt”

When college students tested a salt-free diet, the experiment had to be called off because the students were suffering so badly, they were losing their will to live.

BISER: *What kinds of measures?*

DE LANGRE: Well, I'd say the French Revolution was pretty extreme. Prior to the Revolution, peasant families suffered because they could not afford the extraordinary tax (*gabelle*) that had been placed on salt; yet they were forbidden by law to buy salt elsewhere.

Men who tried to “bootleg” salt for their starving families were sentenced to life imprisonment or to the galleys as slaves if they got

caught. The *gabelle* was one of the main reasons for the French Revolution.

[Editor's Note: Salt taxes were not limited to the ancient world. According to Robert Kraske, "As recently as 1947, the people of India paid a salt tax to the British Government."

Salt was such a valuable commodity in Europe at that time that rationing and taxation became a way of life. Until medieval times, it was regarded in Italy as contraband! According to Eskew in Salt: The Fifth Element, "The Englishman Locke visited Venice in 1553 and noted the current legislation regarding salt: 'Neither may any man in Venice buy more salt than he spendeth in the city, for if he be known to carie (carry) one ounce out of the city, and be accused therefor, he loseth an ear.'"

Not only did civilization collapse "The Dark Ages" due to salt famine caused by a raising of the ocean levels in 500 A.D., but civilization flowered when proper salt was ample! According to M.R. Bloch, "At the height of the ancient Greek and Phoenician civilizations, the sea level was more than three feet lower than it is today. For 1,000 years or so, saltmaking in solar pans and in peat marshes flourished in the Mediterranean, the Atlantic and the North Sea."

Also, not many people know it, but lack of salt helped caused the Confederacy in America to lose the Civil War to the North. In his book, Crystals of Life, The Story of Salt, author Robert Kraske describes how the Union blockaded Southern ports and destroyed the salt-making operations of the South whenever they could find them. Before the War, salt sold in the South for about 17 cents for a seventy-pound bushel. At the end of the war, salt was so scarce that it brought \$350 a bushel.]

BISER: *Jacques, people waited in rationing lines, conquered foreign lands, even risked their lives to get salt — this doesn't happen with*

just any old spice. Entire populations could be repressed by simply withholding their salt supply. If that isn't testimony to the importance of salt, I don't know what is!

DE LANGRE: It is amazing how much we have forgotten over the centuries, isn't it? It is our job to remind everyone of their salt-filled heritage, so that we can regain the benefits.

BISER: *Clearly, people recognized the importance of salt long before the Celtic methods of salt farming began. Did most cultures have the right idea about how to make good salt?*

When mobs stormed the French state prison, the Bastille, in 1789, King Louis repealed the salt tax. But it was too late. The revolution had begun.

DE LANGRE: There seem to have been several different systems of salt-gathering, but the Celtic method was by far the most efficient in the sense that it keeps the salt so pure.

The Celts were a seafaring people; they spread their salt-harvesting techniques as far around the world as they could reach. Everywhere they went, they taught the culture and cultivation of wheat, grain and salt-making. Isolated salt beds still exist in parts of Hawaii, Southern China — even the Plains Indians in Mexico continue a tradition similar to the Celtic salt-making.

We also have evidence that salt pans were used in ancient China — and are still being used now. And, of course, there are the last remaining Celtic salt flats, located on 9,000 acres along the shores of Brittany, France.

These flats have been designated as a national preservation in France. Unfortunately, 9,000 acres are not nearly enough to supply today's population with good salt.

BISER: *From all this history, it sounds as though salt has played a big role in the rise and fall of civilization.*

DE LANGRE: Oh, yes — whoever controlled the salt supply controlled the people. Take the Romans, for one. They had one of the finest salt extractions along the whole coastline of Italy. Bastions of soldiers were put in place to guard the Romans' salt supply. The soldiers guarded the Via Salaria — the Salt Road — that carried ox carts full of salt from the seacoast 150 miles all the way to Rome, the capitol. This is where the term “salary” comes from, for the soldiers were paid with that which they protected — salt from the Adriatic.

But the guarded supply wasn't enough — Rome became greedy and began to seek salt elsewhere. Bloch describes how two Roman emperors, Vespasian and Titus, tried to conquer the desert areas around the Dead Sea for no apparent reason, except that the Sea provided so much salt.

In France, it has even been suggested that salt deprivation due to high taxation was a cause of the decline in birth rate in the 18th century. Though few people would consider lack of salt a “famine,” the ill health effects on the population must have been very similar to the typical effects of malnutrition.

You can see that people have always needed salt for strength and for courage — without it, they do not have the strength to face up to life's adversities. That is why Roman soldiers who lacked the courage to defend their post were considered “not worth their salt.”

THE
OLD FARMER
AND HIS
ALMANACK

Being some **OBSERVATIONS** on Life and Manners
in New England a *Hundred Years Ago*

Suggested by Reading the Earlier Numbers of
MR. ROBERT B. THOMAS'S FARMER'S
ALMANACK

Together with Extracts Curious, Instructive, and Entertaining, as well as a Variety of Miscellaneous Matter

BY **GEORGE LYMAN KITTREDGE**



EMBELLISHED WITH ENGRAVINGS

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1974

As discussed in this Almanac, the Continental Congress, in 1776, "procured the circulation of a pamphlet on the 'Art of Making Common Salt. It calls attention to the manufacture of the so-called 'bay-salt' by evaporation, as practiced in the French marshes and urges the Colonies to institute it, since boiling is more expensive and produces an inferior article."

“...Napoleon Bonaparte bitterly observed that salt is a must in a soldier’s diet. He should know! He left 400,000 dead on the retreat from Moscow and attributed his men’s inability to resist...to the lack of salt in their food.”

— G. L. Eskew
Salt, The Fifth Element

Two hundred years ago, in North Carolina, the settlers were making salt the healthy way through ancient Celtic methods. But Dutch traders convinced the nation to buy ‘pure’ boiled salt — and America has been off course ever since.

BISER: *Clearly, people recognized the value of salt as far back as prehistoric times, Jacques. But what about our own country — where did we fall off the track?*

DE LANGRE: The United States wasn’t always “in the dark” about good salt. *The Old Farmer and his Almanac* (1974) tells how in 1776 the Continental Congress issued a pamphlet on the “Art of Making Common Salt.” The pamphlet suggested that colonists should stop wasting precious fuel by heating the seawater for salt, and should instead follow the techniques of evaporation used in the French salt marshes.

Though few people know it now, the colonies once tried to implement the use of salt flats in the Celtic tradition. Some people say this was a way of rebelling against the British, for the British preferred to boil their salt.

BISER: *Then what happened to change things?*

DE LANGRE: I'd say there are two major reasons why salt-making has fallen by the wayside. Our first problem was a Western obsession with "purity." Although the American colonists were on the right track, using the French bay method of salt-making, colonists were still wooed by the Dutch settlers who introduced a "whiter" version of salt.

You see, in Holland it is too cloudy to use the sun-drying methods used in France. So the Dutch boiled their salt instead. The boiling method produced a salt that was nice and white and dry. Of course, people in the colonies saw this flowing white salt, and thought, "This looks pure — it must be a better salt."

BISER: *It's ironic that the pure, white salt they preferred was actually impure. You said there was another reason for the switch?*

DE LANGRE: The second had to do with industry. When salt refiners realized they could profit from the individual elements in whole salt, they began to break it down into its individual elements and sell the minerals to industrial companies for a high price.

Most people don't make this connection, but one of the most profitable industries is mineral explosives. Our space program, our defense system — so many things depend on them — and those minerals can be found in sea salt. It's more profitable to sell minerals to the aerospace industry than it would be to feed whole salt to your basic consumer for 39 cents a pound!

Magnesium is especially valuable. The salt refining industry has a primary objective to remove magnesium from the salt *before* they give it to the consumer — because magnesium is a very good explosive. That is why when you see a salt refinery, there's usually an ammunition factory nearby. The magnesium gets sold to the ammunition factory for a high price, and we get what is left.

BISER: *So the salt that reaches our dinner tables is really the dregs — the stuff nobody wants.*

DE LANGRE: Yes. And the tragedy is that the refiners were able to convince the U.S.D.A. and the Codex Alimentarius that refined salt is the “safest” salt for human consumption.

BISER: *Can you explain the Codex standard?*

DE LANGRE: Sure. The Codex is a collection of international standards for food products, as determined by a committee of the United Nations. The U.S.D.A. accepts the Codex standards in determining which foods are fit for human consumption.

Unfortunately, the salt refiners were consulted by the Codex committee to determine the standards for salt. They saw a great opportunity and decreed that salt should contain no more than “2% impurities” — and they classified all the minerals and trace elements in sea salt as impurities.

BISER: *But in reality, they aren't “purifying” our salt — they're debasing it, in the name of technology. We'd be better off if we were a less-developed country following the old salt-making traditions, wouldn't we?*

DE LANGRE: Well, that's another tragedy. Third World countries have been invaded by the American technology for salt-making. In many parts of South America you will find refineries that have been set up by the so-called “foreign aid” services. The first thing they do is make white salt and iodize it.

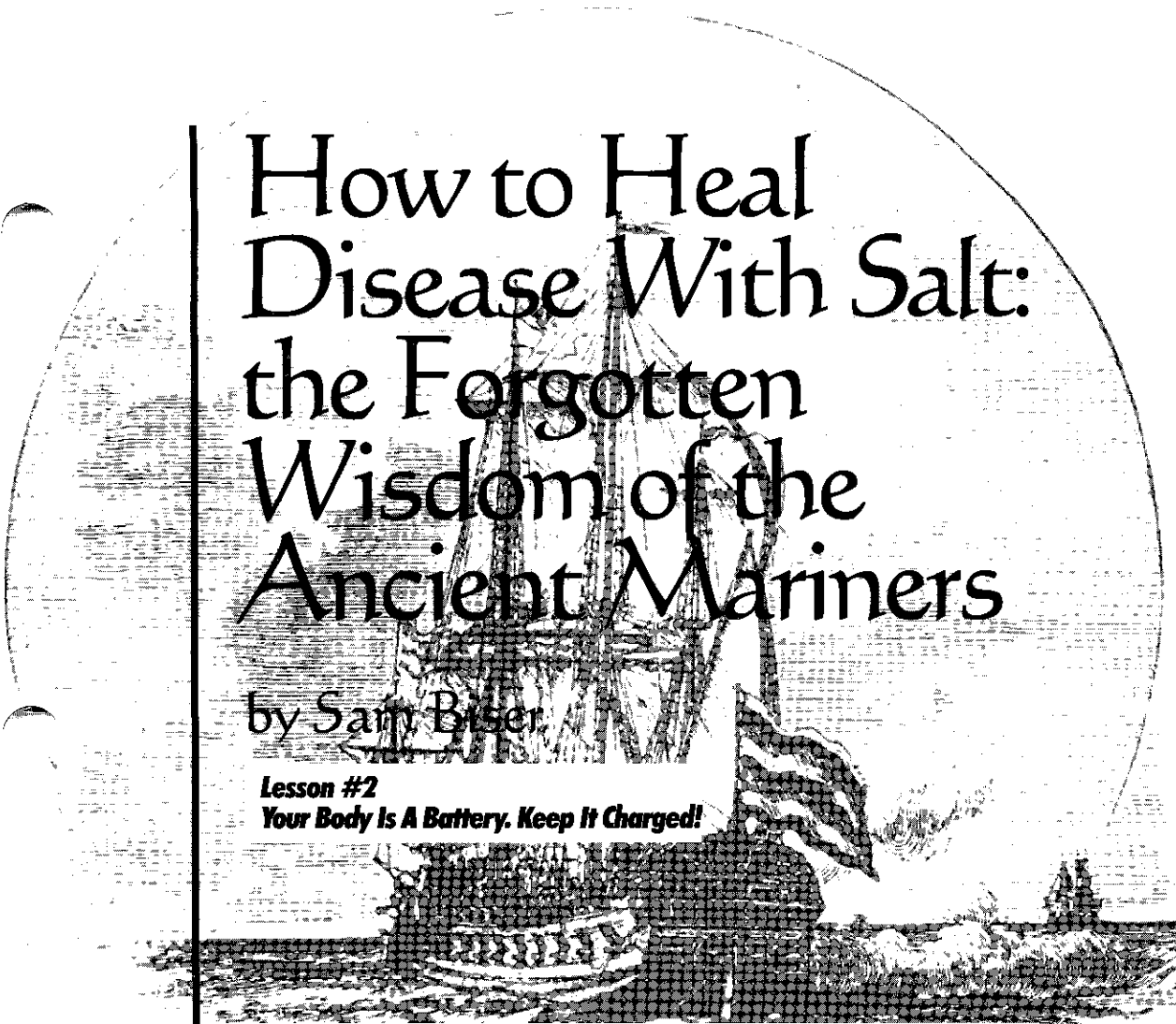
I visited an area in Guatemala and asked, “What kind of salt do you have here?” and they immediately replied, “Iodized.” They were so proud to be able to show me some typical, Western “white salt.”

But not everyone has been duped by this false logic. I was greatly encouraged by a letter I received recently.

I have been corresponding with the President of a small Republic in the Caribbean. He told me, “We have been completely overrun by the American system of making salt. We used to make salt in the tradition of our ancestors...Now our people are sick because these large refineries have come to our island for the climate...They are making salt which makes us sick but makes them rich.”

BISER: *He wants to return to the old ways because he knows they are better.*

DE LANGRE: He is a wise man. Centuries ago, man followed his instinct — and that instinct led him to salt. Today, our “inner voice” has been stifled by ideas like “technology” and “advancement” — we’ve lost track of what is truly good for us. And our health is suffering for it. But the proper salt will go a long way in helping us regain the health we’ve been lacking.



How to Heal Disease With Salt: the Forgotten Wisdom of the Ancient Mariners

by Sam Biser

Lesson #2

Your Body Is A Battery. Keep It Charged!

WARNING: For proper diagnosis and treatment of any diseases, please see your medical doctor without delay. It is your responsibility to discuss these natural programs with your doctor before you try them. To delay appropriate medical treatment can prove fatal. Do not try any of these natural methods mentioned in this Course without first consulting your medical doctor — because they can cause harm, instead of benefit.

If you deplete your body of salt, disease will await you.

Judging from today's health authorities, sodium is a poison. They imply you will live longer and healthier without it.

What I need to get through to you is this:

If you continue to remain ignorant of the wisdom of salt, you may end up one very sick and aged person, and all your modern-day health knowledge may prove as useless as a fire extinguisher in a forest fire.

Let me help you. For example, did you know that you can get up to seven times the nutrition out of vegetables by using the right salts? That's because salt breaks down into sodium and chlorine — needed in the production of hydrochloric acid for our stomachs.

Without the right salts -- we'd have to have three stomachs and chew our cud all day long -- like a cow -- just to break down our vegetables into what we need.

Not only that, but people who don't know how to use salts will become as dumb as cows — because your brain needs sodium. In spite of all our vitamins, we're going to be a nation of ding-a-lings. Without sodium, we can't think straight. Our judgement is clouded.

And why? Because without sodium, we no longer have the mechanism to regenerate brain cells. Nothing regenerates without sodium — nothing! Never forget BISER'S LAW of AGING: If your cells cannot re-generate, they de-generate.

Your body runs on salt the way the economy runs on money. Without electrolytes, you have NO energy — because your cells can't make it. The right salts -- used in the right ways — are the greatest inhibitors of aging.

For example, so many older people have brittle bones. It's because their sodium is too low. A sodium-depleted body causes minerals to deposit abnormally in arteries, eyes, kidneys — and results in hardening of the arteries, cataracts, and kidney failure.

If Mankind could have gotten their sodium from vegetables, they would never have risked jail and death for it.

BISER: *How do most people react when you tell them that salt is good for them?*

DE LANGRE: Some laugh. Some immediately get defensive and say, "I can't eat salt. My doctor says it's bad for me."

BISER: *The medical establishment is telling us to stay away from salt — we will live longer and stay healthier without it. Is that true?*

DE LANGRE: That is absolutely incorrect. That is like telling a fish to stay out of water.

You cannot function without salt. Our entire body is a marine environment — we are all little bags of salt walking on earth. The blood plasma is a salty fluid, the extracellular fluids are salty — even sweat and tears are salty. That is probably the best biological proof we have that our bodies are enhanced by salt.

BISER: *Can you explain then why the scientific and medical communities are so against salt?*

DE LANGRE: Science has arrived at some dangerous conclusions based on the *wrong* salt. I'd say 99 percent of the world's research on salt is based on commercial table salt. They think all salt is the same — but they're wrong.

American scientists are still in the “dark ages” of making good salt. The only recognized salt is the white, refined table salt, so we continue to accept and spread the word on the dangers of salt. Yet a diet free of salt has problems of its own.

“The recommended reduction in salt intake is arbitrary and based simply on the grounds of convenience... [T]he potential harmful consequences of salt restriction have not been examined...”

— Dr. J.J. Brown and twelve others
The Lancet, August 25, 1984

BISER: *You have written that a healthy and active life-style demands an adequate intake of salt. Is that true?*

DE LANGRE: The current medical belief that our body can do just fine without salt, or on a low salt diet, is causing more problems than it tries to solve.

People forget that everyone was born from a salty solution — our mothers' amniotic fluid. The amniotic fluid is a salty “mini-ocean” for the fetus. This is a prime example of why we need all of the ocean's minerals as part of our make-up. This is the first thing anyone should discuss when talking about salt. This is basic.

Your very blood needs salt to function. An article in the July, 1963 issue of *Scientific American* called “The Social Influence of Salt” made a very strong argument for the necessity of salt in the body. It said, “The

chemical requirements of the human body demand that the salt concentration in the blood be kept constant.” They discussed how you can die on a completely saltless diet.

BISER: *What exactly does salt do for our health?*

DE LANGRE: Salt has an infinite number of roles in our health. One of its most important properties is that it recharges the cells and energizes the body.

The body’s natural salinity maintains the cells. The salt actually helps our cells produce other necessary minerals in our bodies, and recharges the cells in much the same way as we recharge a battery. The better you maintain the battery, the longer it lasts.

A salty soup before meals re-charges the body so it can replenish from its fatigue.

BISER: *Can’t we get the necessary minerals from the foods we eat?*

DE LANGRE: Yes and no. The minerals are present in the food, but salt affects what your body does with those minerals, because salt affects digestion.

Take potassium, for example. You can eat as many potassium-rich foods as you like, but they won’t do you much good unless you are taking some salt as well. When you present your body with a bunch of raw vegetables, it cannot digest them properly without salt.

Traditionally, even in hot weather, people used to eat a salty soup at the beginning of a meal; the reason is that salt will re-enrich your saliva so that your body can manufacture the proper digestive juices to break down the complex carbohydrates, celluloids and chlorophyll from the vegetables which contain potassium. It actually creates hydrochloric acid.

BISER: *How does it do that?*

DE LANGRE: Hydrochloric acid is made from the hydrolyzation of chlorine. And the chlorine comes from the sodium chloride.

BISER: *Why can't we get the same benefit from seaweed?*

DE LANGRE: Quite a few people ask me that question. Seaweed is a great source of iodine, because it is able to concentrate the iodine. However, you must remember that which lives in the sea cannot be like the sea — like fish, seaweed filters the salt out of salt water.

The only salt you find in seaweed is the residual salt that clings to the surface when you pull it from the water. In fact, when you cook seaweed, you have to add quite a bit of salt to make it tasty, and also to help you digest it, because it is very high in protein.

Incidentally, people should be aware that there is a whole list of seaweeds and kelps that are actually poisonous, so great care should be taken when selecting them for food.

“Salt deprivation is a predicament of the vast areas where...men depend primarily on a vegetarian diet. On such a diet a human being needs a minimum of two to five grams of additional salt per day in mineral form.”

— M. R. Bloch
“The Social Influence of Salt”
Scientific American, July, 1963

BISER: *What do you think of the nutritionists who preach “no salt?”*

DE LANGRE: Those nutritionists are wrong. I know what they say. But there is a tendency among natural food followers to sort of listen with half an ear to the establishment dictates, like “no salt.” They should know better.

Vegetarians need salt more than anyone else. I have talked to people who have been on plain, leafy green vegetables and raw foods for years. I say, “add a little salt to this.” They start adding a little salt. And finally they start digesting, not burping on their greens anymore.

One reader called me up and said, “I have been very successful. I have published countless books on vegetarianism and raw foods — and I’ve been on it myself for eighteen years. But after reading your book, I realize that I have been completely wrong and you are right. Thousands of people have followed me and I have been putting out bad information.”

Not eating the right salt promotes stupidity and lack of mental development. — Sam Biser

BISER: *And he is part of the natural food movement?*

DE LANGRE: Yes. He is part of the natural food movement, and his life and work have been turned around because of Celtic salt.

He was brave — and wise — to come to terms with his mistake. Most doctors and nutritionists would rather let people stay on the wrong track than to admit their life’s work was useless.

BISER: *But, Jacques, you know what they say — we should be more like the animals — eat a lot of vegetables, and forget about salt.*

DE LANGRE: Sure — that’s great advice. For a cow.

If you spent all day long chewing your cud and had multiple stomachs to digest your food, then yes, maybe you could get all your nutrients from raw, unsalted greenery.

When you use the Celtic salt, I would say you can get up to seven times the nutrition out of vegetables. It increases food's potency and enhances the positive effect of nutrients.

Without salt, we would end up with the mental capacity of a bunch of bovines. I've seen it myself — people who eat nothing but greens for twenty years and they are not that swift.

And if you want to compare us with animals, look at Derek Denton's book, *The Hunger for Salt*. He explains in great detail how many animal species — particularly herbivores — seek out salt sources to supplement their vegetable diets.

Salting food helps to bring out its natural sweetness.

BISER: *Does cooking or boiling harm the Celtic salt?*

DE LANGRE: Ideally you want to cook the salt as little as possible. It is best to add the Celtic salt to your food directly. When you cook with the salt, try to add it to the food towards the end of the cooking, when there is almost no boiling going on — just a low simmer.

Salt brings the true flavor out in vegetables. My grandchildren gobble up their vegetables at our house — there isn't anything they won't eat, because the Celtic salt makes everything more delicious. It even enhances sweet flavors in foods.

BISER: *Salt makes things taste sweeter?*

DE LANGRE: Oh, yes. I was in a restaurant where they served us a sorbet with fresh strawberries, and I played a little game with the waiter.

I called him over to the table and said, "Taste this" and I gave him a piece of plain strawberry. "It's insipid," he said, "It has no taste."

Then I gave him a piece of the same strawberry with a few Celtic salt crystals dissolved on it. He was so surprised at the difference — "What have you done with this?" he asked. He knew it wasn't sugar, the taste was more natural than sugary. It was the salt that brought out the flavor.

"In addition to being unpalatable, severe salt restriction has posed medical risks...Patients may develop lassitude, anorexia, nausea, muscle twitching, and abdominal cramps..."

— John A. Laragh, M.D.
Mark S. Pecker, M.D.

BISER: *How exactly does a salt-free diet harm us?*

DE LANGRE: There is a general rule of osmosis that applies to all our bodily functions: Water goes wherever salt goes. If we do not replenish the salt supply in our bodies, we throw off the vital balance of salt and water which keeps us functioning normally. The body will begin to secrete water more quickly in order to raise the level of sodium concentration in the bloodstream.

BISER: *What kinds of symptoms occur when a person loses too much salt? Can they actually feel the depletion?*

DE LANGRE: Of course they can. I think the effects can best be demonstrated with an actual example. In *The Wisdom of the Body*, Dr. Walter B. Cannon discusses the effects of salt deprivation in great detail. One of the cases he describes involves an experiment performed by a scientist named Taylor, who put himself on a completely salt-free diet.

