

Salt of the Earth

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When you are called “salt of the earth” it means you are a sincere, loyal, caring, honest, and loving person. When you are called “salty”, it means you are a person with a colorful vocabulary and pretty straight forward. However, when you eat too much salt, you are doing yourself harm. So, I ask why the media hype, why is it on every news channel, and why, for heaven’s sake, are the commentators hitting on hot dogs...the great American pleasure, ballgame yum snack (or meal, as the case may be)?

We humans require salt. So named for the payment the roman soldiers received as salaries. We require just so much sodium, but not too much. It is critical to our survival and yet too much is bad for us... much like too much alcohol or carbon monoxide. About a teaspoonful or so of salt is just right, but the hidden contents of preserved foods, the seasoning in a restaurant, or manhandling the salt shaker yourself will raise most folk’s blood pressure and thus end an otherwise healthy life sooner than it should.

We love the taste of salt, i.e. pretzels, potato chips, cured ham, lunch meat, margaritas, and the like. We are unaware of the salt in many of our foods and unless you sit down and read labels of everything you put in your mouth, you will be in an abyss of soon to die misery.

Think of it... we cannot eat too many carbs or we will get fat... too much fat, we will need heart surgery or have a stroke... too much sugar and we will become diabetic... and now, most ungracious of all, they are even telling us we cannot have too much salt. Pretty soon it will be pepper! They already hit on butter, steak, and bacon... but now salt, of all things. Our food will be bland some say, but the fact is, salt is an acquired taste and in a short period of time is not missed at all.

Sodium chloride is our most common salt. It is made from sea water. It is not commonly found far from the sea. That’s why we put out salt licks for the ruminant animals like deer and cows. It is a good preservative of food because it draws water out of bacteria and will not let them grow. It is absolutely necessary to humans, but just not too much.

The health department has a legitimate concern about commercially prepared food, and is trying to protect you, the eater. I know, I know... first it was cigarettes, then soda pop, then fatty foods, then gasoline engines, then things kids could choke on and so forth. But this is a very free country, and your vote and opinion count. So if you want to keep on shaking the salt shaker on food you have not even tasted yet, then go ahead, but it will only harm you. At least the food you buy in the grocery store, or the food you are served in a restaurant will not contain ten times the daily requirement, and twice the minimal amount of salt you should eat.