



"ART OF AWARENESS LIVING" 108 CIRCULAR SERIES. CIRCULATE DAILY- MULTIPLY NEW FRIENDS

## **HEALTH AWARENESS TIPS OF SALT**

There are six prime different tastes, generally what we experience out of the six tastes, salt plays the most important role. Without mixing perfect quantity of salt, what ever it may be ingredients or how precious dish it may be, it will not taste good. The importance of salt is such that, they compare tasteless life with salt less dish. Even though salt is so important in our food, it is essential in only small quantity. Where as, to satisfy our taste buds, we are using it in excess quantity and inviting various health complications.

**NECESSITY OF SALT:** Salt is required to the body for certain functions of the body. To dissolve proteins in the red blood cells, salt is required. Salt is needed for regular heart beat. It balances the water contents in the body. Salt is essential to produce hydrochloric acid, which is required to perform digestion process. Salt is also needed for blood, lymph, tears, etc. Shortage of salt will cause low blood pressure, weakness of muscles, which ultimately cause cramps.

High Blood Pressure is the single largest cause of cardiovascular disease. Every year it accounts for over 3 million preventable strokes and heart attack, deaths. The World Action on Salt and Health (WASH), encouraging people to reduce salt consumption to less than 5 grams a day.

People who eat high levels of salt have a higher risk of stroke and possible heart problems. On average an extra 5 grams of salt a day was linked to 23% higher risk of stroke.

Table salt will not fully dissolve in water. If you consume excess salt, such undisclosed salt will accumulate on the walls of arteries and create problem to smooth blood flow.

By consuming excess salt, toxins like uric acid will accumulate in the body, which will cause the formation of gout.

Excess salt intake also increases the body weight. Even though kidney filter excess sodium content from the blood, in exceptional cases, due to lack of proper blood supply to kidneys or burdened kidneys cannot purify blood fully. In such cases, certain salt quantity remains and accumulates in the body. Ultimately water intake will increase and there by, increases the body weight.

Excess intake of salt weakens your bones. Salt reduces the calcium content from the bones. There by, salt causes excess elimination of body's calcium through urine.

If salt content increases in the body, it will cause hyper tension.

Salt pressurizes adrenal gland as well as nervous system and ultimately causes stress. That's why, salt is known as 'STRESS FOOD'.

In fact, nature has provided salt readily available in fruits and vegetables. If we use increased quantity of vegetables with reduced quantity of food, regular intake of fruits, they will supply body's required salt quantity, naturally without any addition. Let us see how much salt content in mgs is present in 100 gms of different vegetables, food items: egg 129, fenugreek – 76, toordal – 71, spinach – 58, banana – 37,

mutton – 33, green gram – 28, tomato – 46, carrot – 36, wheat – 18, potato – 11, cucumber –6, peas – 8, onion – 5, brinjal – 3, buffalo milk – 19.

Salt plays such an important role, that it creates health complications if you take less or more. Balanced intake of salt is very essential. The Food Standards Agency says, people should eat not more than 6 grams of salt a day. World Health Organization says, the daily recommended salt intake should be, not more than 5 grams a day. That is for normal people. If any family has the problem of hereditary of BP, they are advised to take only 2 grams of salt per day.

Salt requirement of body varies as per the seasons. In hot summer, salt excessively goes away from the body. So, during summer salt intake quantity should be increased a little. BP patients are advised to use salt containing more potassium content. Excess potassium content salts are easily available in the market, with various brand names. Rock salt is better than table salt. Even you can use black salt instead of rock salt.

WHO ARE PRONE FOR HYPER TENSION: Hypertension is a silent killer. Many people, they do not know that they have High BP. Unless you check, you will not come to know the position of your BP. There are no identifiable causes of high BP, in the majority of adult population. But, people who work under heavy stress, who work overtime constantly, who work to meet timely targets, unemployed youth, students who are under preparation for completion exams, people above 40, are advised to check their BP periodically.

AWARENESS TIPS TO CONTROL HIGH BLOOD PRESSURE: For every problem there must be some solution. Among all, awareness is the best, easy, cost less and sure solution. To control high BP, less salt intake is the first step.

Reduce intake of salt. Avoid taking pickles, chutneys, and pappads etc. which are very high in salt content. In addition to that, watch out for large amount of salt in breads, ready snacks and packed foods. Replace tinned soups or vegetables, with home made or low salt varieties. Do not add extra salt at your dining table. Make it a practice to add herbs, spices, black pepper, lime, tomatoes, garlic, etc. to add flavors to cooking, to reduce the demand of salt.

Health is precious than taste. On practice steadily any thing will become a habit and acceptance. Simple things make high difference. Reduce the salt intake and rejoice the sound health.

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