



# Addicted To Salty Foods?

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Pretzels, chips, popcorn, ham, and bacon, all typically craved because of their salty taste. When your body becomes low in sodium it instinctively triggers a craving. The processed form of sodium in the above mentioned foods is not utilized well in the body. In fact it's harmful as it is not balanced properly with potassium and other trace minerals. Take a look at some food labels, the potassium level should be 2 parts to every one part of sodium. For instance 4 cups of PopSecret popcorn contains 300-400 mg. of sodium, but only 95 mg. of potassium. On the other hand one stalk of celery, which is a good source of natural sodium, contains 35mg. of sodium and 115mg. of potassium.

When your sodium levels are low, or off balance, you may experience some of the following symptoms:

Cravings for salty foods	Loss of appetite on hot days, nausea
Crying for no reason	Sensitivity or allergies to almost everything
Excessive perspiration	Irritable bowel, diarrhea
High blood pressure	Dizziness when standing suddenly
Excess stomach acid	Muscle weakness and cramping

### **What causes the imbalance?**

High stress, and poor diet over a period of time creates weak adrenal glands. Your adrenal glands help with your ability to handle stress. They also contribute to blood sugar balance, allergy control, sex drive, inflammation, and of course, sodium balance. When your adrenals become weak the hormone aldosterone secreted by the adrenal glands becomes off balance, this results in excessive sodium loss in the urine, as well as low potassium levels. The result is cravings for salty foods, along with many of the symptoms listed above.

**Beat the cravings:** The following supplements will help to restore adrenal function and balance sodium and potassium levels to stop the cravings for salty foods.

**Adrenal Support** - This specific combination of herbs, vitamins, enzymes, and minerals helps to strengthen and balance your adrenal glands. The herbs licorice root and schizandra are used in this formula because they help your body adapt to long term stress. 1 capsule 2-3 times daily (#1507-0)

**Spirulina** is a natural blue green algae which is an excellent source of sodium and potassium, as well as being a complete multiple vitamin and mineral. Spirulina is great for stopping the cravings for salty foods. 6-9 per day (#681-1)

**Nutri-Calm** - This formula provides additional b-complex and Vit. C for those under high stress on a daily basis. 3 per day (#1617-3)

When you do need to add a little salt to your foods, you should choose a natural sea salt instead of processed table salt. Nature's Sunshine offers an all-natural salt which is **void of fillers and other additives that are commonly used in everyday white table salt.** Nature's Sunshine's all-natural sea salt comes from an ancient sea bed located in South Central Utah. This unbleached salt is never heated and contains no additives or preservatives. In addition, it includes more than 50 naturally occurring trace minerals, including iodine. Enjoy its unique "sweet" flavor awarded the 2005 Gold Taste Award from the American Tasting Institute. Try this salt and you'll taste the difference!

Hope this tidbit helps break your (much loved) craving for salty foods!

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