Taylor reported that early in the experiment, he began to sweat profusely and lose his appetite. Within a few days, he experienced extreme fatigue, and after a week, his muscles became sore and stiff and began to twitch. Finally, he began to experience insomnia, but by then he was afraid to continue the experiment, because his symptoms had become so severe.

Taylor's experiment brought forth the standard reaction to a lack of salt. Dr. William D. Snively described a terrible case where a doctor prescribed tap water enemas for a two-year-old little girl, and the girl went into convulsions from having all the sodium and other electrolytes washed out of her bowels. She almost died.¹

BISER'S LAW of AGING: If your cells cannot re-generate, they de-generate. Without sodium, this is what happens.

BISER: *I'd say sodium deficiency is a lot more serious than most people would expect. You said earlier that salt helps our cells make energy. Does this mean our bodies cannot make energy without sodium?*

DE LANGRE: Yes, exactly. Without proper salt, the cells cannot regenerate and they have no energy.

You see, the cells actually take sodium from the saline fluid surrounding them and convert the sodium to potassium to create energy and cool down the body.

The Bai Bai of the Gobi desert have it down to a science. They salt their tea at night to conserve energy before they sleep, because they don't drink at all during the day.

1. Snively, William D. *Sea of Life*. New York: David McKay Co., Inc. pp. 56-57.

BISER: *Why don't they drink all day? Doesn't the heat from the sun deplete their body fluids?*

DE LANGRE: Yes, it does deplete them, and that is precisely why they do not drink more.

As you know, when your body sweats, it loses electrolytes as well as fluids. The Bai Bai know the value of conserving as much salt in their bodies as possible. If they drank water during the day under the hot sun, they would continue to lose electrolytes and they would get weaker.

Instead, they wait until they are at rest, no longer sweating. Then they replenish their mineral supply and save up their strength for the next day. The salt gives them energy to endure the day's work.

A low-salt diet accelerates aging, because it inhibits cell repair.

BISER: *Based on all you've told us so far, would you say that a low-salt diet can cause accelerated aging?*

DE LANGRE: It certainly can. Denying yourself the proper salt worsens every problem in which cell repair and rejuvenation must occur to maintain body function.

This is probably the single, most important biological fact that must be considered when talking about Celtic salt. Deprived of that saline solution, the cells age.

We have to look at salt as a tool for longevity, because when you ensure your body's salinity, you maintain the cells in the same way that a fish is maintained by swimming in the sea.

You can't function without salt. As I said earlier, you can't digest food without salt. Your heart can't function. Your adrenals can't function. Your liver can't function. Sodium is the predominant electrolyte (cation) in the circulating blood plasma and tissue fluids. Your cells must be

bathed in a sodium-based, extracellular fluid. When the cells are not in this fluid, they will explode.

The cells of a mammal deprived of sodium literally explode.

And here's another thing to consider: If salt is so bad, why do they give saline solutions intravenously to hospital patients?

BISER: *Why do they?*

DE LANGRE: Because the body *runs* on salt. Without salt, we run out of electrolytes. And without electrolytes, our batteries "die out."

However, taking refined salt is not the answer. This will promote pathological calcification and a breakdown of cellular tissue.

Celtic salt contains dissolved gases which give off a violet-like fragrance when it is heated.

BISER: *I think we should point out the differences between regular, refined salt and Celtic salt. Can you explain the difference?*



DE LANGRE: Certainly. People in this country generally think of all salt as sodium chloride. When people talk about salt, they overlook completely the fact that there are 84 other elements in natural salt which serve as a buffer to protect people from the harshness of pure sodium chloride.

Nature put those buffers there for two very important reasons: first, to make sure that our bodies could use the sodium properly; and second, to ensure that once the sodium has been utilized, it will be eliminated completely and quickly through the kidneys.

With refined salt, your taste buds become stunned and weakened.

BISER: *Does Celtic salt contain all of the 84 elements you referred to?*

DE LANGRE: Celtic salt contains every element that is in seawater, minus the mud. The salt is as whole as the seawater it came from.

The best way to see the difference between refined salt and Celtic salt is with a taste test. First taste some Celtic salt. Your taste buds will be gently awakened.

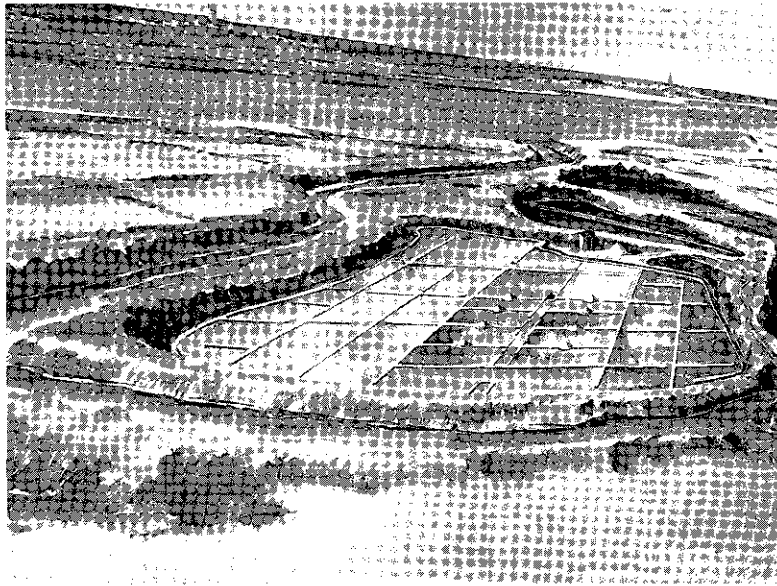
If you put the refined salt on your tongue, your tongue will be out of commission for at least 30 minutes. You cannot taste anything else. Your sense of taste is repressed. This is why people tend to pile the salt on in restaurants — the salt irritates their taste buds and represses them.

BISER: *In simple terms, can you describe how Celtic salt is made?*

DE LANGRE: To make the Celtic salt, ocean water is channeled through a mile-long decanting lake. This causes the salt particles to precipitate to the bottom. The water then becomes a beautiful blue, more beautiful than any tropical ocean. The water is then guided in spirals along a series of concentrating ponds for 1-2 miles.

When the salt reaches a certain concentration, the excess, heavy magnesium salts sink to the bottom, where they are filtered out. (These magnesium salts are called the bitters, and I will explain later how useful they are.)

Finally, the water is channeled to shallow flats which allow the sun and wind to evaporate the water, and the salt crystals are harvested by hand from the flats. There is never any heat used, so what remains is a pure, moist, biologically active salt. No chemicals or preservatives of any kind are added.



A picture of salt flats where Atlantic ocean brine becomes Celtic salt.

If the fish cannot survive in refined salt water, can we expect our own cells to survive in it?

BISER: *When did the Celtic method originate?*

DE LANGRE: The Celtic process started well over 900 years ago. The Celtic people of France changed the archaic boiling method of preparing salt. In return they were given royalty status.

It's a shame that the salt you find in stores today is so ultra-refined, it has lost all traces of nature or goodness. Common table salt would literally kill a fish. In the 1900s a medical doctor named Jacques Loeb, from the University of California, performed an experiment. He put some fish in a tank of water mixed with refined salt, in the same concentration as the salt found in sea water. All the fish died.

BISER: *Good point. But then, how does Celtic salt compare with the natural sea salts sold in health food stores?*

DE LANGRE: Unfortunately those sea salts can be just as bad for you as regular table salt. In fact, they often come from the same refineries.

You can tell the difference between Celtic salt and commercial sea salt by examining them closely. Refined salt is very dry — it holds barely any moisture at all. This indicates that all the magnesium has been extracted from the salt, because magnesium clings to water.

Celtic salt attracts moisture to itself. That is why you have to keep it covered. It will also draw impurities in the air to itself, just like it does in the body — another reason to keep it covered.

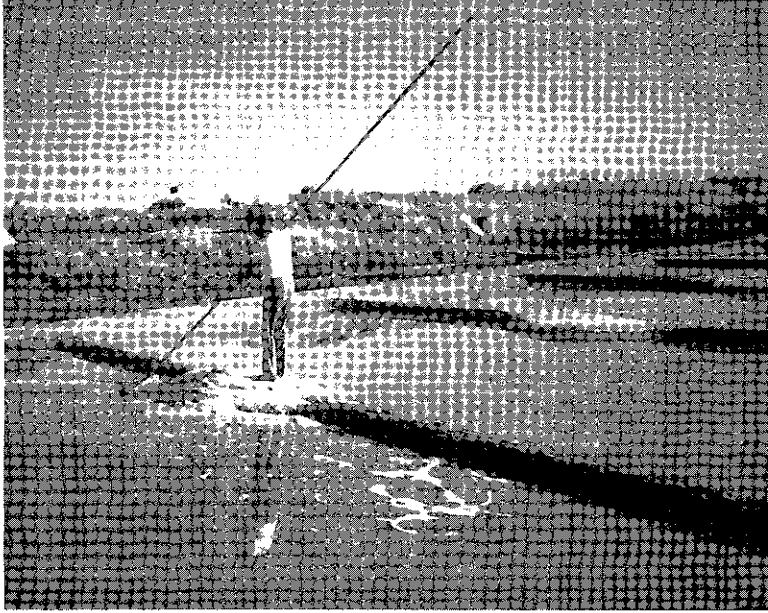
BISER: *How about salt from deep salt mines, or from ancient sea beds?*

DE LANGRE: Again, these salts are not fit for human consumption.

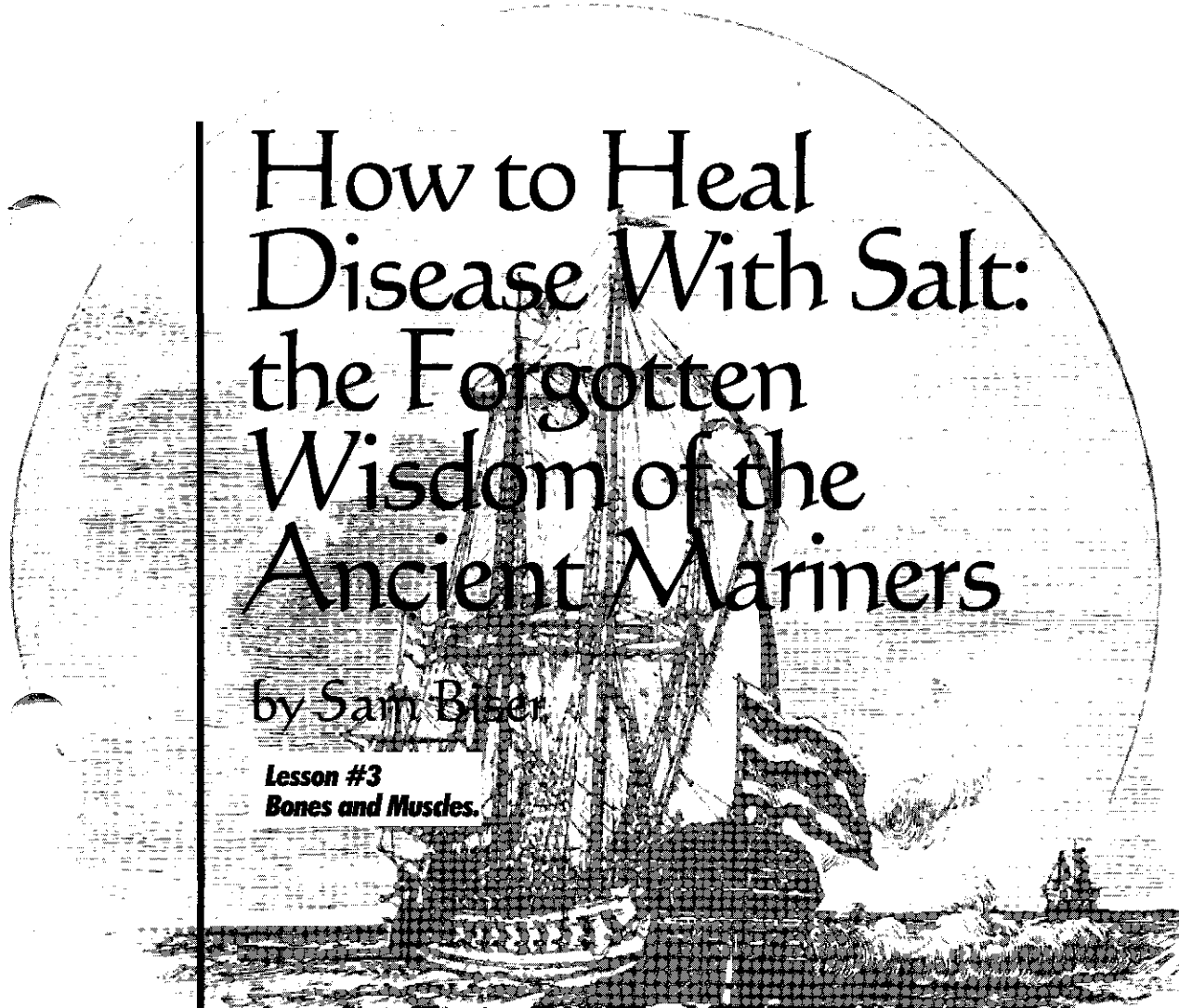
Thousands of years of rainfall through many geological layers will deplete vital minerals from the salt. Most of the elements are driven down far below the salt line. As a result, the natural balance of the salt is gone; the salt will either have too many minerals, or not enough.

Celtic salt has been recognized by the French government as a Red Label food, which is the same as Grade A here in the United States — it's a prime food. People who begin to use the Celtic salt find that they only use about one-third the amount that they would use with other salts, for the simple reason that the Celtic salt has a perfect balance of minerals.

Your Body Is A Battery. Keep It Charged!



Celtic salt being harvested off the coast of Brittany. Tragically, hardly any salt flats are left in the whole world. To save mankind, this ancient practice must be revived, said salt pioneer Jacques De Langre.



How to Heal Disease With Salt: the Forgotten Wisdom of the Ancient Mariners

by Sam Biser

Lesson #3
Bones and Muscles.

WARNING: For proper diagnosis and treatment of any diseases, please see your medical doctor without delay. It is your responsibility to discuss these natural programs with your doctor before you try them. To delay appropriate medical treatment can prove fatal. Do not try any of these natural methods mentioned in this Course without first consulting your medical doctor — because they can cause harm, instead of benefit.

How the right salts promote bone growth and flexible muscles.

In this third lesson, we continue our discussion with Dr. De Langre.

BISER: *Does Celtic salt have a direct influence on bone growth?*

DE LANGRE: During the formative years, until a child is about seven or eight, magnesium acts in the skeleton as a jelling factor — it is responsible for healthy bone development. The magnesium in the salt is vital to this process.

BISER: *Will people who are on salt-free diets have stronger bones?*

DE LANGRE: Their bones will be more brittle, actually, because healthy calcification occurs only with the presence of sodium — not in its absence.

BISER: *So a high calcium and low sodium diet will actually deny them the tools that are necessary for strong bones?*

DE LANGRE: Exactly. And if they take calcium supplements, something called pathological calcification can occur. This is when little spurs and malformations occur and the joints begin to swell up.

BISER: *Then how is it that experiments seem to show more bone density when a person takes more calcium?*

DE LANGRE: Perhaps, but malformation of the bones may also be occurring. In other words, the bone is no longer smooth, the joint is not moving smoothly, and problems occur.

The magnesium in your body is far more important to the body than the artificial intake of calcium. People who take inorganic calcium in hopes of rebuilding bones are sadly misguided. Rather than take a calcium supplement, it is actually better to take a little magnesium and sodium — and from there, the body makes its own calcium.

BISER: *What can Celtic salt do specifically to help brittle bones and swollen joints.*

DE LANGRE: Saltwater and mud baths can do a great deal to help. [Editor: See our section on salt baths.] The baths have been found to help any articulatory problem — they can improve joint flexibility, even for people with arthritis.

The baths are also very effective in improving muscle ability. This tends to be a major problem for people who take too much refined salt.

Sodium chloride helps your muscle contraction to a certain extent, but does nothing for improving muscular *de*-contraction; the muscles remain in the contracted position. As a result, you have a lot of stiff people out there who need the *complete* set of trace minerals to improve their flexibility.

BISER: *So salt helps increase agility as well.*

DE LANGRE: Yes, and of course that leads to all sorts of other benefits.

One of the things I try to emphasize when I talk to people about salt is that Celtic salt works best when you work with it. It provides the basis for good health, but you must also keep good health habits in order to get the most out of the salt.

It is very important to remember that every cell needs to be fed in order for you to feel your best. This means circulation must be good.

People often interpret fatigue as a sign that they are ill. What they don't realize is that sometimes you just need to get the blood pumping to every extremity in order to "wake up" your cells.

People don't realize that the salt may not help them as much if they won't exercise daily.

BISER: *What do you recommend?*

DE LANGRE: Exercise, for one thing.

BISER: *Exercise? That isn't going to make up for a lack of salt, is it?*

DE LANGRE: Of course not. On the other hand, if people start taking salt without exercising, they lack the means of effectively distributing the salt throughout the inner body.

People call me all the time, saying "The salt isn't doing anything for me," and I ask them, "Are you doing anything for the salt?"

You can't just take it in passively — you have to do something for yourself — you have to create movement.

BISER: *What happens when people combine movement with salt?*

DE LANGRE: That is when they really thrive, they begin to move forward very rapidly.

BISER: *I see what you're saying — that people think all they have to do is take Celtic salt and then act like an amoeba, no exercise whatsoever.*

DE LANGRE: If you don't use it, you lose it.

I'm not talking about strenuous exercise, either — just regular, everyday movement can get the blood circulating. Bending, stretching

— simple stuff, like stacking books on a shelf, can be made into an exercise if you just exaggerate the movements a bit.

In return you will find that your stamina has increased almost effortlessly — tired old limbs will begin to revive and you'll feel more energetic.

Reader builds endurance — not just energy — through the use of Celtic salt.

[Editor's Note: One woman we talked to explained just how effective Celtic salt is in building strength — not in quick bursts, but steadily over time. Her reaction follows.]

“I am a nutritionist and a massage therapist and I am always interested in my clients' health and my own well-being. I'm constantly looking for ways to get that “edge,” because massage therapy is a very strenuous job.

“Three weeks ago I tried the salt and within ten days I noticed that for the first time, I wasn't exhausted after doing a ten hour shift — sometimes forty massages in a day. I didn't make any other changes in my diet — just the salt.

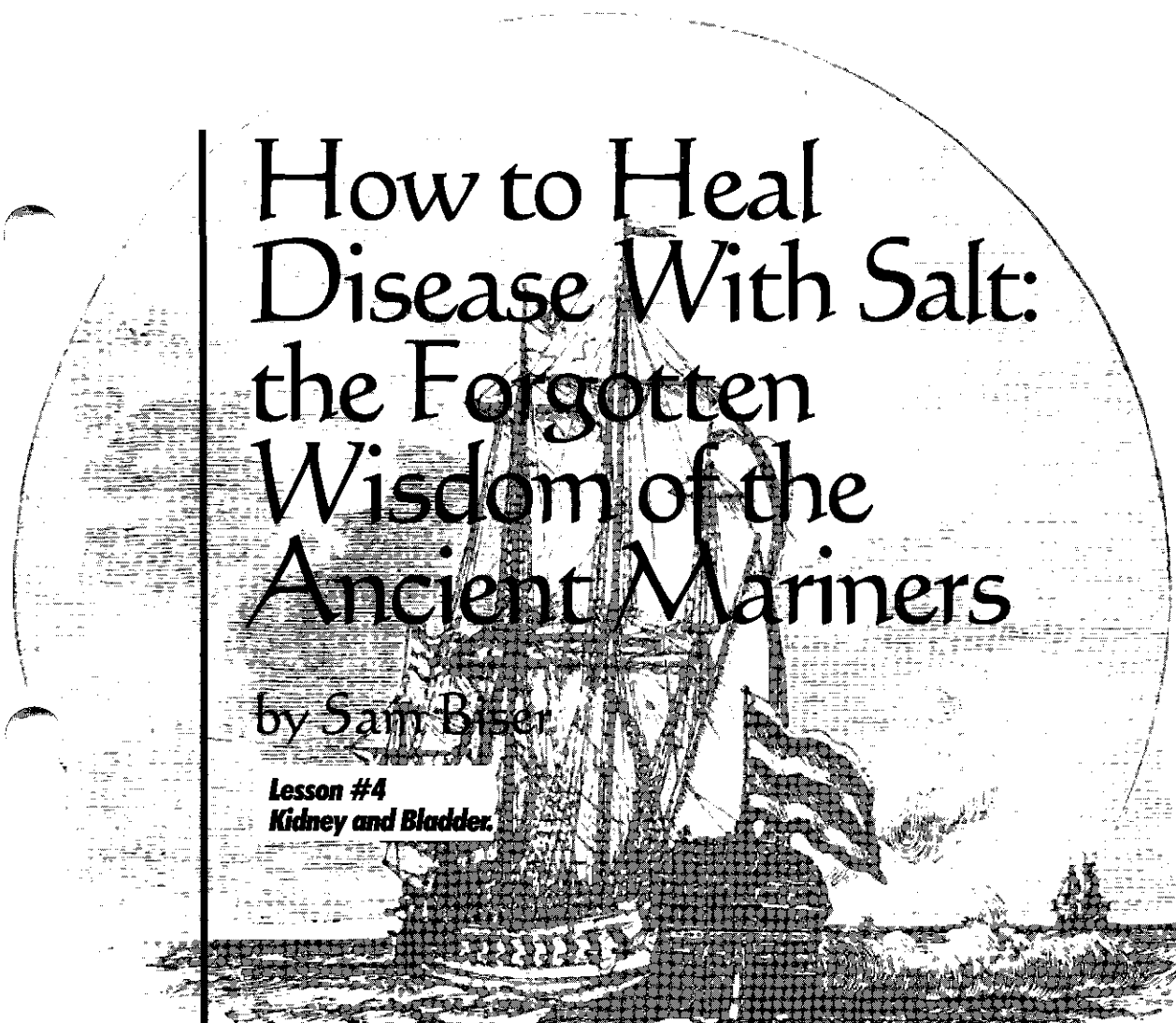
“I am more buoyant in the morning. I am enjoying the increased stamina and being able to wake up at five o'clock in the morning without feeling like I need to sleep, even after working difficult hours.

“I carry the salt with me now, in a little cloth bag. When I am feeling a little tired during the day, I just put my finger in the bag and take a little bit of salt on my tongue. And at night I make a homemade, organic, unsalted soup and heat it — then add a little salt at the end. I feel that is the best way to digest the minerals.

“I had been building my nutrition for so long that once this salt hit my system, it was like high-test gasoline — I was ready to go.

“People ask me if I have more energy now. I think ‘more energy’ is almost a cliché. You get ‘more energy’ from having a cup of coffee. This is an increased stamina, it’s a greater feeling of endurance.

“Nothing in my whole life has changed me so radically as this salt. If we went into salt production as they do in France, we could change the health of the world....”



How to Heal Disease With Salt: the Forgotten Wisdom of the Ancient Mariners

by Sam Biser

Lesson #4
Kidney and Bladder.

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Longevity advice from the healthfood establishment can wreck your bladder function.

In this lesson, you will learn why the push toward a sodium-free diet is going to cause a national health catastrophe. You will learn why salt-restricted diets damage the kidneys and bowels and promote incontinence. You will also learn how to keep your kidneys and bladder healthy as you grow older.

Sodium is needed for the maintenance and regeneration of kidney and bladder tissue.

