



July 2022

# Driftless Holistic Wellness

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*“Let food be thy  
medicine and  
medicine be thy  
food”*

*-Hippocrates*

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Welcome to Driftless Holistic Wellness! Here we focus on finding root causes for our symptoms, and nourishing our bodies into more optimal health. This month’s newsletter focuses on the importance of salt, its role in our bodies, and reasons for switching out our table salt for real, high quality, non-iodized salt.

## It’s Okay to be SALTY

Salt is a crucial part of our diet, a valuable way to preserve food, and even an integral part of our culture, as it was used as a currency. The word “salary” is derived from the Latin word *sal*, meaning salt. Good quality salt is more than simply sodium chloride. In fact, salt can be a combination of up to 60 or more trace minerals (which are important for our nerve and brain function, metabolic reactions, muscle health, gut health and more). A salt craving can be our body’s way of telling us we are mineral deficient. The complexity of real salt from ancient sea beds provides important trace minerals for our bodies, and creates a depth to its flavor and variety to its color.



Salt has a unique relationship with moisture. It’s hygroscopic in nature, meaning it attracts or holds water molecules through absorption or adsorption from the surrounding environment. You can see this quality with a salt lamp that drips water when the humidity in the air is high. Salt thus plays a crucial role in our body’s water balance and in staying hydrated. This is why dehydration is treated with IV fluids containing sodium chloride, and by drinking oral fluids containing salts and other electrolytes (trace minerals), as it attracts and holds the water molecules, adequately rehydrating the body.

For more resources on  
salt, check out these  
articles and podcasts:

[How to find the right Salt](#)

[The Salt of the Earth](#)



**Driftless Holistic  
Wellness**

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Check out the “[Resources](#)” tab  
on  
[www.driftlessholisticwellness.net](http://www.driftlessholisticwellness.net)  
for reputable whole-food  
supplement brands, greens  
powders, and snacks, and high  
quality salt products. Additional  
supplementation options are  
available through my [Fullscript](#)  
services as well.

## Cell Salt Theory

Did you know, there’s an entire homeopathic health practice built around treating the body’s ailments with different forms of salt? A German physician and homeopath W.H. Schuessler discovered through experiments in the 19<sup>th</sup> century that all body tissues (bone, blood, muscle, lymph, breast milk, skin), when reduced to ash, are comprised of the same twelve inorganic, or non-living, mineral salts.

Schuessler theorized that these twelve salts are the basic building blocks of all cells and tissues of the body and life itself. These salts occur in different proportions in the various tissue types of our bodies. Schuessler created a systematic form of treatment for common ailments and conditions or organ dysfunction with supplementation of these salts to bring about the proper balance needed for the body. He called this a “biochemic healing method” and it later became known as cell salt therapy. The twelve salts are as follows (though usually they are referred to by their Latin names): *calcium fluoride*, *calcium phosphate*, *calcium sulfate*, *iron phosphate*, *magnesium phosphate*, *potassium chloride*, *potassium phosphate*, *potassium sulfate*, *sodium chloride*, *sodium phosphate*, *sodium sulfate* and *silica*. For more information click [here](#)



## The Adulteration of Salt

Iodized salt, or standard table salt, is not a whole product, but rather a refined or “purified” product. It is created through recrystallization, where a brine solution is treated with a myriad of chemicals to bind with, and pull out any trace minerals and magnesium. Many cycles of evaporation create a purified crystal sodium chloride that is then dried in a kiln. For convenience, anti-caking agents are added to keep salt pourable (ferrocyanide, calcium or magnesium carbonates, fatty acid salts (acid salts), magnesium oxide, silicon dioxide, calcium silicate, sodium aluminosilicate, and calcium

aluminosilicate). The ferrocyanide and aluminosilicate are the most concerning, as they are hard on the kidneys and cause increased aluminum exposure respectively. Table salt is then “fortified” with poorly absorbable potassium or sodium iodide to avoid the formation of goiters in the general public. Many sea salt or non-purified salts actually contain traces of iodine, as well as many different types of [foods](#) including seaweed, kelp, seafoods, milk, cheese, and eggs. Public health concerns regarding salt consumption and blood pressure and diabetes developed after “purified” and iodized salt became the staple in our commercially prepared, processed, and packaged foods, as well as on the table and stove. See the additional resources at the top left of the page for more information!

## How to Choose a Good Salt

There are 3 important keys to picking out a good, wholesome, unadulterated salt (the same goes for picking out your produce, meat, or dairy products):

- Know the producer (their values, common practices, how they utilize their resources)
- Know the source (current ocean, dead ocean, or ancient seabed. Are there possible contaminants?)
- Know the process (collected through clay, chemically separated, comingled with traditional salt? Look or ask for this information about the salt you consume.)

## Recipes

### All Purpose BBQ Salt Rub

#### Ingredients:

- 1 Tbsp unrefined salt (grey, beige, pink, Redmond's Real, Celtic Sea Salt, etc)
- 2 Tbsp organic coconut sugar (optional or keto brown sugar substitute- Lankato, Sukrin)
- 1 tsp organic smoked paprika
- 2 tsp organic garlic powder
- 1 tsp organic onion powder
- 1 tsp organic chili powder or cayenne pepper
- 1 tsp fresh ground pepper (black, white, multi)
- 1 tsp organic cumin powder
- ½ tsp organic cinnamon



Whisk ingredients together and store in an airtight container or glass canning jar. Use with your favorite roasts, ribs, poultry, or fish. Apply after thoroughly drying the meat. Can cook your barbequed meat immediately or choose to let it marinate over night for further enhanced flavor.

### Homemade Electrolyte Drink



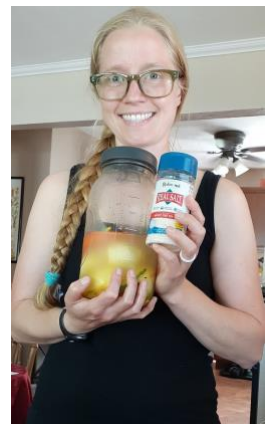
#### Ingredients:

- 8 oz organic coconut water (unsweetened)
- ¼ tsp unrefined salt (Redmond's Real, Celtic Sea, Himalayan, Hawaiian, etc)
- 1 lemon, lime, or orange slice, squeezed (or 1 packet of TrueLemon /TrueLime)
- 4 oz non-chlorinated, filtered water (distilled or purified)

Stir ingredients until fully dissolved. Optionally, add citrus fruit zest to your drink. Finally, add a few ice cubes to enjoy a refreshing, rehydrating, and nourishing alternative to sports drinks. Further dilute or adjust ratios to your taste preference if necessary.

*Over the past few years, after listening to a podcast on the benefits of real salt, my husband John and I switched over to using both Celtic Sea Salt, and Redmond's Real Salt and found I loved the subtle sweet complexity of flavor compared to the flat, chemical aftertaste of standard iodized table salt. We enjoy using it on our meats before cooking, added to our soups, dissolved in brine for our fermented veggies, added to our vegetables for pressure canning, or even sprinkled into our water after a run or hot afternoon doing yardwork. I also found it helps remove blood stains from white clothes! We have stopped using table salt and embraced salt in its true whole form.*

*-Kay Wiedenbeck RN, BSN, OCN, NRT*



Proudly holding up my 1<sup>st</sup> batch of pickled eggs