

Eco Salt

ALL NATURAL

SALT SUBSTITUTE

Salt, an invisible killer.

When we eat more salt than we need there is a great risk of blood pressure increase...

It is statistically demonstrated that the main death causes in developed countries have to do with cardiac diseases. One of its causes is the silent arterial hypertension.

It is silent because on the majority of cases there is hardly any symptom. People that suffer it don't complain from any ailment and therefore, do not consult with the doctor.

According to WHO, human organism daily sodium needs are approximately around six grams only, including the salt already provided in aliments.

Table salt has two components: chlorine and sodium, the latter being a key element for our health, because of its higroschopic properties, which means it can retain water.

It is almost unfeasible to abolish salt, but when establishing a diet, it is necessary to take into account the amounts included in natural aliments. A 60% of daily consumption of sodium chloride comes from the so called "invisible salt" which can be found in not salty aliments like cereals, cookies, tinned food or ketchup. Meat, for example, contains 65 mg of salt in 100 g, the egg 122 mg., fish 140 mg. in a 100 g, and a slice of bread contains 114 mg.

As has been stated by Hector Carrasco, Doctor in Chemistry, and lecturer in the Universidad Andrés Bello (Chile), sodium hides in a number of aliments which are not salty, like cheese, meat, cookies, cereals and vegetables. Other sodium composites apart from salt are involved in the industrial processing of the aliments, to better the taste, as conservatives or to bleach fresh products. He also explains that some aliments posses a really high level of salt: cold meats, tinned food, sausages, fried potatoes, snacks, peanuts, butter, hamburgers, frozen products, bakery products, baking powder, mayonnaise, ketchup, mustard, mineral water and sodas, amongst others. Many "light" aliments are not diet: they may be low fat, but filled with sodium. It is estimated that 60% of our daily consumption of sodium comes from the so called, "invisible salt", warns doctor Carrasco.

In contrast, low sodium diets are related with normal blood pressure, considerably diminishing associated risk like cardiac diseases and strokes.