BISER: *How do salt-restricted diets harm the kidneys?*

DE LANGRE: A lack of sodium plays havoc with cell structures. Your cells are no longer capable of cell cleansing. When you deny sodium, that's where the problem begins.

Sodium helps to dissolve and oxalate crystals which begin to form with aging and illness. The oxalate damages the nerve ends that control the flow of toxin-loaded liquids that your kidneys gather from all parts of the body. The urine leaks out and they have the urgency to urinate without warning, and without the ability to hold it in.

BISER: *Don't doctors claim that salt is damaging to the kidneys?*

DE LANGRE: Yes, they do. But that is their simplistic approach.

They don't understand what's been done to our national salt, and that a good salt is available.

Refined salt accumulates in the tissues, tears out the fibers in the kidneys, and hardens the vessels that contain the urine.

If the doctors knew about Celtic salt, they would change their recommendations. Celtic salt actually clears the kidneys, because it is made up of not just sodium chloride, but about 16% minerals and 9.7% moisture. Among these minerals is magnesium, in a concentration of 3/4ths of one percent. One of the roles of magnesium in the body is to remove the sodium from your body once it has done its job of regenerating your kidneys and bladder.

With the magnesium salts that are present in Celtic salt, the oxalate and the sodium will never build-up in the kidneys. If an unrefined salt is still moist, this is the tell-tale sign that magnesium is still present. You can tell table salt is lacking in magnesium because it is bone dry. The moisture is all gone.

The right kinds of magnesium will cause the kidneys to begin to expel water that has accumulated from refined salt.

BISER: *I read that magnesium can be dangerous for people with kidney problems. Does that apply to the magnesium in Celtic salt?*

DE LANGRE: No, it doesn't apply. If you take magnesium salt by itself, with none of the other naturally-occurring elements, yes, you can have problems. *Large* quantities of magnesium can cause a kidney shutdown. However, Celtic salt is very healing to the kidneys.

Once you begin using Celtic salt, your kidneys will begin to expel the water that has accumulated in your body from using refined salt. You may begin to lose some weight around the ankles if there was any

edema. You will urinate more, but water that has accumulated in the tissues around your joints will be eliminated.

However, the salts from underground mines that people are using may not be good for the kidneys. If you look at their analysis, they have either very little minerals left, or a completely skewed profile of minerals, and, in some cases, they have an excess of magnesium. This can actually harden your joints. In fact, if you use seawater, you will get pathological calcification. I have seen a guy on crutches because of doing this.

BISER: *Have you seen any people reduce their edema through the use of Celtic salt?*

DE LANGRE: Certainly. We met a very beautiful Japanese-American girl a few years ago. This girl was healthy-looking except for swollen ankles. She knew who I was. She said, "You're the salt man. I need to talk to you. Look at my ankles." I said, "Where have you been living?"

She said, "I live on a macrobiotic farm and we use only the macrobiotic salt." This salt is refined, just like regular salt, but it has the stamp of approval from the macrobiotic teachings. We started her on the Celtic salt and told her to totally avoid the macrobiotic salt.

Two days later, she came to my wife and grabbed her. She said, "Look at my ankles. The swelling is gone. They are now normal. I cannot believe the change."

Macrobiotic salt is dangerous for your health. It is refined, desiccated, and de-ionized.

BISER: *What can a person do if their kidneys or bladder are constantly irritated?*

DE LANGRE: I suggest the juice of the Chinese vegetable Daikon. You can find this in most Asian food markets. I learned about it from a Chinese doctor 39 years ago. Daikon looks like a huge white carrot. You grate it, or juice it, then eat it with a pinch of Celtic salt.

In Germany, in the beer halls of Munich, they have raw, pickled Daikon in barrels, and they serve it at every table. It protects the people from abusing their kidneys from drinking too much beer.

Reader cures kidney and bladder problems with salt.

[Editor's Note: A reader wrote me a letter describing the tremendous success she has had in alleviating her own kidney and bladder problems by switching to real salt. Following is an excerpt from a conversation I had with Mrs. W.]

BISER: *How long have you been using the salt now?*

MRS. W: For seven months.

BISER: *Can you tell me what kinds of problems you had before you began using proper salt?*

MRS. W: Incontinence was starting to hit me at different times. I never felt hungry — my stomach was always puffy as though it were stuffed full. And I had chronic lower back pain. I had even gone and purchased a new mattress and box spring to help my back, but it didn't do any good.

BISER: *What happened when you started using real salt?*

MRS. W: All kinds of good things started happening to me. First of all, my kidneys were flushed out, my urine flowed more freely and even though there was more of it, my trips to the bathroom were less and less. For five months now, I have been able to hold my urine without wetting my pants — the urgency is gone.

The constant lower back pain has also gone away. And my stomach isn't bloated anymore; the "full" feeling is gone. I had a physical within the last month and they found me in perfect health. For the first time in two years I don't have any pus in my kidneys.

BISER: *That's great. What did your doctor have to say about this?*

MRS. W: He didn't want to talk about it.

BISER: *So your doctor doesn't attribute it to the salt?*

MRS. W: He didn't say — he wouldn't discuss it. But all I know is that my circulation has improved, and the congestion I had in my chest all the time is gone. I always had a heavy feeling in my upper bronchial region, but that is gone now. I can run now, which I haven't been able to do for years — my lung capacity has increased.

BISER: *Is this something you would recommend to others?*

MRS. W: Let me put it this way. Our friend just got back from the Mayo Clinic — he'd been feeling dragged down, but they couldn't find anything wrong with him. I had already been on salt for three months and I talked to him and his wife. He was refusing to eat the salt. I told him, "give me ten minutes of your time and I bet your wife can get you to eat real salt." And he does. I even have my husband and kids doing it.

[Editor's Note: We now return to my interview with Dr. de Langre.]

BISER: *Jacques, would you say that Mrs. W.'s symptoms are typical of someone whose kidneys have been negatively effected by refined salt?*

DE LANGRE: They certainly are. Refined white salt can cause pain, aches or tightness in the back, which may indicate a problem with the kidneys.

Very often people erroneously try to relieve the problem by stepping up their fluid intake. This can cause the kidneys additional harm because now they have a greater volume of water as well as refined salt to contend with. It is exactly this type of problem which leads doctors to assume that *all* salt is bad.

The wonderful results Mrs. W. showed are rather typical of the cleansing ability of proper salt. The excess water was being eliminated from her body, but at the same time her bladder and kidneys were stronger and more able to handle the greater volume of urine.

Kidney stones; their prevention and possible removal.

BISER: *What about kidneys stones?*

DE LANGRE: Kidney stones are caused by the formation of mineral compounds called calcium oxalates. Calcium oxalates form crystals that do not dissolve easily in urine, resulting in kidney stones.

Under magnesium-deficient conditions it is very easy for the calcium in the kidneys to bond with the oxalates to form stones. However, when magnesium is present, it also tries to bond with the oxalates. And magnesium oxalates are more likely to be dissolved in the urine than to form crystals.

The three forms of magnesium in Celtic salt are magnesium chloride, magnesium sulfate, and magnesium bromide. With the presence of these, the oxalate crystals will ~~never~~ build up in the kidneys.

Bear in mind that large amounts of magnesium can be dangerous. The amount has to be very tiny. And where do we find this tiny amount? In Celtic salt.



BISER: *It sounds like such a simple solution to an excruciatingly painful condition. Is the magnesium in Celtic salt enough to do the job?*

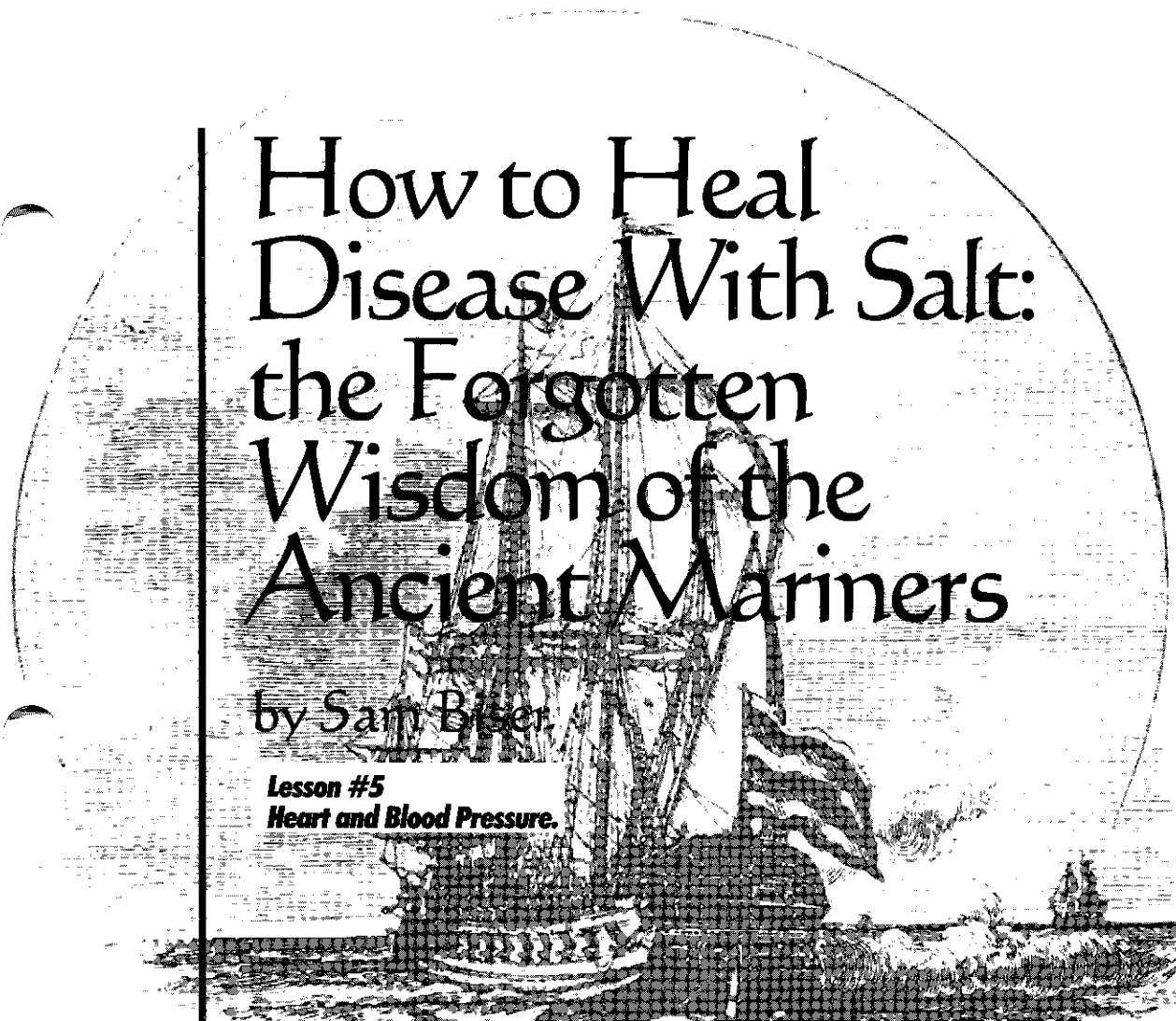
DE LANGRE: I would say that the magnesium present in Celtic salt is in sufficient amounts to help prevent the formation of kidney stones. However, if a problem already exists, they might try taking the magnesium salts in a more concentrated form by using the mother liquor. [Editor's Note: Please refer to the section on Baths for information on how to prepare the mother liquor solution.]

BISER: *Is it better to bathe in it or to drink it?*

DE LANGRE: Much better to drink it. You can mix it with a leafy green vegetable juice, tea or a fruit juice to make it more palatable. The concentration of magnesium salts is stronger than in the regular Celtic salt, and more likely to do the extra healing work.

BISER: *It seems to me that the lack of good salt is a prescription for kidney failure.*

DE LANGRE: Sad but true, Sam. We've got to let your readers know that there is a simple way to avoid the problems before they start.



How to Heal Disease With Salt: the Forgotten Wisdom of the Ancient Mariners

by Sam Biser

Lesson #5
Heart and Blood Pressure.

WARNING: For proper diagnosis and treatment of any diseases, please see your medical doctor without delay. It is your responsibility to discuss these natural programs with your doctor before you try them. To delay appropriate medical treatment can prove fatal. Do not try any of these natural methods mentioned in this Course without first consulting your medical doctor — because they can cause harm, instead of benefit.

Heart and blood pressure problems are often caused by a lack of good salt.

In this lesson, we discuss one of the predominant medical and healthfood myths of the 20th century: that salt is a villain that kills those who use it, and that reducing or eliminating salt will save us from heart disease and high blood pressure.

As one prominent medical team, Dr. Laragh and Dr. Pecker, have stated in medical journals: "Although it is often assumed that the impact of salt restriction in the general population would be negligible, that may not be true."

"Large groups of people might cope poorly with salt restriction, including diabetic patients, the elderly, and persons with illnesses accompanied by anorexia.... Finally, the long-term effects of sodium restriction in the general population are not known."

If you believe the medical and healthfood establishment is always right, then there is no need to read this lesson. The experts have already done your thinking for you.

But if you prefer to think for yourself, here are some profound observations on how your body works that they have not told you.

In most cases, high blood pressure is not lowered by reducing sodium intake. Moreover, sodium is needed to cleanse arteries.

BISER: *I know most of our readers are wondering about the most common fear associated with salt — that salt causes high blood pressure. What would you say to people who claim that too much salt causes or aggravates high blood pressure?*

DE LANGRE: I would say that in the majority of cases, they are wrong. In most cases, the high blood pressure is not measurably lowered by restricting salt intake. Even a drastically reduced sodium diet — down to less than half a gram a day — often fails to show any improvement in cardiovascular problems.

Dr. John Laragh of the Cornell Medical Center expressed the same thought in the May, 1983 issue of *Annals of Internal Medicine* (page 740): "...it is likely that even drastic sodium restriction would not prevent hypertension, because fewer than half of hypertensive patients would respond." He goes on to say, "Public health policy should be dictated by facts, and not by hopes or opinions." I agree.

The effects of sodium on blood pressure have been highly exaggerated, as many distinguished physicians will attest. Dr. Laragh is not alone in saying that there is no certain evidence to support the theory that reduction of dietary salt would help most people with high blood pressure. In fact, he and other physicians and scientists have collaborated in an effort to squelch the current belief that everyone needs to cut down on their salt intake.

The bottom line is that Celtic salt actually *stabilizes* blood pressure, whether high or low.

BISER: *How is that possible?*

DE LANGRE: Because it is the primary cleanser of our veins and arteries. Salt is responsible for keeping our “transmission lines” clean. Salt in the bloodstream will actually cleanse the blood vessels and ensure normal circulatory flow, because it has the ability to clear plaque.

The finest chefs know that dissolved salt water helps to prevent foods from becoming too greasy. A similar thing happens in our arteries: the proper salts cleanse grease from the arterial walls.

BISER: *Salt clears plaque? How?*

DE LANGRE: It’s simple. Oil and salt work together as a team. If you have a pan or container that has become very oily in your daily cooking, put some coarse salt on it and see what happens. It breaks up the grease.

The finest chefs in the world keep a bottle of dissolved salt water right next to their olive oil. They know that if they add oil alone to food, it becomes “greasy” and indigestible; but if they add salt, it gives the oil a wonderful taste and consistency — the two ingredients complement each other.

The Celtic salt does the same inside us. It has a wonderful ability of scouring the artery walls clean. This is especially important here in America, where fried foods and butter are popular in the diet.

Quite a few people have told me that vegetables have little taste until you put good salt on them. I especially use Celtic salt on oily foods like avocados. The salt helps to digest and emulsify the avocado’s natural oils.

Celtic salt clears plaque in another way as well — it reduces your craving for sugar. Sugar builds up plaque on the walls of the arteries as well. When you take Celtic salt in your food, the minerals it contains will satisfy your body’s hunger for energy — so you will no longer crave the

artificial boost that sugar gives. The less sugar you consume, the cleaner your arteries are.

How salt helps eliminate sugar cravings.

BISER: *In simple terms, what happens biologically to help alleviate sugar cravings?*

DE LANGRE: In my book, *Seasalt's Hidden Powers*, I describe how some people experience sugar cravings when they eat whole grains.

Grains contain glucides which signal to the digestive system that a sugar substance is being chewed and is about to reach the stomach for processing.

Without salt, or with a poor quality salt, the glucides cannot be broken down into sugars as they should be in the stomach. As a result, your body is deprived of the sugar it is expecting and you experience a craving for sweets.

BISER: *How do you know that Celtic salt helps to lower high blood pressure? That's a rather controversial idea, isn't it?*

DE LANGRE: We have had reports of people going to the doctor and the doctor saying, "Well, you must be taking less salt, because your blood pressure is lower." But the truth is, they didn't cut down their salt intake at all. They were taking the Celtic salt.

We get a lot of letters on this point. One reader writes, "My husband has refused to get off salt, so he has always had high blood pressure. But since he stopped using the store refined salt, and started using Celtic salt, his blood pressure is now normal." We hear this all the time.

Here's a letter from a man in Los Angeles. "Two weeks ago I donated blood at a Red Cross station. At that time my blood pressure

was 160 over 90 [Normal is 120 over 80]. Yesterday, after hardly one week of using the Celtic salt, the only new addition to my diet, I recorded a blood pressure reading of 105 over 82. I am convinced that your salt had a hand in reducing my blood pressure.”

Here's one more. “My husband has a severe problem with high blood pressure. Any amount of salt in the past would increase the blood pressure. Now, he uses the grey Celtic salt, and his pressure does NOT go up.”

BISER: *How many people have mentioned something like this to you?*

DE LANGRE: In the last thirty years, I would say a couple of thousand. It's unbelievable. They all say the same thing. “All of a sudden, my blood pressure is normal. What have I done?” This is the most common thing I hear about the Celtic salt.

Celtic salt lowers the blood pressure, because it removes the excess sodium from the tissues.

BISER: *Why does Celtic salt lower the blood pressure? What is the mechanism?*

DE LANGRE: In regular salt, the refined sodium chloride often stays in the body long after it has done its job. This excess sodium can cause excessive thirst which people try to alleviate by drinking tremendous amounts of water.

Too much water puts a strain on the heart, because it increases the amount of liquid that must be pumped around. What's more, certain cells in your body can become water-retentive, swelling and causing the heart and blood vessel walls to thicken. The blood pressure must be increased in order to push the blood through the narrowed vessels.

Celtic salt helps to remove this excess sodium, as soon as it is no longer needed. This is because of the magnesium in Celtic salt, which is present in about 3/4 of 1% in solids.

BISER: *How long does it take for a person to notice a reduction in blood pressure on Celtic salt?*

DE LANGRE: It varies with each person. Sometimes people call me after less than a month and say, "I had my blood pressure taken, and it has gone down. Could it be the salt?" I would say that on an average, it takes a month or longer to notice a drop in blood pressure. Of course there are always exceptions.

The Celtic salt literally "scrounges" around the body looking for excess salt deposits in the interstitial tissue, and it just drains this sodium through the kidneys.

When I was 55, I had the blood pressure of a twenty-year old.

BISER: *You said you have been taking Celtic salt for many years. How is your own blood pressure?*

DE LANGRE: When I was 55, I was tested in Boston by two medical doctors. They both said I had the blood pressure of a twenty-year old. They were very, very surprised. I am 67 [Editor: at the time of this one interview], so that was twelve years ago.

Three years ago, I had my blood pressure tested by a surgeon. It was extremely low. It was still in the same range as when I was 55. He said there was absolutely no cholesterol deposits in the arteries. I use the salt on a lot of my food. But whenever I have a check-up, my doctor says my salt level is normal.

People who eat meat or chicken need to salt it to restore the salinity that was in these foods when they were slaughtered. — Sam Biser

BISER: *What about foods that are supposed to help clear the blood vessels and improve circulation — garlic, for instance. Wouldn't it be just as effective to try these foods rather than use salt?*

DE LANGRE: You have to remember that Celtic salt is the primary cleanser. Combined with certain foods, it not only ensures a free flow of the circulatory blood, but also brings out the healing properties of those foods which perform as well on their own.

Take rye, for example. Rye is a forgotten grain which has an incredible healing ability. However, if you make a porridge of it by itself, it will not work, because the healing substances in various grains, fruits and vegetables only work if they come into the body on the wings of salt.

And while we're on the subject, let me mention something about foods that *cause* high blood pressure. Next time you go to a steak house or restaurant, take a look around. You'll see everyone dousing their steak or chicken with that refined table salt.

They think they are salting the meat because it has no flavor. What they don't realize is that the salt has been removed from the meat before it reaches the butcher shop.

The drained meat may well be causing their high blood pressure — if they were eating fresh meat, with natural juices and bone marrows, they would be getting the health benefits of the salt in the meat. Instead they are eating the flesh minus the minerals.

The same is true for grains. The "whole grain flour" you find in the stores has been stripped of its germ, because the wheat germ contains oil which becomes rancid too quickly. So in order to "protect" the consumer, they remove the germ from the wheat and sell it

elsewhere as vacuum packed or frozen wheat germ. The whole grain is not “whole” anymore, and loses its nutritive properties.

BISER: *Will the addition of Celtic salt help compensate for the minerals that have been stripped from those foods?*

DE LANGRE: It doesn't replace the minerals entirely, but it helps. A few Celtic salt crystals melt like butter into a cooked steak — enhancing the flavor as well as the nutritional value. It's the same principles as cooking vegetables with salt — all the good qualities of the food are brought out.

BISER: *Suppose a person has low blood pressure. Will Celtic salt cause the blood pressure to go even lower?*

DE LANGRE: Not at all. The Celtic salt has the ability to bring back to center whatever function is unbalanced in the body.

If you have low blood pressure, the Celtic salt will bring the pressure back up. If you have high blood pressure, it brings it down. Only natural means can accomplish this. A pharmaceutical drug which is designed to lower blood pressure, will only work in one way — down. And they can bring your pressure so darn low, you can have problems.

BISER: *Have you heard stories of people who raised their low blood pressure on the Celtic salt?*

DE LANGRE: Yes, of course. Celtic salt is a blood pressure *normalizer*. Most people can't understand this, but Celtic salt has a “biochemical intelligence.” It is a thinking salt. It is totally different from the lifeless, refined salt currently used.

We are probably consuming 2-3 times more salt than we need, mainly because we use a demineralized, refined salt.

If people consumed a richly-mineralized natural salt, they would find they need much less salt in their food.

BISER: *In scientific journals, I have read that a low-salt diet can actually cause high blood pressure in some people.*

DE LANGRE: That is true for some people. I believe that when the heart has much less fuel for contraction, it is trying to raise the pressure by restricting the arteries. If you have a regular mechanical pump that doesn't work well, or has a slow leak, you have to reduce the diameter of the vessel through which the liquid is being pumped. You can see how this would happen with a garden hose if you reduced the pressure.

In this case, we are talking about blood. So, to compensate for a weak pumping action by the heart, the body compensates by increasing the pressure in the arteries. Lots of other things are happening as well. On a low salt diet, not only is the heart working harder, but so are many of the other organs.

BISER: *How exactly does a salt-free diet affect the heart?*

DE LANGRE: A salt-free diet can damage the valves of the heart and negatively affect the contractibility of the heart muscle. This is because the heart is fed by a saline solution from the blood and lymph.

Celtic salt ensures that all muscles, including the heart muscle, can relax as well as contract. If the heart muscle is weak, it takes more effort to contract, and even greater effort to decontract. Without the proper mineralization, you only get partial contractions and almost no relaxation. You cannot relax a muscle with refined salt, or with no salt.

On a salt-free diet, the valves of the heart can tire. Eventually they will begin to lacerate and break up into shreds. Biochemically, without

salt, the cells starve. On a salt-free diet, you will not recover quickly from an illness. You can even get a form of anemia.

BISER: *For a person with heart problems, then, would you recommend the Celtic salt?*

DE LANGRE: Definitely, in moderate quantities. I think the Celtic salt has the ability to cleanse the heart. Remember the famous experiment with the French doctor, Alexis Carrel? He kept a chicken heart alive for 37 years by feeding it this same Celtic salt. If he had used regular refined salt, it would have never lived that long.

BISER: *Along those lines, would a no-salt diet help someone who has had a stroke?*

DE LANGRE: No, for the same reason that it would not help someone with a weak heart. Celtic salt will mineralize the muscles and allow them to do their work. The heart, lungs and so forth will be stronger and function better on Celtic salt.

BISER: *So Celtic salt wouldn't make a stroke victim feel worse?*

DE LANGRE: On the contrary. They would also begin to feel relieved of their chest heaviness. We have had people call and say, "I was completely able to cut down on my heart medication, and my blood pressure has gone down."

[Editor's Note: I have noted myself that using Celtic salt regularly has helped me eliminate the chest heaviness caused by two or more strokes that I had in the past several years. I talked to a colleague and long-time friend of Dr. De Langre who used Celtic salt to help her mother's heart condition. Following is an excerpt from our interview.]

A close friend of Dr. De Langre makes special magnesium-rich salt clay to use for her mother's heart condition.

BISER: *What was your mother's condition when you began to give her the Celtic salt?*

G.B.: My mother had developed a fibrillation of the heart. Her condition was severe. She had been a heavy smoker all of her life, and she was a salt-aholic — she had spent her life eating refined salt. She had also been through an enormous amount of stress. All of those factors made her very, very ill.

BISER: *What did you do to try to help her?*

G.B.: Her condition had become very bad by the time I discovered Celtic salt. When my mother came to stay with me, I told her, "All right, you're in my hands now, and you won't have any more of that toxic salt, you're going to have the best salt there is!"

I knew she would need the "best of the best" so I made a special solution of salt and water which would provide the strongest magnesium salts in a concentrated form.

BISER: *How do you make this solution?*

G.B.: Put four tablespoons of the Light Grey salt in about a quart of water. Mix it up until it dissolves, so that it makes a cloudy, salty brine.

Let it sit overnight, and by morning, the cloudiness of the solution will have disappeared, and a small amount of sediment will have settled to the bottom of the jar.

This sediment is a heavier, concentrated magnesium clay, and it is *precious* — it takes a while to collect enough, but each time I made the solution, I separated the clay carefully from the salty brine and stored the clay in a jar until I had collected quite a bit.

I put the tiniest amount of the clay — about 1/4 of a teaspoon — into my mother's broth every day.

BISER: *Was there any improvement in her condition?*

G.B.: There was some improvement. Her heart specialist had done a blood analysis on my mother along with several other patients. He told me he had never seen anything like it — that her blood magnesium levels had risen, when all of the other patients' had failed to do so.

BISER: *That's amazing.*

G.B.: I really wanted my mother to get better. What I didn't realize, though, was that she had already reached the seventh stage of illness. With all she had endured throughout her life — the stress on her heart, the kidney damage from using refined salt — it was too late to save her.

It did help her in several ways, though. Most elderly people with her kidney problem have to take a special drug to help them urinate. My mother never needed that drug.

The thing that it did for my mother, without physically healing her organs, was to heal her emotionally. It helped her nerves; emotionally she was a different person. She released all her tears and sadness, and that made an incredible difference to her.

BISER: *Too late for the physical, but not too late for the emotional healing. Thank you for talking with me.*

Reader with congestive heart failure gets better on good salt.

[Editor's Note: We also spoke with a 68-year-old man who has been using Celtic salt since he suffered congestive heart disease. Here is what he had to say about the salt.]

"I read about Celtic salt and thought, 'this must be tailor-

made for me....' I had ended up in the hospital with congestive heart failure, which means the heart muscle is too weak to pump everything out and the residual fluid backs up into your lungs...I was put on a salt-free diet, and when I read that the heart muscle cannot function properly without it, I ordered some Celtic salt....

"I feel the salt has strengthened me... it has made a tremendous difference....I was always tired, but now I am very busy all day, doing physical work that involves lifting and stacking. When I come home from work I may be tired, but I am not bushed — and that makes a big difference.

"Another thing I noticed is that food tastes so much better, and my digestion is better. [I used to get] heartburn and sour stomach, and that hasn't bothered me for a long time now....

"It has opened up a different world for me...."

I did some investigations of my own to see the other side of this controversial issue on salt and high blood pressure.

The results were astounding — I came across more information than I could possibly print, all of which pointed to the fact that the nationwide salt-restricted diet the health field has prescribed for us is premature — and it can be downright harmful.

If you are still skeptical and believe that a salt-restricted diet is the right way to go, consider the following points...

In August, 1984, a team of thirteen experts on hypertension from the United Kingdom, Sweden, England, Scotland, New Zealand and the United States wrote a letter to the Editor of *The Lancet*. Their concern is that some overzealous physicians are recommending salt-restricted diets, based on the exceptions instead of the rules — and are making us sick in the process. They warn...

“The recommendations on reduction of dietary sodium are aimed at whole populations which include a majority with normal blood pressure and only a minority with hypertension....The idea (or likelihood) that salt in the diet has some positive value is totally ignored....It may well be that some individuals are helped by salt restriction but others may be harmed.”¹

For some reason, that first letter created quite an uproar. The “opposition” tried to refute the team of thirteen’s findings. So the team submitted a second letter to *The Lancet* the following December to clarify their position:

1. *The Lancet*, August 25, 1984, p 456.

“We do not dispute that dietary sodium restriction can lower blood pressure in some hypertensive patients....[However] the benefits and disadvantages of such reduction should be tested impartially...Even if salt restriction were shown to lower pressure the benefits of such reduction would...also need to be assessed.”¹

The bottom line is that there is NO definitive evidence to prove that high blood pressure is always the result of salt intake. In fact, many studies point to the contrary. I put together my own “reference library” on the subject and discovered that the “no-salt” edict is based largely on half-truths and suggestions — not on hard-core facts. As Drs. John H. Laragh and Mark S. Pecker point out,

“No studies have been done that support the idea that a moderate or even a drastic curtailment of dietary sodium could prevent hypertension in a population such as that of the United States....”²

According to Drs. Laragh and Pecker, “Severe salt restriction has posed medical risks. Patients may develop lassitude, anorexia, nausea, muscle twitching, and abdominal cramps...Cases of salt-responsive uremia, as well as several deaths, induced by the rice-fruit diet (for lowering blood pressure) have been reported.”

“It was not uncommon to see patients with blood pressures of 250/130 mmHg, live long and normal lives without therapy. Thus, despite the fact that the duration of life is reduced by the presence of hypertension, most hypertensive patients, perhaps 85% or so, do not die prematurely.”

1. *The Lancet*, December 8, 1984, p 1333.

2. Laragh, John H. and Pecker, Mark S. “Dietary Sodium and Essential Hypertension: Some Myths, Hopes and Truths.” *Annals of Internal Medicine* Symposium on Nutrition and Blood Pressure Control. September, 1982

“Accordingly, the available scientific data does not allow us to recommend an unselected nationwide reduction in dietary sodium consumption. Despite major advances in our knowledge over the past 50 years, our conclusion with regard to salt restriction does not differ from that reached in 1932 by Peters: ‘...the regulation of the sodium chloride intake is not a matter for routine prescription, but one that requires the most critical consideration in each individual case.’”¹

In June, 1979 at a meeting of the International Society of Hypertension, Dr. F. O. Simpson stood before a roundtable of his colleagues to support the same viewpoint — that the relationship between salt and hypertension is hazy at best, and that we would be foolish to find salt guilty before the trial! He states,

“The excess salt theory is in fact a very powerful one....My own view is that this is not proved and that it is not right to go...and launch an anti-salt campaign unless we have better evidence.”²

Despite themselves, several of Dr. Simpson’s peers were forced to agree with him after his paper was presented. Dr. L. Tobian admits,

“One of the things that confounds this whole question in human hypertension is that there are only some people who are susceptible to salt.”

And another colleague, Dr. Robertson states,

1. *Annals of Internal Medicine* 1983;98 (Part 2):735-743.

2. Simpson, F.O. “Salt and hypertension: a sceptical review of the evidence” *Clinical Science* (1979) Vol. 57, Suppl. 5.

“...[P]roof...of the pathogenic effect of a high sodium intake...remains wanting....In my opinion, we do not have sufficient evidence to make firm recommendations to the general public.”¹

Several important facts have escaped the public in this heated issue.

For one thing, there have been numerous studies indicating that your body’s calcium level may be a significant factor in high blood pressure. Dr. David A. McCarron of Oregon Health Sciences University has performed extensive research on another angle, sometimes referred to as the “calcium hypothesis,” which suggests that abnormal calcium metabolism may play a bigger role in hypertension than sodium.

He and his fellow researchers have discovered that dietary calcium supplementation in people with essential hypertension has been shown to be an effective means of lowering blood pressure in some patients — without restricting salt, and without using hypertension drugs.²

Low calcium levels, according to studies, is just as likely to cause hypertension as sodium — yet Dr. McCarron and his colleagues have cautioned that although their results “might benefit some hypertensive and some normotensive individuals, the data...are insufficient to warrant generalized dietary recommendations for the normal population.”³ We would be wise to follow this example and not be so quick to hop on the “no-salt” bandwagon.⁴

1. Roundtable: “Salt intake and hypertension” *Clinical Science* (1979) Vol. 57, Suppl. 5.

2. Walczyk, M.H. and McCarron, D.A. “Calcium and hypertension.” *Comprehensive Therapy*. Nov. 1987.

3. Luft, F.C., et al. “The effect of dietary interventions to reduce blood pressure in normal humans.” *Journal of the American College of Nutrition*, Dec. 1989. (Abstract)

4. Editor’s Note: It’s no secret that calcium levels can be increased with magnesium, which increases the activity of the parathyroid gland and thereby increases calcium utilization. Perhaps this is another possible way Celtic salt can help.

Still other doctors have found that in some cases, high blood pressure is dangerously aggravated by salt restriction.

Dr. J. A. Millar of the University of Otago Medical School in New Zealand submitted a letter to *The Lancet* which suggests that high blood pressure in pregnant women — a dangerous and sometimes fatal condition — is *worsened* by a salt-restricted diet.

Women who followed popular advice and limited their salt intake during pregnancy actually harmed themselves. Dr. Millar writes, "...I advise patients at risk of hypertension during pregnancy to avoid salt restriction."¹

And Dr. Alberto Zanchetti of the Center of Clinical Physiology and Hypertension in Milan carries the point even further, reminding his peers at a roundtable discussion in 1989 that:

"the very concept behind the attribute 'essential' given to hypertension at the beginning of this century, was of some reaction of the body that was essential for survival, and so was dangerous to modify."²

1. Millar, J.A. "Salt and pregnancy-induced hypertension." *The Lancet* August 27, 1988.

Editor's Note: Zinc deficiency is a common problem in pregnant women. This is due to an increase in copper (a zinc suppressor), which results from the surge in the hormone estrogen during pregnancy. Low zinc can be a cause of high blood pressure that is completely unrelated to sodium. I once worked with a woman who developed hypertension during her pregnancy and who was able to normalize her pressure by taking zinc. This is an alternative that every pregnant woman should discuss with her doctor.

2. Proceedings of the Fourth European Meeting on Hypertension, 18-21 June 1989 — *Journal of Hypertension* Supplement, Vol. 7, Supplement 6.

Dr. Zanchetti and six other discussants questioned the wisdom of a generalized campaign to lower high blood pressure, when “it seems that some patients are at risk from even quite minor falls in blood pressure.”

According to a Dr. Cruickshank, “He (Dr. Strandgaard) reports two patients who experienced central nervous system symptoms when their blood pressure was lowered by quite a small amount, so it seems that some patients are at risk from even quite minor falls in blood pressure.”

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“Dr. Strandgaard reported a patient with severe hypertension whose blood pressure was inappropriately lowered by vasodilation, with the result that the patient sustained a very large infarct in the occipital region and suffered visual problems.”

“There are many published reports of patients with high blood pressure under chronic therapy who feel well when blood pressure is high. If the systolic pressure is lowered from, say 200 to 185 or 170 mgHg, the patient has symptoms relating to the central nervous system. These are generally people with carotid artery stenosis. If the blood pressure is lowered by 25-30 mm Hg, they will become blind, but when therapy is withdrawn, leaving the blood pressure slightly higher, they are fit and well.”

“So there are some patients who are on the edge of their cerebral autoregulatory reserve, and they need a high level of blood pressure to maintain vital organ perfusion.”

Dr. John M. Cruickshank, whose studies were the focal point of the roundtable discussion, has determined that there may well be a threshold below which it becomes dangerous to try to lower certain patients' blood pressure.

His research has shown that:

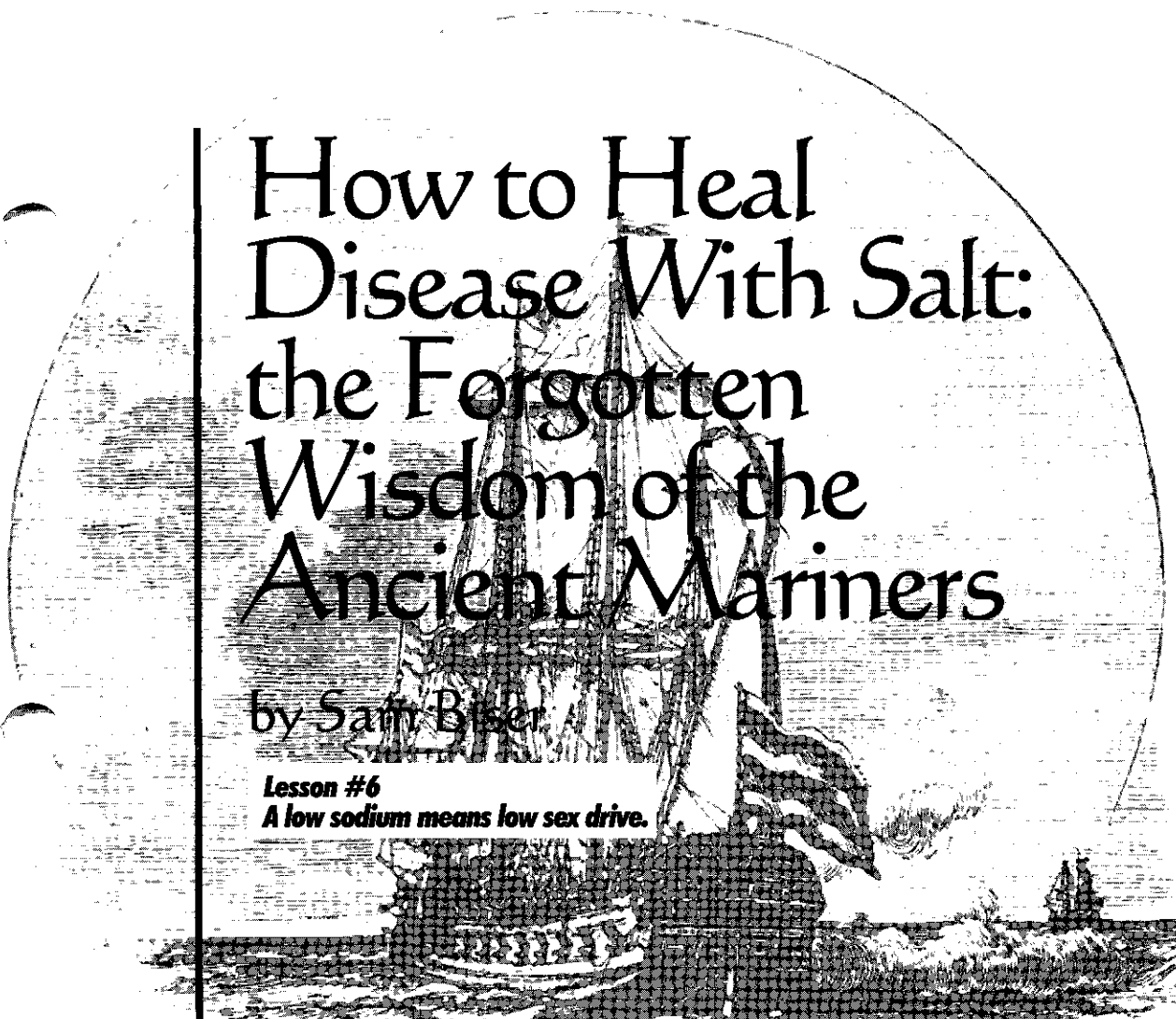
“lowering DBP [diastolic blood pressure]...to below about 85 mm Hg in both younger (less than 60 years) and older patients is likely to increase the incidence of death from myocardial infarction.”¹

Sodium has become the main target in fighting high blood pressure, when it is only one of many different possible causes. And in some cases blood pressure should not be fought at all.

These are the things that you deserve to know.

The salt hysteria has gone far enough. To make a general dietary recommendation for an entire population is a dangerous over-simplification of a very important health issue. Don't succumb to popular opinion before you ask your physician to give your individual situation a closer look.

1. Cruickshank, John M. et al. “Benefits and potential harm of lowering high blood pressure.” *The Lancet*. March 14, 1987.



How to Heal Disease With Salt: the Forgotten Wisdom of the Ancient Mariners

by Sam Biser

Lesson #6

A low sodium means low sex drive.

WARNING: For proper diagnosis and treatment of any diseases, please see your medical doctor without delay. It is your responsibility to discuss these natural programs with your doctor before you try them. To delay appropriate medical treatment can prove fatal. Do not try any of these natural methods mentioned in this Course without first consulting your medical doctor — because they can cause harm, instead of benefit.

Salt has a major role in regulating sexual energy.

I have always felt that the national drive to eliminate all salt would produce a nation of puny, sexless, and brainless people. Dr. De Langre's research has confirmed my suspicions.

To me, getting the right salt has a more basic effect on your sexuality than taking some vitamins or aphrodisiacs.

In this lesson, you will learn some different ways to use salt to upgrade your sexual power. Sexuality is a divine inheritance, but it is not yours to have — unless you give your cells the raw materials that your Creator requires.

On refined salt, the sperm count goes down and the sperm become more sluggish — due to starvation for minerals.

BISER: *Does the quality of salt affect our sexuality?*

DE LANGRE: Yes, there is definitely a correlation. Salt has a major role in developing sexual character, and in regulating the quality of the sexual energy and physiology.

Since salt is a major factor in masculine development, it has a large role in the separation of the sexes.

Man needs to consume slightly more salt than woman. The extra salt helps to balance him physically, since men are born with more expanded constitutions. This is evidenced by externalized sexual organs in the male which develop earlier than in the female.

BISER: *How does it work specifically in men and women?*

DE LANGRE: Well, in men, for one thing, salt balances the glandular functions which affect their sexuality. The hormones secreted by the adrenal and pituitary glands are responsible for developing good sexual instinct and response, and for regulating the size of the genitalia.

The cortical hormones, secreted in the adrenal cortex, literally guide our drive, external activities, and vitality, and control our sentimental warmth and feelings for other people.

When a man takes refined salt, the adrenal and pituitary secretions are measurably decreased. This can create problems of sexual harmony. In some cases, this may prompt careless or even cruel behavior, perhaps even uncontrollable passion that leads to crime. It can also destroy the actual sexual mechanism and response.

BISER: *You mean, it can make men dysfunctional — incapable of performing sexually?*

DE LANGRE: Yes, it can. Decreased hormonal activity, combined with the water retention caused by refined salt, can definitely lead to impaired sexual performance.

That's not all. Refined salt also has a heavy impact on fertility. The sperm count goes down as the body becomes mineral-starved. And the sperm becomes sluggish without proper mineralization.

The excess iodine in refined salt will suppress sexual development in a child.

BISER: *So men and women who spend years going through tests and taking fertility drugs might actually need better salt. Does refined salt have a damaging effect on sexual development in childhood as well?*

DE LANGRE: I would say that refined salt can, under certain circumstances, be detrimental to a child's sexual development.

Most of us are familiar with the term "iodized salt." Pure ocean salt contains natural iodine which is lost during the refining process. In order to compensate for this lack of iodine, the Government mandates that a minimum amount of iodine must be supplemented in refined salt. This is usually added in the form of inorganic potassium or sodium iodide.¹

BISER: *Jacques, it's common knowledge that iodine is necessary in our diets to prevent goiter, among other things. How can iodine supplementation be harmful in sexual development?*

DE LANGRE: That's a logical question. Our bodies do require iodine in its natural form for many things — including the prevention of hypothyroid conditions. The body stores tiny amounts of iodine in the blood, nerves, thyroid and other organs, but the greatest supply of iodine in females can be found in the ovaries and uterus.

During certain periods, such as puberty, pregnancy and menopause, women demonstrate an increased need for iodine. These are the times when the body's functions are under the greatest stress.

Sufficient amounts of natural iodine can usually be found in Celtic salt, without need for supplementation. The problem with refined salt is that the refiners choose to add a great deal more iodine — from 30 to as much as 1200 more — than the quantity occurring in Celtic light

1. In his book, *Seasalt's Hidden Powers*, Dr. de Langre noted that these iodine compounds require the addition of dextrose to the refined salt in order to stabilize the entire compound. The dextrose gives the iodized salt a purplish color, which requires the addition of a bleaching agent to achieve the "pure" white color of iodized salt.

grey salt, on the premise that if a little iodine helps goiter, a lot will be even better.

BISER: *I don't know if most people appreciate the magnitude of "30 to 1200 times more" in a health context. That's a huge amount of iodine — what are the health repercussions?*

DE LANGRE: Well, to begin with, there is increasing evidence that artificial iodine supplements are not stored in the body, but are secreted sometimes as quickly as 20 minutes after they are taken in. On the other hand, organic forms of iodine, such as those found in sea water, algae and fish, remain in the body for an average of 48 hours — long enough for you to reap the benefits.

BISER: *In other words, the inorganic iodine in refined salt is practically useless, because it isn't absorbed? Without the natural iodine, women must be suffering for it during the three reproductive stages you just mentioned.*

DE LANGRE: Exactly.

BISER: *Is it possible to take in too much iodine?*

DE LANGRE: There are very few studies available on the possible dangers of excess iodine. However, I have seen how excessive amounts of iodine, like that found in refined salt, can contribute to the underdevelopment of a child's sex organs. This is why you see a lot of male infants being born with almost no scrotum, no testicles, or very diminutive penises.

A lack of salt or the wrong salt alters and distorts a woman's sexual expression.

BISER: *How does the lack of a good salt, or the heavy use of a refined salt, affect a woman's sexuality?*

DE LANGRE: Consumption of refined salt increases the supply of ACTH (adrenocorticotrophic hormone) from the pituitary gland to the adrenal cortex. When a woman experiences mineral deficiencies, the androgens her body produces — which are predominantly male hormones — tend to overpower the feminine ovarian hormones — the estrogens, luteins and folliculins. As a result, the female sexual characteristics are overshadowed by more masculine traits.

Mineral deficiency also can create menstrual irregularities, and reduce a woman's sexual desire.

If such a woman becomes capable of love at all, she chooses men with passive obedient traits, or else turns on only to other women who are generally submissive. Their life is sexually unfulfilled, and their femininity is lost.

Middle-aged mineral deficiency: a big reason for male menopause.

BISER: *I recently read an article that said men around age 40 go through what they call "male menopause" — where they lose their sexual desire, their ability, everything — and start running around to prove they are still a real man. Does this reflect a lack of good salt?*

DE LANGRE: It means their minerals are running out.

Men have come to me with that very problem. The moment I give them some Celtic salt, they come back and confide that their sex lives have improved tremendously.

I have seen an old woodcut in which a man who lost potency was thrown into a vat of salted water. Too weak a disposition or lack of virility? The remedy was simple: salting front and back.

[Editor's Note: I wonder how it would work if a man had wet salt sprayed or rubbed into him as a treatment — to increase his body's mineralization and therefore his vigor. We have all heard of castor oil packs to improve liver function. Well, what about salt packs, or applications of salt, to improve overall functioning?

Also, one doctor I just talked to told me that the Celtic salt seemed to have more effect on increasing adrenal function than sophisticated nutritional programs. Without adrenal function, strong orgasms are highly unlikely and may not even be possible. An orgasm is a release of energy. But if energy cannot be accumulated, there is nothing to release.]

BISER: *That is very encouraging. On a more positive note, would you say that the health benefits of salt will actually improve a person's sex life?*

DE LANGRE: It will improve *every* quality of life, including sex life.

Refined salt lacks the minerals that contribute to skeletal development, heavier bone formation, and overall virility. Children who are raised on refined salt lack the minerals they need for proper development in *every* sense — including sexually.

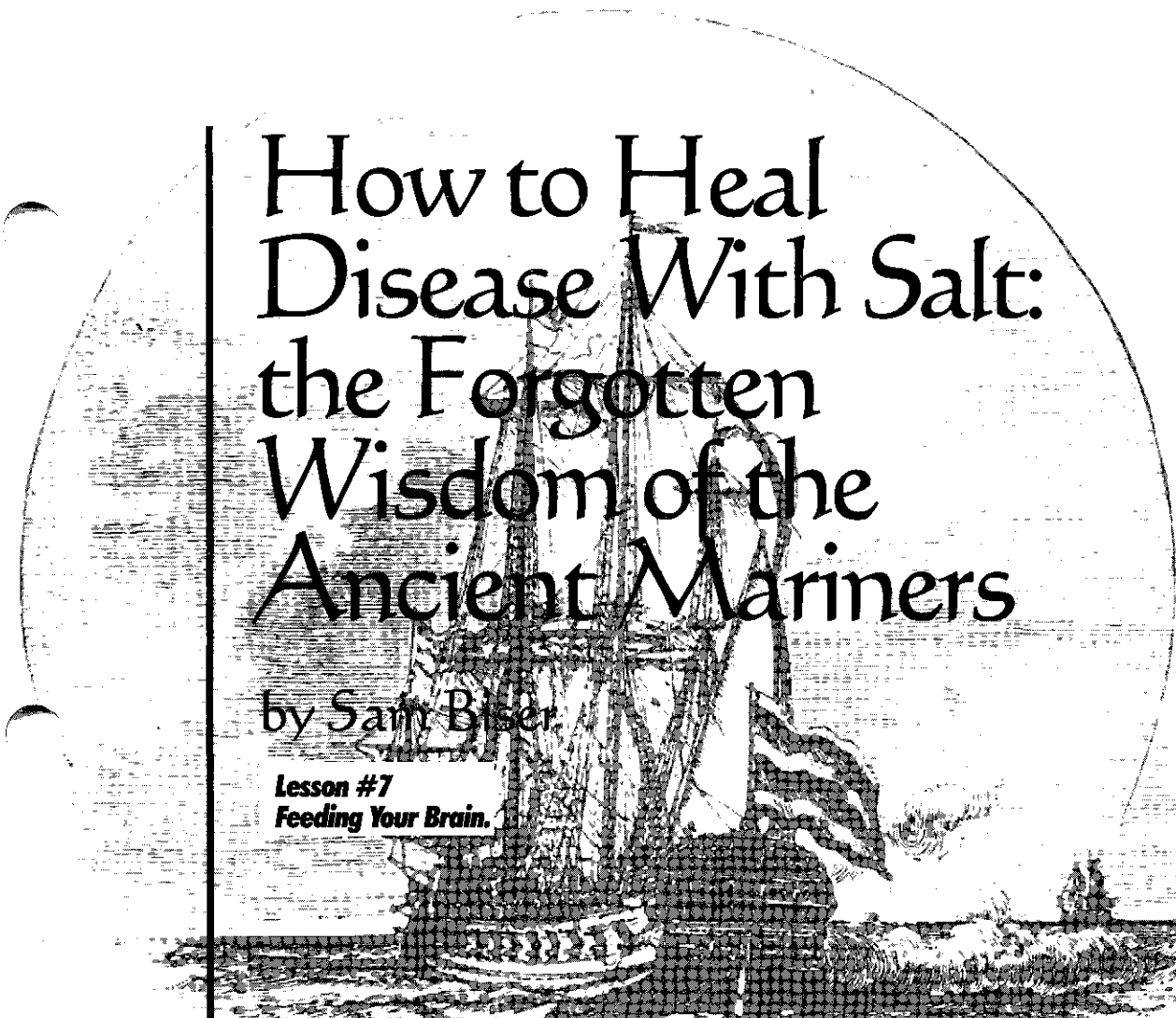
But this can often be rectified through the use of Celtic salt. Baths are especially helpful here¹. Keep in mind, as we said earlier, the ionization of salty water, sand or clay will bring a certain amount of bio-electric energy into your cells through the skin — sort of recharging of

1. Editor's Note: Please refer to the Baths section of this report.

your cells' batteries. This, along with the benefits I just mentioned, can bring back lost vigor, flexibility and mental energy, which would undoubtedly improve one's sex life.

It's really a very simple case of cause and effect. The minerals these men lack are replenished by the Celtic salt, and their lost virility is restored to them.

[Editor's Note: I think that some men might benefit from using a damp salt pack applied to their genitals, and left on for several hours, covered with something to retain the moisture. Whoever tries this, please write to me confidentially and let me know the results.]



How to Heal Disease With Salt: the Forgotten Wisdom of the Ancient Mariners

by Sam Biser

Lesson #7
Feeding Your Brain.

WARNING: For proper diagnosis and treatment of any diseases, please see your medical doctor without delay. It is your responsibility to discuss these natural programs with your doctor before you try them. To delay appropriate medical treatment can prove fatal. Do not try any of these natural methods mentioned in this Course without first consulting your medical doctor — because they can cause harm, instead of benefit.

Proper salt charges the brain.

"I had the most extraordinary experience with the salt...not only am I physically changing, but I feel that my cells, deep inside me, are satisfied and nourished....I don't feel like an emotional wimp anymore."

— N.M., user of Celtic Salt

We continue our discussion with Dr. De Langre.

Sodium is essential to brain function. A lack of it will gradually turn you into an idiot, or 'mentally dense,' if you need a softer phrase. — Sam Biser

BISER: *You have made several references to the psychological advantages that Celtic salt gives to those who use it — that it gives men courage, it helps foster emotionally healthy relationships. It seems that the salt has some effect on our brain or nervous system functions. Can you comment on this?*

DE LANGRE: Physiologically, there is a direct correlation between sodium and the brain. Sodium is absolutely vital to proper brain function.

An article in The San Francisco Chronicle tells about a Dr. Allen Arieff, who documented cases where post-surgical patients suffered irreparable brain damage, even death, due to hyponatremia — low blood sodium.

Generally within two days of surgery, the patients suffered post-operative symptoms which doctors attributed to strokes, brain

infection, blood clots, even fractured skulls — until tests (or in some cases, autopsies) revealed that the problem was severe sodium deficiency.

The tragedy is that the cases could have been avoided completely simply by adding saline to the patients' intravenous drips and monitoring their blood sodium levels.

BISER: *Does the brain just stop working without salt?*

DE LANGRE: According to Dr. Arieff, the kidneys sometimes malfunction after surgery, creating an imbalance between sodium and the body's fluids. This imbalance causes organs to swell, and since the brain is inside the skull, it has no choice but to press down on the spinal cord. The patient stops breathing.

Lack of salt affects the brain's emotional development.

BISER: *That is frightening — and tragic. But aren't these extreme cases?*

DE LANGRE: Yes, they are. Nevertheless they demonstrate the vital connection between low salt and brain function. In the majority of cases I have come across, lack of salt seems more commonly connected with the brain's emotional and psychological development.

Salt affects your psychological health in a very specific way. We have talked about the important presence of magnesium in the Celtic salt, and the many health advantages this affords.

Magnesium's primary role (until a child is seven or eight) is the building of the skeleton. Then, at the seven to fourteen stage of life, magnesium moves from being a bone builder to being a gray matter builder; it climbs to the brain and begins to develop the power of

judgment. This is called the Age of Reason, which is why at seven or eight you begin to seriously teach a child.

BISER: *What happens if children don't get the proper amount of magnesium?*

DE LANGRE: If you don't supply a child with magnesium in a natural source, you end up with a nation full of nitwits.

BISER: *That sounds awfully harsh.*

DE LANGRE: I know — the truth hurts. But it's happening all around us. Children are not children anymore — they are losing sight of right and wrong — they have not been given the proper nutritional tools for development. Instead, we have a lot of dysfunction, a lot of suicidal disorders.

BISER: *Suicidal children?*

DE LANGRE: Yes. You've heard all the stories — eight year old kids are taking drugs, walking into school with guns in their knapsacks. This is a manifestation of suicidal disorder — they are looking at death as a way out of their predicament.

BISER: *And this is all because of a lack of magnesium?*

DE LANGRE: Largely, yes. And I'm not alone in saying it. Except that no one else has traced it to the lack of good salt.

The Celtic salt also has a wonderful healing effect on people who are suffering the physical and psychological burdens of addiction. The salt helps eliminate cravings.

In its wisdom, the body seeks out the elements it is lacking in order to create a homeostasis. Nicotine, caffeine, sugar — the sorts of things that are easy to become addicted to, even in childhood — these

are all “replacements” for the elements the body really needs. The elements can be found in Celtic salt.

BISER: *What about adults, Jacques? What happens to them when they listen to the doctors who tell them to stay away from salt?*

DE LANGRE: You have widespread depression — people cannot think straight, and their judgement is often clouded.

Without salt, the brains cells, like all other cells, cannot maintain their integrity. They go downhill, i.e. degenerate. — Sam Biser

BISER: *It sounds as though we are developing into a country full of zombies.*

DE LANGRE: Not if we can turn things around in a positive direction.

BISER: *Do the effects on adults become more serious as time goes by — worse than just depression?*

DE LANGRE: Many people develop Alzheimer’s. The illness is often blamed on aluminum, but it’s not all because of aluminum — it’s also because of all the prepared foods, the so-called “convenience foods.” There are many dangers associated with the lack of salt, as we have discussed.

BISER: *How would the lack of Celtic salt have anything to do with Alzheimer’s?*

In France, they soak mentally depressed or Alzheimer’s patients in salty water — and cure them.

DE LANGRE: Because basically you no longer have the mechanism to regenerate brain cells. Those are the hardest cells to maintain unless you have the full spectrum of minerals available. You need to get these

people close to a source of salt or ocean water, or bathe them in the ocean water, and they start to get well.

BISER: *Have you actually seen it happen?*

DE LANGRE: Yes, there is a thalassotherapy (salt water therapy) center in Brittany, France where they actually soak patients in a warm sea water that is brought in fresh daily. Patients include those who are mentally ill, depressed, even Alzheimer's patients.

BISER: *And what happens to them? Do they show small improvements or big improvements?*

DE LANGRE: Big improvements. It is a marvelous place.

BISER: *That's wonderful — people are being cured of serious illnesses with salt baths?*

DE LANGRE: Yes, the baths are very effective. So are the marine matrix and the mother liquor. People come to me and say, "I have suicidal tendencies," or, "I feel terribly fatigued" and I always tell them they can be helped if they drink the mother liquor with a little bit of vegetable or fruit juice.

BISER: *And the magnesium in the mother liquor helps raise their spirits?*

DE LANGRE: Immediately. It gives people a real emotional lift that they didn't have before. They feel less depressed, more optimistic. [Editor's Note: Please see the Baths section for information on how to prepare the mother liquor solution.]

BISER: *My wife was driving to the office one morning, when all of a sudden a deer ran across the highway and rammed into her car. The car was totalled. Thank goodness my wife wasn't hurt, but needless to*

say, she was very shaken up. And her left arm was sort of tingly. We thought she was in a mild shock.

DE LANGRE: What did she do?

BISER: *When she got to the office, she took a pinch of Celtic salt and put it on her tongue and then drank a glass of water — and it calmed her right down. Even the tingling disappeared.*

DE LANGRE: I'm not surprised — your wife did exactly right.

If you are in an accident, or even a near-accident, a very stressful situation — your body will start to feel tight, you may feel light-headed. The first thing you do is take a little bit of salt on your tongue, and you immediately lose that shock feeling. Salt actually helps you face up to the emergencies that throw your organs into a tailspin.

Salt has that wonderful ability to create judgment in the brain, make things a little less hazy. Everything becomes a little clearer. And then, once we can determine what is good for us and what is bad, salt gives us the courage to choose the good stuff.

[Editor's Note: In case of trauma, Jacques also suggested damp salt packs placed on the area of the body that needed help. He told me this helped revitalize and purify the damaged area. Perhaps a salt pack could be placed on the skull if needed.]

How one woman came out of a pit of despair through the use of Celtic salt.

One woman we spoke with attests that Celtic salt not only changed her life, but *saved* her life. She was at the bottom of a pit of despair, but was brought back and made well, thanks to the caring of

Jacques de Langre and his wife, Yvette — and the lessons they taught her about Celtic salt. This is her incredible story.

G.B.: In 1983 my father died of multiple myeloma, a type of bone marrow cancer. For three years I was caring for him, running a farm and raising my small children, so emotionally I was a wreck.

The day my father died, I thought I was having a heart attack. Of course I was grieving, but the doctor immediately fed me a tranquilizer as soon as I entered his office. It started with one, tiny yellow 5 mg. tablet, and I ended up in a psychiatric institution. I never gave myself a chance to feel anything.

BISER: *How did you become so addicted?*

G.B.: The tranquilizers I was taking are of such an addictive nature, it is possible to become addicted after two weeks. I knew the drugs weren't helping and I kept trying to come off them, so I was in a constant state of withdrawal.

BISER: *Is that why you were institutionalized?*

G.B.: It was for many reasons. I was suffering not only from the drug addiction, but also from reactive depression and a sort of drug-induced anxiety. I was having all kinds of hallucinatory symptoms, ants crawling on my skin — the drugs were no different than heroin in terms of addiction.

Physically, I was suffering from drug-induced allergy syndrome and a malabsorption problem that left me anorexic and dangerously malnourished. After four years, I had become suicidally depressed and I tried to kill myself. I actually died in the ambulance on the way to the hospital, but was revived by the crew.

BISER: *In the midst of all that, how in the world did you hear about Celtic salt?*

G.B.: Shortly after I left the hospital (following my suicide attempt) I went to an organic vegetable store, where I met a woman who practiced macrobiotics. She invited me in and cooked for me, and she introduced me to Celtic salt.

I had read and studied a bit about nutrition and knew that I needed magnesium, and that I was lacking in minerals. When I tasted the salt, I knew immediately that was what I needed.

I called Jacques de Langre and he was the only person I had met who would make time for me. We became friends instantly, and eventually I flew to California to meet him and Yvette.

If it were not for Jacques, I would not be standing here today.

BISER: *What did Jacques say that was different from the doctors?*

G.B.: The doctors told me I could never eat wheat again. Jacques taught me that the use of refined flour, refined sugar and refined salt were the cause of my intolerance.

He explained that with a fully mineralized salt, the glutens in whole wheat grain can be broken down and absorbed by the body. He also explained that naturally leavened sourdough bread provides the necessary bacteria in the bowels to allow proper processing of wheat products.

I can eat wheat, now that I know how to do it properly. This is something that could be of tremendous help to others who are allergic to glutens. And it got me out of my malnourished state.

BISER: *How do you feel now?*

G.B.: It has had such a profound effect on building my body back. I'm sane now. I am back on track.

A woman who used to fall apart under stress can now tolerate it.

We also heard from two others regarding the psychological benefits they have witnessed since they began using Celtic salt. One in particular was amazed at the difference she felt in her outlook and moods. Here is an excerpt from our conversation:

“...Three days ago I went through some of the most extraordinary stress. I lost my place to live...and I got laid off because it is a very slow season....I usually cry at the drop of a hat, but I didn't cry...I have this powerful memory of all the times that I have cried when things get tough...I don't feel overwhelmed, it's as if my strength makes me equal to my problems....”

Man notices calming effect of proper salt on his children.

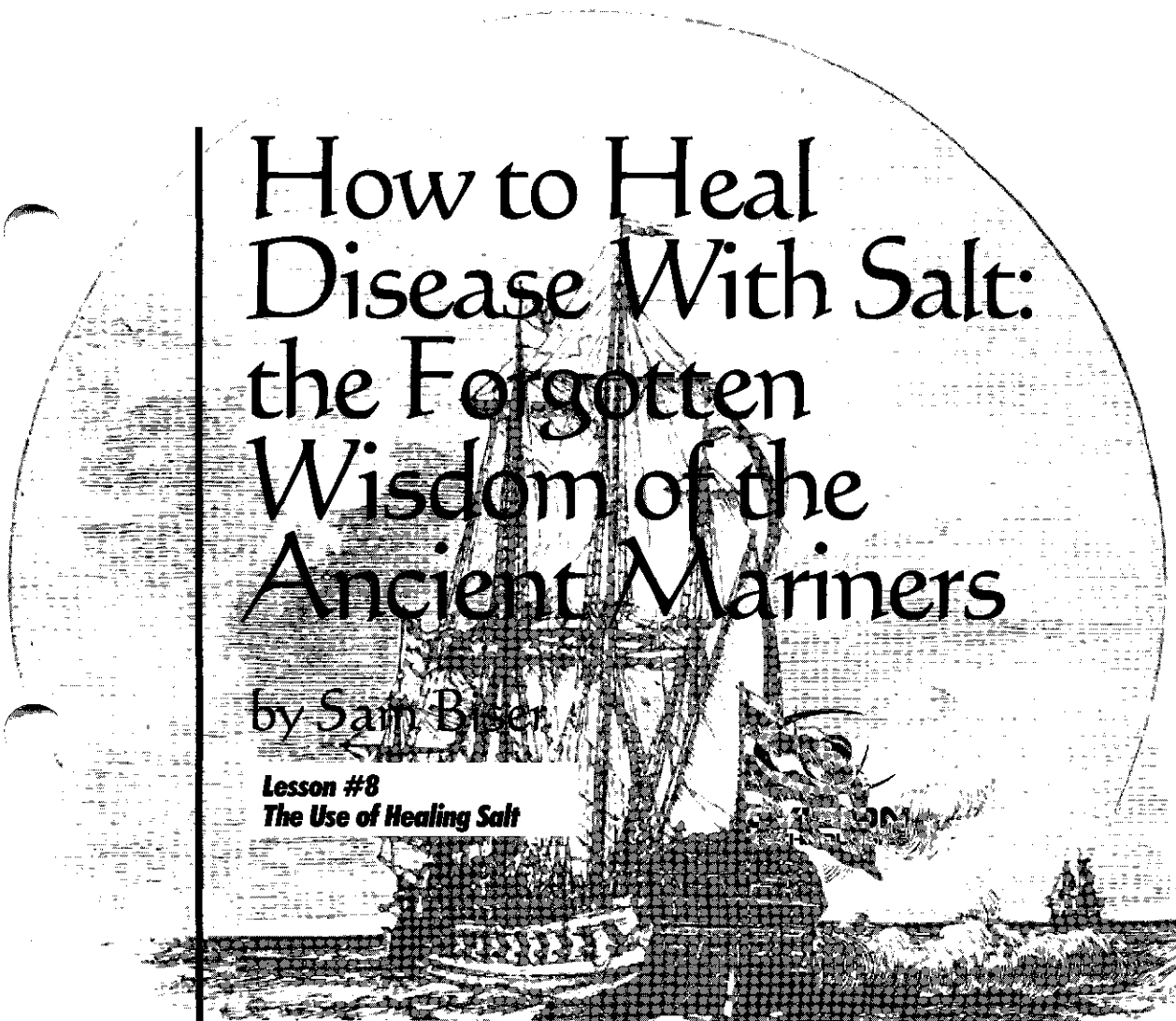
C.C. was excited about the effect the salt has had on his children, as well as the improved taste of food with Celtic salt. Here is what he had to say about it:

“I am not a big salt user, so I didn't use a lot of it. What I did notice, though, is that my kids really enjoy it, and it seems to have a calming effect on them.

Remember salt's effect on increasing courage and determination. It worked for the Romans and can work for you — Sam Biser.

The proper salt gives you courage. If you have difficulty facing any kind of personal conflict in your personal or business life, it could be you need the right salt in your life to give you the emotional strength. I have seen this in people I have talked to.

Remember that the Romans gave it to their soldiers to give them courage on the battlefield. This wasn't an ancient myth. It was a physical and mental reality. Without sufficient salt, people can turn into mental wimps.



How to Heal Disease With Salt: the Forgotten Wisdom of the Ancient Mariners

by Sam Biser

Lesson #8
The Use of Healing Salt

WARNING: For proper diagnosis and treatment of any diseases, please see your medical doctor without delay. It is your responsibility to discuss these natural programs with your doctor before you try them. To delay appropriate medical treatment can prove fatal. Do not try any of these natural methods mentioned in this Course without first consulting your medical doctor — because they can cause harm, instead of benefit.

Baths — a neglected form of healing.

Since interviewing Dr. De Langre, I have followed many of his recommendations and found the use of salt baths to be extremely beneficial and strengthening.

I did comparison tests and noticed that what he said was true: regular baths without salt were weakening — although they felt relaxing. Salt baths, when done properly, were also relaxing, but they were simultaneously strengthening.

The skin is not only an organ of elimination. It is an organ of absorption, and that's why salt baths are so healing.

BISER: *It's clear from what you have said here that salt has an incredible influence on the way our body functions and the quality of our lives. Let's talk about some of the ways we can use salt to enhance our health and sense of well-being. I wonder, if babies benefit from being baptized in salty water, how might adults benefit from salt baths?*

DE LANGRE: That's an excellent question. Salt baths have a wonderful effect on the body and mind. Though we aren't accustomed to taking salt baths in this country as a rule, many cultures have made salt an integral part of their external as well as internal cleansing routine.

Europeans have recognized the value of soaking the body in salt solution for quite some time. Spas up and down the Atlantic and Mediterranean coastlines use specially treated, filtered, and heated sea waters therapeutically to help revitalize and rejuvenate their clients.

Different types of ocean water therapy.

BISER: *Can you give us some examples of the ways salt baths can be applied?*

DE LANGRE: Sure. There are several different types of salt water therapies (called thalassotherapy) in France, depending on whether you are simply overtired and stressed, or ailing in some way.

One type is called *heliotherapy*. Heliotherapy involves the sun as well as salt. The patient lies on a slowly rotating platform which alternates between sun and shade. A sort of shower head or atomizer sprays the patient with isotonic sea water, which quickly evaporates under the sun. In this way, the healing elements of the salt are literally “dyed” into the skin and the patient feels relaxed and rejuvenated.

BISER: *It sounds wonderful. Now, you say there are varying degrees of therapy. What type of therapy might be used for someone who needs something a little stronger?*

DE LANGRE: Well, a patient who is in need of a stronger cleansing might try a sand bath. This type of treatment is known as arenotherapy.

BISER: *How does it work?*

DE LANGRE: The sand, as you know, is covered twice a day by the ocean waves and then drained again. As a result it becomes super-saturated and enriched not only by the trace elements in the ocean salts, but also by the proteins in the sea. Therefore the sand is extremely ionized — impregnated with minerals, you might say. The sand is heated, and the patient is immersed in it, and remains immersed until a strong reaction occurs.

Cleansing reactions from sea water therapy.

BISER: *What kind of reaction?*

DE LANGRE: Sometimes a fever, teeth chattering. You have to remember that a cleansing is taking place, and the fever indicates that the body is ridding itself of the poisons that are causing the illness. The abrasive action of the sand, combined with such a heavy concentration of minerals and proteins is quite a powerful thing!

There is a similar procedure using clay mud instead of sand, called *phangotherapy*.

BISER: *What exactly do they do for your overall health?*

DE LANGRE: They do several things, actually. The baths have been found to help any articulatory problems — they can improve joint flexibility, even for people with arthritis.

The baths are also very effective in improving muscle ability. This tends to be a major problem for people who take too much refined salt. Sodium chloride helps your muscle contraction to a certain extent, but does nothing for improving muscular *de*-contraction; the muscles remain in the contracted position. As a result, you have a lot of stiff people out there who need the *complete* set of trace minerals to improve their flexibility.

Another health benefit is on the nervous system. The salty mud and sand contain trace amounts of bromine, which addresses the nervous system.

BISER: *Bromine — that's used as a mental sedative, isn't it?*

DE LANGRE: Actually, we need to look at it differently. In the old days, bromine was given as a sedative but was used in such high quantities that it overwhelmed the nervous system in a poisonous way.

If you take bromine in the trace amounts found in Celtic salt, it actually stimulates the nervous system — it becomes a regulator.

The French government actually recommends the use of sea water therapy.

BISER: *Jacques, are these spas regarded as helpful by the medical community in France?*

DE LANGRE: The use of spas is not only regarded as helpful, but is actually *encouraged*. The program has been recognized by the French government and some others. The government actually recommends that tired people from the cities use these spas in order to be restored back to health without any medication except sea water.

What's more, the spas are subsidized in their national health programs.

BISER: *Really? And are the French sand and mud treatments the same as the mud baths offered in West Coast spas here in the U.S.?*

DE LANGRE: Not really. The basic idea is similar, but the American versions use either refined salt in the mud or sometimes no salt at all; they do not recognize the need for whole, filtered seawater. The Europeans realize that this is the only way to really get the healing benefits of the minerals.

How to get the benefit of French seawater spas in your home.

BISER: *Well, what can people do to help themselves if they cannot make it to a European spa?*

DE LANGRE: Another great question. The beauty of Celtic salt is that it is so versatile — and so portable — that there are several different ways

that people can enjoy the health benefits of a salt spa right in their own homes.

I have given many people my “recipe” for a basic energizing salt bath and they have all come back satisfied.

BISER: *Can you share that recipe with our readers?*

DE LANGRE: Sure. It takes about four pounds of salt to a bathtub to get a good isotonic solution — one that will go way into the skin and start changing the skin’s chemistry.

The idea is to keep the salinity up and the temperature down. The temperature should only be about two degrees warmer than the blood heat.

[Editor’s Note: I have used as little as one or two cups of Celtic salt per bathtub and felt better, which was less than four pounds in weight. You may have to experiment and see the amount that is best for you. Jacques, being a biochemist, may be correct in using four pounds as a benchmark.]

If you make the bath temperature too hot, you can weaken yourself.

BISER: *So most people have the temperature too hot?*

DE LANGRE: Much too hot.

BISER: *What does that do, weaken the body?*

DE LANGRE: It drains away the minerals.

Then you have a complete reversal of the osmosis. In other words, instead of the salt going into the person, it is leaving the person.

In fact, you can do this, you can put a person in a hot bath and measure the amount of salinity before and after. Actually, the salt bath will be loaded with his or her salt.

BISER: *So the person is enriching the water?*

DE LANGRE: Exactly. It is like laundering.

BISER: *Oh my God! Laundering the person!*

DE LANGRE: And if the person is using chlorinated water on top of that, then it is a double bleaching. It's like bleaching a fabric. A person can come out looking whiter than when he went in.

The person is losing their minerals.

If you ever use a hot tub, you have to take salt immediately afterward to replenish what you lost in the hot waters.

BISER: *Then the person goes downstairs and takes some vitamins. It is pretty funny.*

DE LANGRE: That is why if you go swimming in the river, especially a warm river like in Hawaii — or a hot tub — you need to take a good amount of salt right after that to replenish your battery; otherwise, you are the loser.

Because we are all little bags of salt — and you can't let that salt get away from you. Using salts properly takes the place of so many supplements and expenses, vitamins and everything else, because it makes your body alive.

Another important part of the salt bath is to rub the skin with a loofah sponge to create friction that will open up the pores and absorb the salts.

BISER: *Have you taken salt baths yourself?*

DE LANGRE: Oh gosh, yes!

BISER: *Do you feel invigorated or is the effect more soothing?*

DE LANGRE: It's galvanizing — just like going into the ocean. And if you watch the temperature, you can achieve that same effect.

I started bathing about three years ago in salt. I even immersed my scalp and face in it. One guy who hadn't seen me in three years said, "I can't believe the glow."

The best time of time of day to take a salt bath is not when you expect.

BISER: *When is the best time of day to get the most therapeutic benefit of salt baths?*

DE LANGRE: First thing in the morning. I say this because when you sleep at night your body is repairing itself from the day before, and this is when the acid toxins in your system are pushed out towards the skin. So morning is the best cleansing time.

But if you choose to take the bath at night, you will find that although it is invigorating, it will give you the energy you need to sleep; it fights those feelings of overtiredness that keep people awake.

BISER: *Are regular baths — without salt — harmful?*

DE LANGRE: Well, they certainly don't help. Because of osmosis, each time you put yourself in a body of water without salt, the water drains your body's salt content.

If you were to measure the salinity of a plain water bath before and after you bathe, you would see that your body had lost 15 to 20

grams of sodium simply by soaking in the tub; the salt from your body literally goes down the drain!

BISER: *So salt inside our bodies is protected by salt outside our bodies?*

DE LANGRE: Exactly.

Native Americans used ice-cold baths to re-invigorate their bodies when the winter was over.

BISER: *You mentioned earlier that the temperature of the bath should not be hot, but only about two degrees above body temperature. Does that mean that swimming in cold salt water is bad for you?*

DE LANGRE: Not at all. My concern is that some people do not react well to ice-cold baths. People who are ill, for instance, fare much better in a bath that has been brought up to a few degrees above their body temperature. But for generally healthy people, a cold saline dip can be the most invigorating of baths.

Native Americans of the Northeast used to run to the shore at break of Spring and dive headlong into the cold ocean as a salute to the new season. The purpose was to shed all of their winter problems, illness, stagnation, and so forth. The effect is tremendous — I've done it myself!

Eskimos in Canada used to have a similar custom. I see older generations of the Eskimos, and they are amazingly strong people. But I noticed that the younger men and women were not so healthy.

I thought about this and recalled that they once had a tradition of running to the ocean waters at the first break of spring. Then the missionary priests came in and forbade the practice, because it was "indecent" for young women to see men running around naked. In

preventing them from practicing this rite of spring, they are depriving these young people of its health benefits.

BISER: *They have lost the very traditions that were meant to keep them alive.*

DE LANGRE: Yes, and they are becoming sicker because of it. Not unlike the rest of us, I'd say.

BISER: *Jacques, is a salt bath better than just using the salt in your food?*

DE LANGRE: You do derive greater benefit from the baths, simply because your skin is the best absorption organ. However, this does not negate the benefits you can derive from using salt in your daily cooking. It should be used in both forms.

How to make the magnesium-rich 'mother liquor' solution for special healing. — Sam Biser

BISER: *Is there any way to make the bath stronger — say, for someone who is ill or in need of an extra boost?*

DE LANGRE: Well, you'll remember that earlier I mentioned "mother liquor" — the magnesium-loaded water that was once used to baptize babies. The mother liquor comes from the bitterns of the salt — in other words, it is a heavy concentration of magnesium salts with a highly medicinal value.

Mother liquor can be made at home using the light gray Celtic salt. Fill a long, clean, narrow cotton bag (about 10" x 24") with about four pounds of the light gray Celtic salt. (For a smaller quantity of sea salt, use a smaller bag.) Tie a string around the neck of the cloth bag and dip it in a pail of clean spring water for 1 minute. Hang the bag above a

wide earthenware bowl (no metal or plastic) and allow the mother liquor concentrate to drip into the bowl.

Save this cloudy-white liquid in a jar. You can use it for a more potent, therapeutic bath by following the same instructions as above, only substituting the mother liquor for salt crystals. Or, you can mix the mother liquor with a green vegetable juice, like kale, for a revitalizing drink.

BISER: *How much should you use at one time?*

DE LANGRE: I would say about a quarter cup of green juice and a quarter cup of the mother liquor.

BISER: *Can the salt crystals left in the bag still be used, or should they be thrown away after you've taken out the bitters?*

DE LANGRE: Oh, no — you don't have to throw them away. All you have to do is spread the wet crystals on a large, unpainted wooden surface or a flat basket and allow them to dry in the sun between one hour and one day. When they are dry, store the crystals in a corked, glass container to prevent any further moisture from getting in.

What remains is a whiter salt with a smaller percentage of minerals, but still more than you will find in a refined sea salt or table salt.

Over 600 different illnesses have been cured using the 'mother liquor' solution.

BISER: *Is the mother liquor used for therapeutic purposes today?*

DE LANGRE: Sure it is. The International Medical Congress of Cannes in 1967 reported cures for over 600 different illnesses using the mother

liquor. Some French hospitals even use it to bathe Alzheimer's patients to help improve their brain function.

And soaking in a bath of mother liquor does wonders for monthly female problems.¹

How to use salt to help retard hair loss.

BISER: *You mentioned earlier that you use Celtic salt water on your scalp. Can this do anything for hair loss?*

DE LANGRE: By all means. To stop hair loss, what you need to do is use a cold water solution made with Celtic salt.

Salt has a tightening effect, so that the scalp can hold on to the hair root. The cold water makes the hair look healthier, and also helps tighten the scalp's hold on hair roots.

To make the solution, dissolve one level teaspoon of Celtic salt in a big glass of water. Gently massage (do not rub) into the scalp. Rinse your head with cold water. Refined salt will inflame the scalp, but Celtic salt will actually restore the scalp's acid/alkaline balance and draw circulation to the hair roots, encouraging hair growth.

BISER: *Have you seen or heard of anyone whose complexion improved from using the Celtic salt?*

DE LANGRE: It all goes back to the basic principle of using the skin as an elimination organ. If you bathe in the Celtic salt, it allows the skin to "breathe," in a sense. The skin will be able to rid itself of impurities and become healthier.

1. Editor's Note: We spoke with a female user of Celtic salt who reported that she stopped suffering from cyclical mastalgia (chronic pre-menstrual breast pain and tenderness) after she began using Celtic salt

One woman encourages her daughters to wash their faces in Celtic salt every night, and she tells me they have beautiful skin. You should talk to her.

How one woman uses salt for so many family ailments, they call her the 'salt lady.'

[Editor: We did speak with M.M. and discovered that she has found quite a few topical uses for Celtic salt. Here are just a few.]

"I use it for everything. Some people carry aspirin in their bags — I carry salt. I have a little plastic bottle that I call Half and Half — half water, half salt.

"At night my girls don't put cream on their faces — they put the salt water on. They just let it dry, and it works wonderfully. No pimples.

"My second daughter had chicken pox when she was nineteen. You know how bad it can be when an adult gets chicken pox — but I let my intuition guide me and I put the salt on her sores. Within three days she was back in college.

"I have had painful toothaches, even abscesses — but when I put the salt on, it kills the pain. Just as soon as you put it on the affected area, the body absorbs it instantly.

"It's wonderful. And you can use it without spending heaps of money. I really get so excited about it, because it is good for everything."

The different types of Celtic salts, including the one that women prefer.

BISER: *Let's go over the different types of Celtic salt that are available and the differences between them.*

DE LANGRE: First, we have the Light Grey salt. It comes without any processing and is dried in the wind and the sun; then harvested from the

salt marsh by hand with special wooden hand tools. The light grey color comes from the pure clay of the salt basins. Because it is sun-dried, it retains some of the ocean moisture and locks in the trace elements. Light Grey is the salt used for cooking and for baths. It is also the salt we use to make the mother liquor.

The second salt is Flower of the Ocean. This salt is a naturally white salt, yet it contains all of the minerals of the Light Grey, because it comes from a special, natural crystallization on the surface of the salt marsh. It is a very rare salt because the crystallization occurs only during the two or three of the hottest weeks of the harvest season. Flower of the Ocean is a less-ionized, delicate salt that has a more “feminine” quality. Women tend to be instinctively drawn to Flower of the Ocean when cooking.

We have women who say, “I just changed from the gray salt to the flower of ocean and I can’t believe the difference.”

We also have a finely ground version of the Celtic Light Grey which is slightly drier and more convenient for use as a table salt. It contains none of the additives or anti-caking agents that are to be found in regular salt, so it is not free-flowing; but it is easily sprinkled on food.

We are creating a new Dark Ages in America — because of a glut of the wrong salt.

BISER: *Jacques, so many people have been lacking in such a basic substance as good salt. How could something so elementary escape us?*

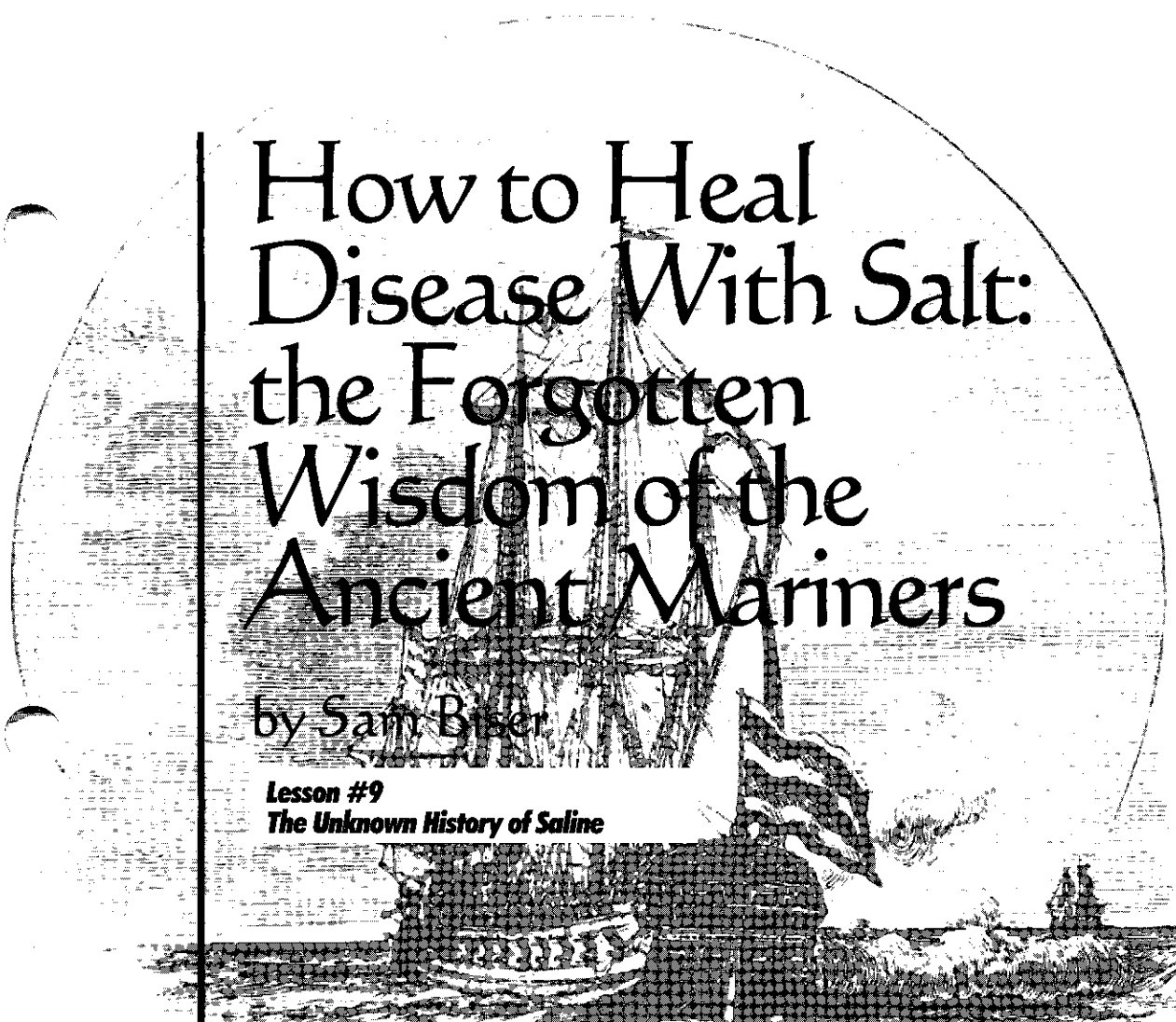
DE LANGRE: Food that is taken in without salt does not benefit our biology — nor do baths without salt.

We are called the saltiest nation on earth because everything we prepare contains a tremendous amount of salt. The less minerals

the toxic commercial salt has, the more you have to use it to achieve a certain salt taste. But at the same time, you achieve a dysfunction of liver, kidney, heart palpitation, and brain malfunction.

All of these things are literally creating today a Dark Ages in America. We are having a recurrence of the Dark Age of one thousand years previous to us. This time it is not because of a lack of supply, but because of a glut of the *wrong* salt.

I am afraid we are seeing the same violence they did during the salt famine in Medieval Europe. Because of the lack of a good salt, people are not receiving the minerals that make the mind strong enough to discern between good and bad.



How to Heal Disease With Salt: the Forgotten Wisdom of the Ancient Mariners

by Sam Biser

Lesson #9
The Unknown History of Saline

WARNING: For proper diagnosis and treatment of any diseases, please see your medical doctor without delay. It is your responsibility to discuss these natural programs with your doctor before you try them. To delay appropriate medical treatment can prove fatal. Do not try any of these natural methods mentioned in this Course without first consulting your medical doctor — because they can cause harm, instead of benefit.

Hundreds of clinics in France were curing people with saline therapy — but the medical people closed them down.

Today, there are a small number of clinics doing this work. In this section, you will learn some of the principles and history behind saline therapy — and why you can count on its not being used in civilized countries.

This section may inspire today's doctors who may want to practice a form of therapy that has almost disappeared from history.

BISER: *Knowing what we know about the rejuvenating properties of Celtic salt, haven't any doctors looked at the salt as a possible alternative to drug therapy?*

DE LANGRE: Sure they have. Many doctors have discovered seawater's marvelous healing properties; unfortunately, most are afraid to practice openly because even in the more liberal countries, they are considered renegades.

There is another, lesser known way of treating more serious illness, which involves the consumption of naturally purified sea water. It stems from a saline solution which duplicates the body's exact saline balance and restores the proper composition of human body fluids.

It is a seawater solution based on the work of the French physiologist Rene Quinton, who was one of the first to truly understand the medical benefits of salt water.

In the book, *L'eau de Mer*, Dr. Quinton tells how he took a rather large, healthy dog, removed all the dog's blood from its system, and replaced it in a matter of minutes with an equal amount of isotonic, purified, diluted seawater — isotonic meaning, of course, the same density as our own body fluid.

They released the dog from the operating table and he ran around the room, licking people's hands and greeting everyone with great enthusiasm!

BISER: *With saline in his blood stream? In his veins?*

DE LANGRE: Yes, believe it or not, it was in his veins and it worked just like his own blood. Total saline is completely compatible with the blood, and as Quinton discovered, it can actually *replace* blood.

It worked so well that Quinton opened numerous seawater serum clinics throughout France and treated patients with all kinds of illnesses by injection or giving the serum orally.

Scottish physician makes breakthrough for saline therapy in the 1800's, but no one follows-up on his work.

BISER: *That's something you never read about in the papers.*

DE LANGRE: The practice is very controversial. Each time I read about a doctor who had success in using seawater therapy internally, the book seems to disappear from the library shelf or be out of print.

BISER: *What other stories have you heard?*

DE LANGRE: Well, one groundbreaking story appeared in a book called *Sea of Life* written by Dr. William Snively. The first chapter tells about Dr. Thomas Latta, a physician in Scotland who was faced with a huge

epidemic of cholera back in the early 1800s. He tried everything to save his patients and was helplessly watching them die, one by one.

Then one day he happened to see an article in *The Lancet*, written by a Dr. O'Shaughnessy, who had found that the loose, watery bowel movements of cholera patients contained an abnormally high amount of saline and other electrolytes. Dr. Latta had a brainstorm — if he could replenish the lost electrolytes in his patients, he might be able to give them the strength they needed to recover. The answer was saline.

He tried this idea on several of his worst patients. At first he administered the saline orally and by enema, then decided it would be more effective if he gave it to the patients intravenously.

The results were close to miraculous. The first patient was an old woman close to death. Immediately after receiving the saline injection, her color improved, her pulse became stronger, and she announced that she was feeling much better. Unfortunately, the doctor left her and she became ill again within a few hours. She died before Dr. Latta even knew she had relapsed.

BISER: *Why did she become ill again, after such an immediate recovery?*

DE LANGRE: She relapsed because the saline was not administered in a high enough quantity to *continue* to make her well.

Dr. Latta performed the experiment on several other patients and discovered that the saline needed to be injected repeatedly, in rather large quantities, in order to completely heal the dreadfully ill patients. He injected 330 ounces of solution within a fifteen hour period to one patient, and within 48 hours the woman was cured!

BISER: *Back to Dr. Latta — didn't he report his results to anyone?*

DE LANGRE: Oh, yes — he very wisely asked four witnesses to observe the procedures, and later he reported the results of the experiment to *The Lancet*. Other doctors in Britain and Scotland began to adopt the saline practice, and two others even wrote to *The Lancet* about their success. But when the cholera epidemic passed, people forgot about Dr. Latta and went back to the old, useless treatments.

BISER: *Can you please explain how a patient's blood vessels could accommodate so much extra fluid?*

DE LANGRE: This is possible because the plasma of the blood has the ability to permeate the walls of the arteries and become part of the interstitial fluid, the boundary of your body's cells.

BISER: *And how exactly does sea water solution cure the actual illness?*

DE LANGRE: Of course we cannot use the word “cure” in any acute illness for which there is no known remedy. Rather, the saline fluid literally *washes* the illness out of the system. You are creating an outdrain of whatever is plaguing the patient's system.

An alternative to blood transfusions?

BISER: *Is 330 ounces of fluid the standard amount used?*

DE LANGRE: The amount of fluid is relative to the extent of the illness, and of course, the size of the patient. Doctors have helped patients with terminal cancer, for instance, by injecting approximately three times the amount of fluid that the blood system usually holds.

With the assistance of the saline solution, the patient immediately begins to make fresh, new red blood cells.

It would really behoove us to look at this as an alternative to blood transfusions. Whole saline is completely compatible with the blood and there is no stigma associated with it.

When you take someone else's blood there is always a chance of problems being carried in that person's bloodstream. With saline you have a purely antiseptic solution that is not only free of pathological organisms, but that can actually regenerate cells and make the heart pump better.

Help for terminal patients.

BISER: *Helping terminal patients, safe blood transfusions — it sounds like a miracle. This has been done in France?*

DE LANGRE: For the last ninety years.

BISER: *And this is a widely accepted practice for cancer?*

DE LANGRE: It is extremely widely accepted. I have a book here written in French, called *The Secret of Our Origin*, by Andre Mahe, which covers all of the experiments in all of the clinics. Doctor Jean Jarricot began setting up practice at the turn of the century, and his son is said to practice it today, although the methods are slightly frowned upon now.

There were over 500 clinics in France, working over twelve hours a day injecting patients with the special seawater solution. This is a fact that is not known anywhere except Europe.

BISER: *What other types of illnesses have been treated with saline therapy?*

DE LANGRE: According to all my research, seawater therapy has been shown to be one the most powerful therapies, even in the gravest of cases.

The Secret of Our Origin gives accounts of how seawater has been used in gastroenteritis, cirrhosis of the liver, poisoning by oxalic acid. It has been used to treat several different forms of syphilis, even tuberculosis.

Here, I will translate this for you. It says here,

— *“The seawater introduced into the inferior vital median which is completely toxic, will re-do the culture liquid of every organ cell itself. It must, therefore, accelerate the vitality of these cells, but at the same time it renews the bacterial level of the cells.”*

It's a little technical, but it explains exactly how the seawater does its work in the body — by cleansing the cellular system.

BISER: *Why do you think this therapy hasn't been used in the United States?*

DE LANGRE: Purified seawater is not very expensive. Therefore, it is a very simple, low-cost treatment and that is why it will never be an acceptable treatment in this country.

Radiation, chemotherapy and surgery are extremely profitable and therefore will remain as the primary, totally useless way of attempting to cure cancer. It makes the patients feel that something has really been done for them, and they will pay dearly for it — not only in money, but with their health.

BISER: *It leads me to the obvious question — since we don't have seawater serum clinics in this country, what options do our readers have if they want the benefits of this therapy?*

DE LANGRE: Of course, there is no real substitute to having proper saline therapy done when you are this sick.

However, we have an encapsulated seawater beverage called Marine Matrix — a refreshing drink which almost duplicates the



energizing and stimulating effect that you would get from the seawater solution that Quinton used. The Marine Matrix accomplishes several things.

It replenishes the vital extracellular fluid; it restores the body's mineral balance; and it has a preventive action, particularly against intestinal germs.

BISER: *What do you foresee in our future if we end up salt-less?*

DE LANGRE: We can never let that occur. It would be like taking lambs to the slaughterhouse.

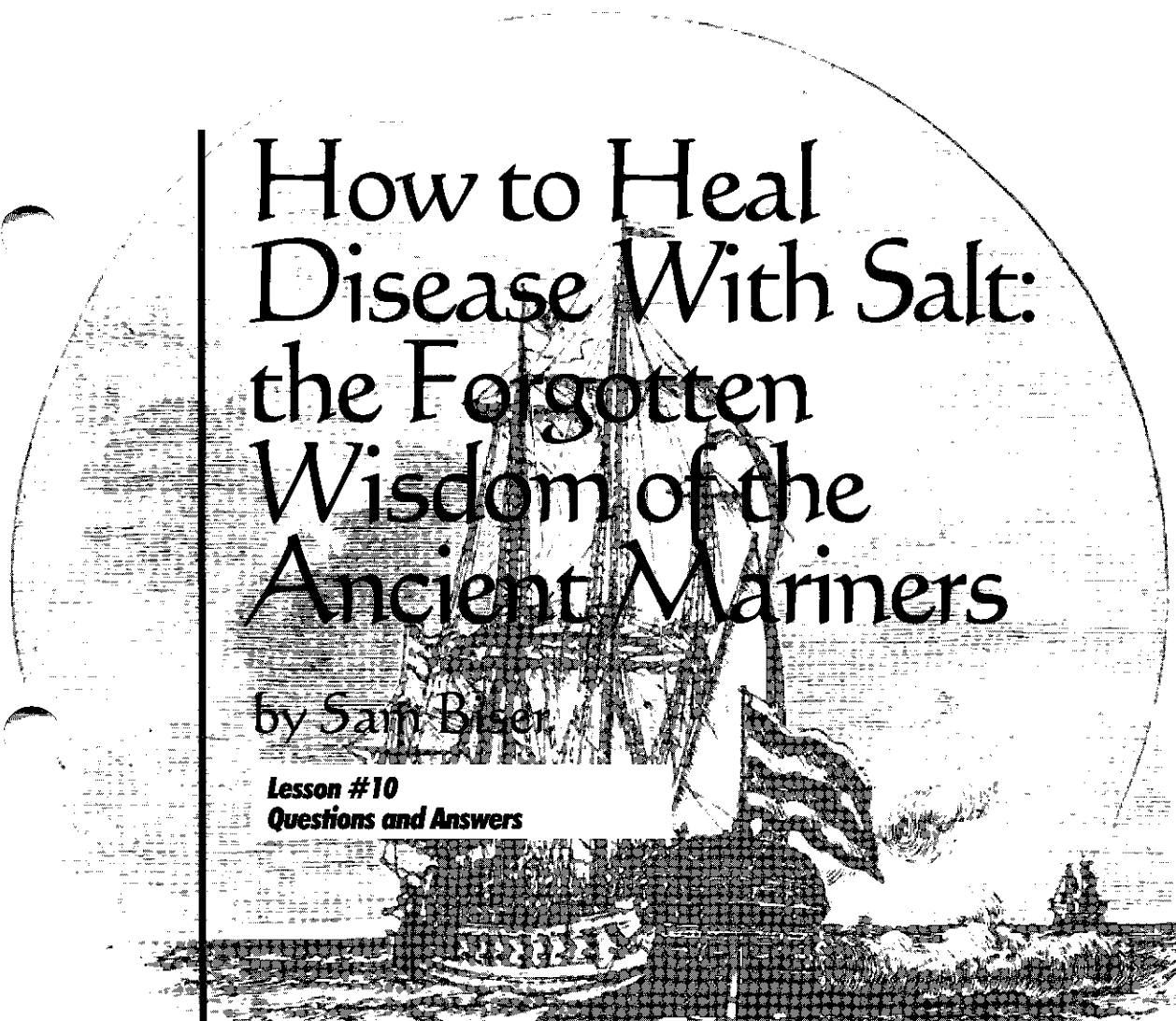
We are being faced with a very fundamental dilemma in our society today: Are we going to continue to be a financially affluent country and deny ourselves all of the chemistry that we derive from the ocean? Or are we willing to sacrifice a little of our profit, a little of our great industrial power, and at least use some of these elements to heal ourselves?

We are already reaching out to other corners of the world — Australia, Hong Kong — they are now learning about Celtic salt, and they are flabbergasted that they have lost such a key part of their heritage.

It is going to take work, hard labor, and a lot of dedication if we are ever going to make Celtic salt a fundamental part of life. So many coastlines have already been destroyed — we have put up recreational hotels and high-rises instead of salt flats.

But there are still plenty of areas in the world where you can make good salt — without wasting resources. Within a matter of thirty or forty years, even the most polluted waters can be cleaned out.

We must spread the knowledge of Celtic salt throughout this generation. We must teach its importance — its effectiveness — and its origin. Only then can we ensure the safety of generations to come.



How to Heal Disease With Salt: the Forgotten Wisdom of the Ancient Mariners

by Sam Biser

Lesson #10 **Questions and Answers**

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Important questions on the use of Celtic salt.

Following are some answers to questions we've received on the uses and effects of Celtic salt.

The big mistake people make when they start using Celtic salt.

QUESTION: *I've discovered that I can't take a half teaspoon or teaspoon of salt a day, because I find myself feeling ill or purging.*

DE LANGRE: That is one of the problems we encounter fairly often. First I must emphasize that you don't want to take salt as a medication. You use it with your everyday food. Then it is absorbed in a natural way, from the moisture in the food.

People often take salt as if it were aspirin and then they write to me and say "Salt didn't do a thing for me."

What was their big mistake? They started taking it like it was going out of style. There is a passage in the book, *The Secret of Our Origin*, that says when you use a microscopic amount of a substance, it is far more effective than if you take it in megadoses.

This is true for the trace elements in Celtic salt. For instance, when you take magnesium in trace amounts, it can help eliminate kidney stones. But if you take too much magnesium, it can cause kidney shutdown.

The same goes for bromine. Trace amounts of bromine will stimulate the nervous system, while excessive amounts will begin to act as a mental sedative.

Always remember: Less is better.

How you can tell when you have overdone it with natural salt.

QUESTION: *Can you describe the signs when a person has taken too much Celtic salt?*

DE LANGRE: To begin with, you can judge by your energy level. Too much Celtic salt may make you overly energetic, nervous or compulsive in your actions. One man, a retired M.D., tried to take too much Celtic salt and he went absolutely bug-eyed. He was completely abusing the salt.

You may also see signs in your digestion. Salt is an emetic. All you need to do is swallow a little too much ocean water to know that. In some cases, too much salt will act as a laxative; in other cases, it can make you vomit.

You just need to use common sense. You can overdose on anything. No matter how helpful Celtic salt may be, in excess it will not have a good effect. Your body will expel it.

Factors that determine how much salt you should use.

QUESTION: *How much Celtic salt should a person take?*

MRS. DE LANGRE: It depends on the person's activity; it depends on the climate; it depends on whether you are male or female. If you take too much you will know it because your skin will become dry and your hair will stand up on end and be brittle. You will be short tempered. Also

your urine will be dark in color. If you don't take enough salt, you will be lethargic.

You should use just enough salt on your food to bring out the flavor of the food. The food should taste good to you, but it should not taste real salty. It should not make you thirsty. If you are getting too thirsty, you know you are taking too much salt.

QUESTION: *Is using salt in your food sufficient, or do you need to drink the salt water as well?*

MRS. DE LANGRE: Using it only in the food is fine.

Salt can clear eyes of mucous.

QUESTION: *My wife's mother has been using the salt in her cooking and she finds that it has helped clear her eyes of excess mucous. Is that typical?*

DE LANGRE: Yes — that is because the Celtic salt addresses all the mucous membranes — that is part of the cleansing process. The toxins leave through the mucous.

How to deal with cleansing reactions which can be triggered by Celtic salt.

QUESTION: *I noticed that when I first started using Celtic salt, I got a rash all over my face. One woman wrote me and said she got a pain in her throat as if the cleansing was promoting a throat infection. She was also noticing some swelling in her breasts, like she gets just before her period. Is there anything that can be done for these problems?*

DE LANGRE: The salt goes around like a scavenger, and really scrounges for toxins. These toxins come out into the circulatory and lymph systems, and particularly the kidney area.

This is a normal reaction for people who are very toxic. A similar reaction is that sores may break out under your arms. If you do get a rash, you should say, "Hallelujah, something good is happening to me." The rash means your body is cleansing.

I have three suggestions. The first is to take four handfuls of salt (with two hands cupped together) and put it into a tall, narrow bathtub, so you are covered with water. Soak in that solution for half an hour. The Celtic salt will launder your skin and help you to eliminate what the salt is stirring up. Your skin will get so cleansed it will basically begin to function like a "second kidney."

You can also rub the rash very gently with the saline solution. This will get the skin to function as an elimination organ.

Another suggestion is to take 1/4 teaspoon of Celtic salt in a glass of water upon rising in the morning. Then exercise or walk for fifteen minutes. You will feel like a different person inside. The salt will start to cleanse you, and the exercise is essential to get your colon and other organs moving if they are sluggish. Then make sure you walk for at least 15 minutes later in the day.

If you follow the directions above, the rash will go away. Warts and black skin moles have been known to shrink, shed and drop off after such cleansing.

[Editor's Note: Any cleansing program will have adverse effects when you are first starting. These are just guidelines to let you know what to expect when you start using Celtic salt. Some amount of reaction is normal; however, if you feel that your reaction is too severe, by all means, back off.]

When you have a wound, you will find that adding a little Celtic salt to your diet will speed the healing.

Two weeks ago, I cut myself down to the bone on my little finger. Now, you cannot even see the scar. It totally disappeared. The first thing I did was to put Celtic salt on the wound and I consumed a little more salt than normal. Now, the wound is gone.

By using the Celtic salt, your body will heal that much faster.

Tips on bathing with Celtic salt.

QUESTION: *After taking a salt bath, do you rinse the salt off your body?*

MRS. DE LANGRE: I don't. But if you are scrubbing your scalp with the salt, then you rinse the salt out.

Using salt to head off a cold or flu — or to reduce its severity.

QUESTION: *Two weeks ago I had a terrible cold. Would the Celtic salt have helped me get better?*

DE LANGRE: Sure. The moment you feel a cold coming on, you should make yourself a re-charge drink with about a teaspoon of the Celtic salt and drink it. I like to mix it with a leafy green vegetable juice, or a V-8 type of drink.

As soon as you begin to sip the drink, your body's salinity will begin to increase and you will be better able to fight the cold.

Everyone in our office came down with a cold a while back. I immediately began to take extra salt, and within a day the flu was gone.

QUESTION: *How do you know it wasn't just a 24-hour flu anyway?*

DE LANGRE: I know because no one else stepped up their salt intake as aggressively as I did, and they continued to have the flu.

QUESTION: *How much did you take?*

DE LANGRE: I mixed one teaspoon in a glass of water in the morning, and I salted my food more heavily and chewed it well.

By the way, that's something else your readers should keep in mind. Chewing food is something we rarely think about, but it is a very important part of proper digestion. All the salt in the world can't help if the food particles are too large to break down properly.

QUESTION: *I found a product in a health food store called Sel du Mer from the Mediterranean — is this just as good as Celtic salt?*

DE LANGRE: Not even close — it falls under the same category as the other health food store “sea-salts.” It is a highly refined product — even though the packaging appears to stress how natural it is.

Kidney conditions are helped by salt.

QUESTION: *I have a transplanted kidney that has been giving me trouble ever since I had an operation. Will the salt help my kidney?*

MRS. DE LANGRE: Yes, you need the salt. This salt has all the minerals that your kidneys need. It will help your kidneys function better as long as you don't take too much.

How to make your drinking water healthier.

QUESTION: *I have always been against the long-term use of distilled water. It may be good for some people, but I am afraid that other people will get demineralized. What can my readers do?*

DE LANGRE: You could take eight ampules of our Marine Matrix seawater extract per gallon and shake it up vigorously to aerate it and pour it from one container to another, which is important. Or, if a person only has the Celtic salt, they could add some of that to each gallon.

[Editor's Note: You will have to experiment for yourself to see how much Celtic salt to add per gallon. I would start small and use your intuition. Every person is different in their needs.]

Celtic salt is critical for vegetarians.

QUESTION: *How does a salt-free diet affect the health of vegetarians?*

DE LANGRE: It is very bad. They have so much ingested potassium from the green leafy vegetables which is not neutralized by the sodium.

If potassium is in excess in relation to sodium, the body loses its ability to produce hydrochloric acid. Then you have poor digestion, which vegetarians suffer from.

Vegetarians are open to a lot of respiratory ailments. This is because of the extra moisture on the lungs which cannot be removed by the kidneys. They often have a lot of urinary infections. But I have gotten a lot of letters from vegetarians who have discovered my salt. They say they feel much better and have more energy.

QUESTION: *How does the use of Celtic salt affect herbs?*

DE LANGRE: Anyone who takes herbal teas for healing should add a pinch of Celtic salt to the tea. This will make it far more potent. In Africa, the natives add this salt to their tea at night. It is far healthier to take tea with salt than with a sweetener.

Celtic salt is very beneficial to women and their special needs.

QUESTION: *Is it all right for pregnant women and nursing mothers to use Celtic salt?*

MRS. DE LANGRE: Yes, it's absolutely vital that they do use the Celtic salt. Regular salt is poisonous — for anyone. In fact, women who are breast feeding can wash their breasts in a solution of salt water to

strengthen the nipples. They should wash it off with clean water before nursing the baby because the baby doesn't need that extra salt.

QUESTION: *Will the salt help with tender or fibrocystic breasts?*

MRS. DE LANGRE: I don't know about that specifically. I do know that salt is good overall for the whole body, and every part of your body is connected. If one organ is not doing well, the others won't do so well either. It's like a chain. By helping one organ, all the other organs start getting better.

For breasts, dairy products are the worst thing women can eat. These products can cause breast cancer, hormonal imbalances, ovarian tumors...all that sort of thing.

I know, because I had ovarian tumors. As I was growing up I ate a lot of cheese and giving it up was very hard for me. But several doctors who impressed me very much — Japanese doctors and one doctor whom I met in Paris — said that if women knew what dairy products did to them, they would never touch such products.

QUESTION: *Will the salt help balance the female hormones estrogen and progesterone?*

MRS. DE LANGRE: Yes, Celtic salt, especially the marine matrix, brings your internal environment back into proper balance.

If you have the proper diet and are using the right quality of salt, then you have the proper tools for your body to use to slowly but surely get back into balance. All parts of your body start working at getting better. But you can't keep on eating sugar, white flour, and junk foods.

Celtic salt can be used for rejuvenating tired animals.

QUESTION: *Is Celtic salt good for animals as well as people?*

DE LANGRE: It is fantastic for dogs, horses, even fish. We have had people who dropped a few pinches of Celtic salt in their fish tank and were able to revive their dying fish. They were thrilled.

But the best story involves a man in California who owns a horse ranch. He was having financial problems. To increase his income, he went to the horse auctions and bought sickly-looking horses, the ones with runny eyes and foam at the mouth. Their owners had given up on these horses, so the man was able to buy them for a cheap price.

He ordered the Celtic salt in 22-pound sacks and put them under high pressure to create a salt block. He placed the block next to the horses' feed. After a month or two, he took these same horses back to the auction and sold them for thousands in profit. The former owners were astounded — it was like seeing their old horses come back from the grave. One of them said, "My God, there's my old mare — I don't believe it!"

I have had some people in Texas tell me that their horses will not eat if they sprinkle refined salt on their food. But if they put Celtic salt on, they eat voraciously, ravenously, and they run a better race.

I used Celtic salt to help my pet Scottish Terrier.

QUESTION: *What about for dogs? My dog is a twenty-pound Scottie — how much Celtic salt should I give him?*

DE LANGRE: Every day, mix a 1/4 teaspoon of the salt in ground meat or chicken, with some cooked green vegetables. You should take the dog off commercial dog foods for at least ten days, because these contain toxic, refined salt.

Also, to help the dog's skin, you may rinse him in a solution of one tablespoon Celtic salt to two quarts of rinse water.

Try killing fleas with Celtic salt.

QUESTION: *Will the salt get rid of fleas?*

MRS. DE LANGRE: That's something you will have to try. I know that when I wash my vegetables in salt water, any insects attached to the food will detach. It can kill insects, and it will kill slugs.

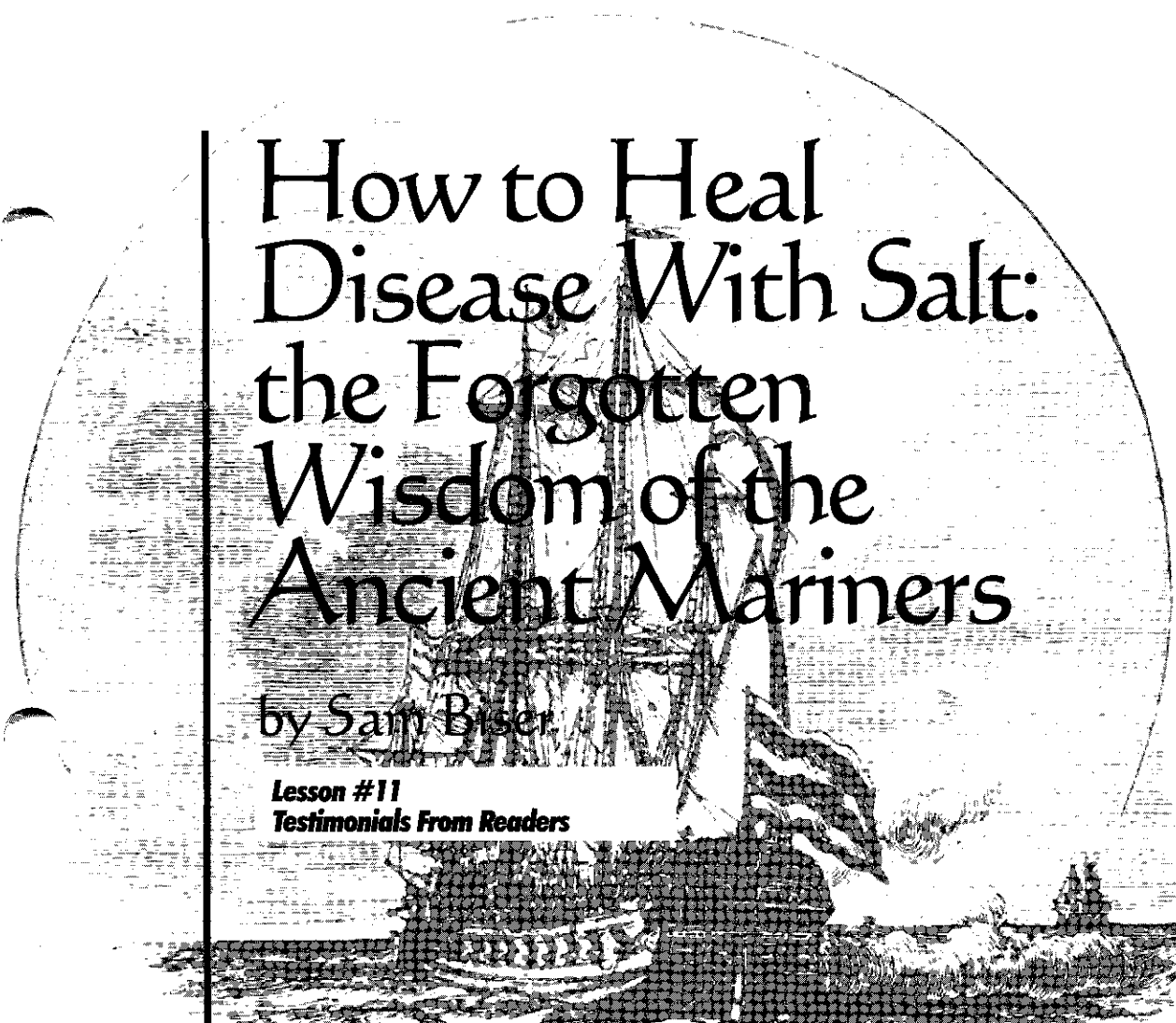
The best way to store Celtic salt.

QUESTION: *Can you store the salt in the refrigerator?*

MRS. DE LANGRE: You don't need to. You can store it in glass, wood, or ceramic but NOT metal. I don't like storing it in plastic either. It's all right for a short time, but I don't leave anything in plastic for a long time.

The best place for the salt is a wooden box, because the salt needs to breathe.

[Editor's Note: The Grain and Salt Society also suggests storing the salt in a glass jar with a cork top to allow the salt to breathe.]



How to Heal Disease With Salt: the Forgotten Wisdom of the Ancient Mariners

by Sam Biser

Lesson #11
Testimonials From Readers

WARNING: For proper diagnosis and treatment of any diseases, please see your medical doctor without delay. It is your responsibility to discuss these natural programs with your doctor before you try them. To delay appropriate medical treatment can prove fatal. Do not try any of these natural methods mentioned in this Course without first consulting your medical doctor — because they can cause harm, instead of benefit.

Testimonials

Many of our readers wrote or called to tell us of the wonderful results they obtained from using the Celtic salt. We are sharing some of those stories with you in the following material.

He tried Chelation therapy, vitamins, minerals — nothing really helped all his health problems until he began using Celtic salt.

“I’m very excited about the Celtic salt,” J. F. of Chapel Hill, North Carolina, exclaims. “I’m 55 years old, and although I had never been really sick, like hospital sick, I had been suffering with various medium/low-grade ailments for years.”

Mr. J. F. had indigestion problems, low-grade irritable bowel syndrome, and hyperglycemia. Also, for the last couple of years, his tongue had been chronically coated and his skin and mouth were becoming chronically dry. Drinking wouldn’t relieve it.

“Then by sheer luck,” he tells us, “I happened to be over at a friend’s house and he had the book, The Secret of Ancient Mariners. It caught my eye. I realized it was the very same book I had just read about in the Last Chance newsletter.

“I took the book home and I immediately read the whole thing. I thought, ‘Yes, this is making sense.’ You see, I’ve been on low-salt diets, and they’re the pits.

Mr. J. F. immediately ordered some salt. He even had them mail it overnight because he didn’t want to wait another day to try it.

He could feel a difference within a day or two of when he started taking the salt, “My energy level went way up. I’m sleeping only about 6

or 7 hours a night, which is plenty. I wake up early in the morning feeling great. I don't feel toxic.

"And sometimes I will go to sleep and the next thing I know its morning. It's like the entire night passed in an instant, which is the way you sleep when you're a kid.

"I used to have leg cramps when I would wake up. I had to be careful not to stretch my legs, because my calves would go into a spasm. I tried magnesium and calcium supplements, but it never helped. The salt has knocked out the problem.

"That's not all. The coating on my tongue has almost totally disappeared. And my digestion! I can eat nails. I am eating absolutely everything and am having a ball. Today, I went out and had a Mexican lunch with two beers. I had dessert which I could never do before unless I wanted to end up in a hospital — because of the hyperglycemia.

"I don't feel so dry, like my skin is re-hydrating. For example, for breakfast the other day, I had a cup of coffee with toast and some peanut butter that I salted. That was 9:00 in the morning. Then I had to run around and do a lot of business. So from 9:00 in the morning until 6:00 at night I did not consume a single drop of any sort of liquid or food.

"I had absolutely no thirst, no fatigue. And you know how sometimes you feel like you don't have reserves to handle stress if it comes along? Well, I felt like I had a reserve inside. I didn't feel sagged out. And usually that kind of day would result in a headache.

"In general, I just feel like I can take on jobs that I couldn't handle before. And without salt, you cannot think. Now when I do complicated paper work, I can focus. When you get depleted with minerals, it has a psychological effect as well as a physical one.

Mr. J. F. is also very pleased with the effect of the salt on his kidneys. He now urinates like he used to when he was 18 years old: He urinates less, but he has more volume.

This gentleman indicated that in the last few years he had developed a chronic low-back problem. "Nothing too serious, but in the morning, when I would bend over to wash my face, my lower back would hurt." According to him, that problem has also improved. He suspects it is the magnesium in the salt, which he believes is very important for muscles.

Mr. J. F. gives a tip on brushing teeth as well. "Dampen some of the light gray salt with hydrogen peroxide and brush your teeth with that. You really know that you have cleaned your teeth and your gums. I bet it will do an enormous amount for gum disease."

He doesn't measure the amount of salt that he consumes, but he puts "a lot" on his food. Although he'd only been taking the salt for 2 weeks, he feels it is rapidly absorbed. "Not like eating a lot of pills," he explains.

"I'm also looking for the salt to turn my gray hair back to brown," Mr. J. F. adds. [Editors note: Jacque LeLange said that this could happen. His hair had thinned somewhat, but he still had his normal hair color which was a little bit gray at the temples. He said he periodically would dilute the salt in water and wash his scalp with the solution.]

As an indication of the importance of having Celtic salt in his life, he says, "I am buying a 22-pound bag and will put it in a safe deposit box at the bank! The salt is so vulnerable. It comes from one small area, and if there would be some kind of disaster there, I want to have enough salt to last for me and my wife the rest of our lives."

“If you put all the supplements, pills, vitamins — I don’t care what — on one side, and you put the salt on the other, and you have to choose, I would take the salt!”

The fat drops off without leaving saggy skin.

Dee Jensen, a muscle therapist, has been taking Celtic salt for 6 weeks and never imagined all the wonderful benefits she is receiving from it. “I noticed that my craving for sweets went away,” Dee Jensen says. “I stopped taking the salt a couple of days ago, and I’m starving for sweets again.

Also, before I started using the Celtic salt, I was so hungry for salt. I was salting everything very heavily. And now I eat when I’m hungry instead of eating because the food is lovely.”

“People look at me and ask what I’m doing. They say I look wonderful — that I’m getting younger! I’m 69 years old, and I look vibrant and healthy. I have lost about 10 pounds, but it’s not so much weight as it is fat. And the fat just drops off without leaving saggy skin. And I have a waist again.”

Her digestion has improved as well. “I used to have indigestion. Certain foods wouldn’t agree with me, such as peanut butter and greasy foods. Now I can eat them, although I really shouldn’t.”

A very exciting benefit Ms. Jensen received from the salt relates to a low-thyroid problem she had been struggling with. “I have my blood checked every 6 months. In January the T₄ reading was 5.5. Six months later, after 6 weeks on the salt, it was 8.5. The doctor said that it was almost perfect. He was very impressed.”

Also, Ms. Jensen’s TSH had been a high 7.95. After using the salt, it dropped down to .03, which she says is normal.

Ms. Jensen also had her cholesterol and propensity for a heart attack checked. In January, the propensity rating was 2.1, indicating, she says, that she had twice the propensity for a heart attack of the average of people who have heart attacks. After using the salt, this rating dropped down to 1.5. She doesn't worry about her cholesterol, but it dropped by 100 points. Her triglyceride and glucose were still a little high, but the doctor said everything else was pretty good.

Over time, Ms. Jensen expects everything in her body to balance out. She takes 1/2 teaspoon of Celtic salt in a glass of water twice a day as well pinching it onto her food.

"It was very exciting when I was dumping all those toxins," Ms. Jensen exclaims. My stools turned orange and stayed that color for about 4 weeks. Other people I know who use the salt had their urine turn orange. One osteopath started off taking 1/2 teaspoon a day until the salty water tasted salty. So he stopped taking it for a while.

"Another osteopath told my pregnant daughter-in-law that she would do very well by taking the salt because it would rebuild her exhausted adrenal system. She has had that chronic fatigue syndrome."

Ms. Jensen found that some obese people who took the salt reacted by becoming very nauseated. She suggests to them that they cut back to a quarter teaspoon and build up their tolerance. "It's an experimental thing with all of us," she indicates. "I tell them to listen to their internal intelligence and decide for themselves how much they need.

"Some people are getting kidney and bladder discomfort from detoxing too fast. A young chiropractor suggested they stop taking the salt and instead to take Vitamin C, to drink a lot of water, and to not eat fried foods. The vitamin C is probably to counteract any infection caused

by all the toxins being dumped, which really puts a strain on the kidneys.”

Ms. Jensen has also suggested the use of the castor oil packs. One of her friends had a bladder infection, and when she began using the salt she really had pain. She used the castor oil pack for 2 nights and had no more pain.

One final suggestion which Ms. Jensen received from her children is to grind the coarser salt in a pepper mill. She hasn't tried it yet.

His 30-year blood pressure problem is now under control.

In 1989, Mr. O. James Fox broke the upper femur of one of his hips after a fall. The other hip has dysplasia. His doctors felt he was a candidate for surgery, but first he had to bring his blood pressure down. It would get as high as 200/110. But he didn't like the side effects of his blood pressure medicine, so he quit taking it.

His doctors over the last 30 years have told him to restrict his salt. “With good reason,” Mr. Fox declares, “since industrial salt is damaging, according to Mr. Sam Biser's lesson book on the forgotten wisdom of mariners.

“I've been using Celtic salt on my food now for 3 months and am having spectacular success in lowering my blood pressure. It has been 140/86, and sometimes much less.”

Also, when he broke his femur, pins were put in, which resulted in quite a bit of pain. Mr. Fox thought it felt as if the pain was in his bones. “Now,” he says, “since I've been taking the salt, I feel like my bones are getting stronger. The pain seems to have gone from my bones and has gone instead to the muscles and tendons around my hip joints.”

This 79-year-old gentleman also feels that he now has more energy and endurance. "I'm just more active. I used to go from one chair to the other, more or less. And when I go into a supermarket, I use the cart as an aid in walking. I can manage that better now.

"Sometimes I go to a park with a friend, and usually if I spend all day or even part of the day out there, it's just too much. But recently, I was out the whole day and walked quite a distance with my cane. Yet I still felt OK by the end of the day.

"Another thing, I find that I eat less. I used to want to eat a lot of sugar (cookies and candy bars), and I can resist it better now. When I do eat it, a small quantity is all I require."

Mr. Fox sums up his improvement by saying, "I'm in better shape than I was a year ago, and I'm better than I was earlier this year, so I'm hoping that will continue. I'm striving to be 90 or 100 years old!"

Her iridologist is now using Celtic salt she was so impressed with it.

"I went to my iridologist in December, 1993," Ms. Stevens states. "She has a sheet that lists all the different systems in the body, and next to it she would write down the condition of my system and what I need to do to improve it if necessary. Well, I have always had a full page of problems with my body.

"In fact, during this session my iridologist said, 'Oh my goodness, where have you been? Your lungs are full of parasites. Have you been eating a lot of pork?' Well, I had been in Holland during the month of September, and they eat a lot of pork.

"She gave me some herbal pills to kill the parasites, only when I went back for my check-up they were still there. So she gave me more pills.

‘That wasn’t my only concern,’ Ms. Stevens says. “Years ago, I learned that your tongue tells you the condition of your colon. So when I would look at my tongue and see the splotches on it, I’d think, ‘Oh my poor colon is in really lousy condition.’ I tried colonics, but the splotches remained.”

Ms. Stevens had ordered the Ancient Mariners manual and decided to try the Celtic salt. To give it a fair chance, she stopped taking everything else, including all her vitamins and the herbal pills for the parasites. “At first, my tongue turned fiery, almost red-red, and I got scared. But I figured something good was happening and I would stick with it. I kept using the salt in my cooking and on my food, and I took a couple of salt baths. Over a period of about 2 months, my tongue became normal.”

For the last 2 weeks of those 2 months, Ms. Stevens switched to the Marine Matrix. She took one ampule first thing in the morning and one before going to bed at night.

Then she went back to her iridologist who “just about jumped out of her chair.” The improvement Ms. Stevens saw in her tongue was apparently reflective of the improvement not only in her digestive and elimination systems but also in the rest of her body. “My iridologist went through my whole system and then said to me, ‘You are the first person this year that I can say what I’m about to say to you. You do not need to take any acidophilus; your colon is in exceptionally good shape!’ Then she told me that I had absolutely no yeast in my body and absolutely no parasites.”

“If you could have seen my sheet in December and then again in May, you wouldn’t believe the difference. I only had one problem left, and that was with my adrenal glands. ...*Now my iridologist is taking the salt.*”

CVISION

Ms. Stevens also describes her experience with the salt baths. "I first tried a cupful of salt in my bath water. But afterwards, I looked like a limp noodle." She now uses only two heaping tablespoons of salt and finds that works better for her.

To remove the chlorine from her very chlorinated water and thus avoid "laundering" her skin as described in this manual, she fills a tub half full, which she estimates is about 25 gallons. To that she adds 7 drops per gallon of 35-percent-grade hydrogen peroxide, or just under 1/8 cup. (Note: Ms. Stevens has been cleansing her drinking water using seven drops per gallon for many years.)

Ms. Stevens says that because the 35-percent grade is dangerous to handle, she has also used three times the amount of 3-percent-grade hydrogen peroxide purchased at the drugstore (or less than 3/8 cup), and that has also worked, as proven by the testing solution she uses. "The only difference," she explains, "is that the hydrogen peroxide from the drugstore has stabilizers in it. I'm not a bio-chemist, so I don't know if that affects the ability of the salt to do what it needs to do. But I do know that it takes the chlorine out."

Ms. Stevens closes her story by saying, "I have been very sick. I have been at the bottom of the barrel, like anyone who ends up using Mr. Biser's newsletter. I'm really indebted to him for the Ancient Mariners manual."

Celtic salt made their skin as soft as a baby's.

The Schnurbuschs have been taking 1/4 teaspoon of Celtic salt in a glass of water every morning for over a year and the results have been wonderful, especially for their skin. "Our chiropractor noticed our skin was so much smoother and softer that she asked what we were doing," Mrs. Schnurbusch stated, referring to herself and her husband. "And it

does feel so soft, like a baby's skin. I gave our chiropractor some of my salt, and she's using it now."

"Another thing I've noticed is that, when it very hot and I've been sweating, I don't have the body odor I'd normally have without the salt," Mrs. Schnurbush remarks.

One more benefit Mrs. Schnurbush derived from the salt was an improvement in her bowel movements. "When I take the salt, my bowels automatically move two to three times a day. I used to get sluggish and have to take something for it but not since I've been using the salt."

"Also," she adds, "when I went to the doctor about a blood blister that I had, my blood pressure was checked and it was better than it had ever been before. The nurse told me I had really good blood pressure."

Mrs. Schnurbusch occasionally takes a salt bath, adding about a cup of Celtic salt to her bath water. She describes the results: "I felt like my pores were opened up; like my body was breathing. I really relaxed in it — I really did."

Celtic salt may be an appetite suppressant.

One woman indicated that she is less hungry since taking the Celtic salt. "I find I am experiencing satiety, satisfaction, more markedly. So instead of using my willpower to not eat the that second piece of banana bread, I'm finding that the first piece is totally satisfying me."

In describing her feelings about Celtic salt, she said, "I like to touch it; *it's like crushed diamonds to me!*"

He was able to reduce his blood pressure medicine.

Mr. Bender was suffering from elevated blood pressure and was on a salt-restricted diet. But Celtic salt changed all that. "I read about it in an article in the newsletter published by Sam. I was fascinated."

Mr. Bender has been putting the salt on his food for 2 years. "I put it on everything. Before I had to be so stingy," he explains. "And it doesn't bother my blood pressure." This was proven to him about 3 weeks to a month after he started taking the salt when he checked his pressure in a testing machine at Wal-Mart.

Later, his doctor reduced his blood pressure medication. "He cut it in half. I think he was a little surprised by the improvement."

And there was even more improvement: "I just quit taking the medicine after a while; I had no need for it."

Celtic salt helps with depression.

Paula Gerber had been suffering from depression. She was taking care of her 84-year-old mother and thus was seldom able to leave the house. She had that "shut-in" feeling. "It was making me irritable and real tense" she explains.

Then she read about the salt in Sam Biser's newsletter and ordered some. "I took it for about 2 months and it *really* helped. I no longer felt so confined — the confinement didn't bother me so much."

I thought maybe I had needed the salt because I was so depleted. Then once I got my depletion taken care of, I figured I no longer needed it. So I stopped taking it for maybe 6 months. That was a mistake. I now realize that taking the salt has to be an ongoing thing. So I've been back on it for at least 6 months.

Ms. Gerber makes a pint of vegetable juice in the morning and adds to it about 1/8 to 1/4 teaspoon Celtic salt. She also sprinkles salt on all the raw food she eats, which is about 35 percent of her diet. "And of course I add the salt to whatever I cook," she states.

"I'm very excited because now I have the Mariners book. I'm definitely sold on the salt."

Enemas are more natural, less traumatic, when Celtic salt is added.

Sam Collazo suffered from digestive ailments and almost chronic constipation. "My system started backing up on me about 4 1/2 years ago," he explains. "I wasn't going to the bathroom the way I had been, and the stuff just accumulated, which also helped bring my energy level down.

"If you are fatigued all the time, you don't exercise, which makes you more constipated, so the next day you are more constipated than the day before, which gives you more fatigue — it's an endless cycle."

Although he had tried different herbs, his only relief was through the use of enemas. Then he read in Sam Biser's "salt book" about a 2-year-old girl who almost died from a tap water enema because all the sodium and other electrolytes had been washed out of her bowels. This gave him the idea of adding Celtic salt to the enema.

Mr. Collazo describes the difference between the salt enema and a regular tap water enema: "In contrast to the gut-wrenching, bloated feeling of a regular enema, which forces you to go ever so slow and not to be able to take much fluid before you have to evacuate, the sea salt enema is a mild, peaceful, and more natural feeling. It's easier and faster to introduce and less traumatic to the colon. You don't get the cramping. I recommend it to anyone."

To make the enema solution, he adds 1 tablespoon of Celtic salt to about 2 quarts of hot tap water. To this he adds enough cold water to get the solution close to body temperature.

Even better news is that after having been taking the salt for a little over 2 months, he no longer needs to use an enema. "I don't have that stuffed feeling, my digestion is a whole lot better, and I've regained my bowel function. I have been pretty much normal for the last 7 to 10 days. I attribute it to the salt getting to enough areas of my body to bring everything up to speed. In fact, I've even been able to decrease the amount of thyroid supplement I take for my sluggish thyroid."

The salt has also helped his chronic fatigue. "I started feeling fatigue slowly encroaching 10 years ago, and that is when I started not feeling good anymore. Then it became one condition after another. The doctors would give me drugs to fix this or that condition, which would temporarily abate, but then the drug would throw my body off kilter somewhere else.

"Drugs are such strong stimulants to the body; they are no good at fine tuning. It is like taking a really nice German automobile and giving it to some backyard mechanic to fix. He can't do it. You need the proper tools; you need somebody with a very light touch in order to adjust a little bit of whatever was wrong to get optimum performance. That is what I think the problem is with people in medical technology. They don't realize these drugs are like taking a hammer to kill a flea.

"Four years ago I changed my life-style and started trying everything natural — health food, vitamins.... Yet, the fatigue became chronic.

"I'll not get up until 10 or 11 in the morning and I'll still feel as if I've been carrying some dead guy on my shoulders the whole night.

I'll feel useless. Slowly that is changing. Now at least I have enough energy to actually exercise a little bit.

“The salt has to be the reason. It's the only unusual thing I've done during this period. It must be having the same effect as when I used to go the beach every summer to recharge, revitalize. If a person is in a weakened condition, the ocean not only recharges him, but it helps him to repair the damage that's been done up to that point.”

Since he doesn't live at the beach, Mr. Collazo improvises to get an ocean-like effect. He mixes a tablespoon of Celtic salt with 2 cups of distilled water and then sprays himself with the solution several times a day, especially when he's feeling stressed or overheated. He also sips this same concentration about 10 or 15 times during the day. He lets it sit on his tongue a little bit and then swallows it.

Because he is using the thicker salt crystals, they don't readily dissolve with some foods. For such cases, he keeps handy a little spray bottle containing a solution of distilled water and 1 teaspoon of Celtic salt. Then he'll spritz his food with the salt water.

“I also let a few grains melt on my tongue before eating, to get the saliva going,” this gentleman says. “I got that idea from the salt report. I had been supplementing with enzymes because I wasn't digesting food the way I should. Sometimes when I would chew my food, I'd feel like there was no saliva there. So I would have to keep drinking water to mix with the food in order to crunch it up.

“Now as soon as I take the salt, I have saliva, which is good. I can feel things in my stomach, which is good, and after eating, I feel like the food is getting assimilated.”

Mr. Collazo is also eating better these days because the salt makes food taste better. “I never tasted vegetables before, that is why I never

ate them. Now the food just hits me; I can really taste the vegetables. So I start eating less and less of the bad foods I don't really need.

To sum up, he states, "Once the body's ability to regenerate itself has been affected and you are in a constant unhealthy condition despite the benefits of vitamins and minerals and things like that, you come to the last resort. I have tried so many different variables. Yet the only thing that has made a consistent difference—not dramatic from day to night—has been the salt. It is probably the best and smartest thing I have tried so far. It seems to be the missing link to all the other things."

Editor's Note: If you have to buy groceries, such as vegetables, from the supermarket, and if you are worried about pesticides, use the salt. Dissolve the salt in warm water and then soak the vegetables or the fruit in the salt water. It breaks down the pesticides because most of them are oil based, which is the same principle as when you are cooking. The salt breaks up the grease.

Mrs. DeLangre indicated that it didn't have to be a highly concentrated solution. Probably a tablespoon in a bowl of water would do the trick.

One family's "Success Story"

We received this fantastic letter from a reader whose entire family has been reaping the benefits ever since she ordered Celtic salt. Here is an excerpt:

"I first learned of the Celtic salt from one of your newsletters. My family and I and my dog have been using the salt now for nine months with good results.

"I am a thirty-six-year-old female in relatively good health. Some of the results I have experienced recently are as follows:

"1. I used to experience abdominal bloat, especially a day or two after eating salty foods. Now with the use of the Celtic salt, I do not experience this. Also, I would at times get swelling and painful breasts just before my period, but after using the Celtic salt, I rarely experience these symptoms anymore.

"2. I have had oily skin most of my life, so I cannot use moisturizers without clogging my pores and having a facial 'breakout.' I tried using the Celtic salt on my skin, and I have noticed a pleasant change in my skin. Not only is it clearer, but the salt helps draw moisture from the air and into the skin so my face feels softer and not dried out. I use 1/2 teaspoon Celtic salt to 2 cups of bottled spring water, and I stir the salt up until it is dissolved. Then I put it in a spray bottle and set it beside my sink in the bathroom. After I wash my face at night, I spray some of the salt solution on my face and let dry before going to bed.

"I also take 1/8 teaspoon in eight ounces of water last thing at night and first thing in the morning. It helps me stay bloat-free and have more energy when I get up in the morning.

"We have a fourteen year old daughter who is going through puberty, and she also takes a little salt in water in the morning and evening. She also uses Celtic salt on her face at night. Since her face is oilier than mine, she uses a stronger solution of one teaspoon of salt mixed in two cups bottled spring water, and pats it on her face to dry at night after she washes her face. Her skin is clearer and smoother than before she started the salt.

"My husband is a 36-year-old man in relatively good health. His problem was that any time he engaged in even the slightest physical

activity, he would sweat profusely. It was noticeably more sweat than is normal on other people.

“Summertime was particularly hard on him. He would have to have an air-conditioner turned down so low that it would almost freeze the rest of us out! He also would get bad heat rash on his back from so much sweat. Since he started using the salt, about 1/4 teaspoon in eight ounces of water in the morning and at night, he sweats like normal people now when he exercises. His heat rash is almost non-existent these days.

“We also have a pet mixed Sheltie with medium long hair. She is 10 1/2 years old and was rather plump. I started giving her 1/4 teaspoon Celtic salt dissolved in a tablespoon of lukewarm water and pouring it on her daily ration of dry dog food once a day. She lost that bloated, plump look and has more energy to run and play. And the biggest difference it made was that it cut down on her hair shedding by at least 70%!!!

“Her shedding, especially in the summer, was a big problem. We would have to vacuum all the time. Now the shedding has been brought under control and we only have to vacuum the living room rug twice a week.

“Thank you. — Virginia G.”

For information on purchasing Celtic salt, here is where to write:

I suggest you begin slowly with Celtic salt and don't overdo it. A small 1/2 pound bag will last you for months. We have learned that Celtic salt can be obtained for \$16.40 for 1/2 lb. light gray small sun-dried crystals. The salt is cheaper in larger quantities. Please inquire about membership in the Grain and Salt Society, which has special benefits.

Also available is an outstanding video, titled, *Crystals from the Sea*. It is \$19.95 plus \$3 shipping.

Write to: The Grain and Salt Society, P.O. Box DD, Magalia, CA 95954.

Please write to me personally and tell me of the results you achieve with this information. Your story could save someone else's life.

You have an obligation to other readers who are ill and trying to get well. Let them know of your success with this information. Let them know what you have learned, of your suggestions or of better ways to use Celtic salt.

Your story may inspire someone who needs hope. Don't let others down who need your help.

Write to me: Sam Biser, Salt Research Department, University of Natural Healing, 355 West Rio Road, Charlottesville, VA 22901.