

Is Salt Really at Fault?

It's hard to think of a world without salt. Seasoned and amateur cooks alike will agree that it is salt that lends flavour and brings out the unique nuances of a particular dish. However, salt has received a bad rep in recent years and has been linked to the rising rate of hypertension among Malaysians. But before you relegate your salt-shaker to the back of your kitchen cabinet and resign yourself to a lifetime of 'flavourless' dishes, here are three things you should know.

1. You Need Salt to be Healthy

Yes, that's right. The human body relies on sodium, which is a nutritional element contained within salt, to safeguard itself against bacterial, viral and fungal infections. Salt is also important for the

regulation of blood pressure and helps facilitate proper functioning of the brain cells and nervous system. What's more, salt helps maintain metabolic, digestive and adrenal functions, and is particularly important for our digestion as it stimulates the production of hydrochloric acid in the stomach.

2. Not All Salt is Bad

Refined salt, which is the kind found in common table salt, is salt that has had its minerals and nutritional profile removed. This kind of salt is bleached to give it the white colour

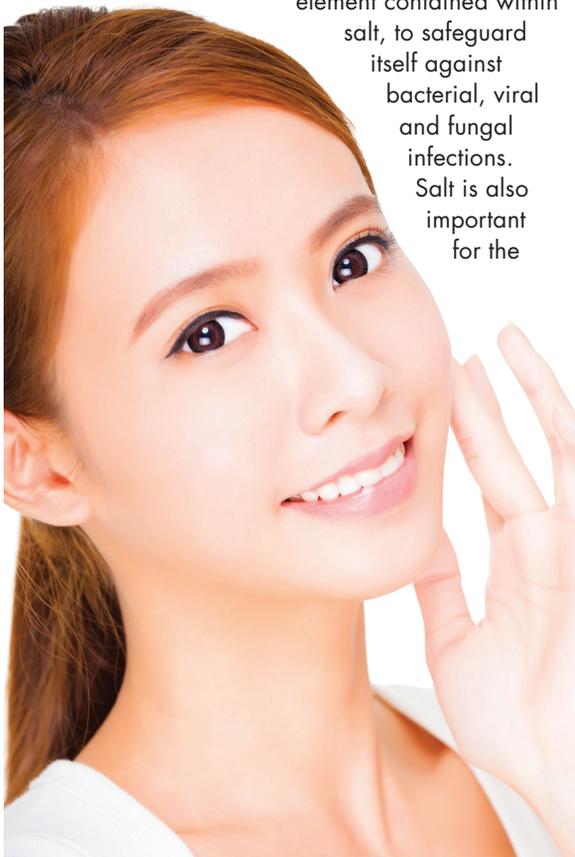
we so commonly associate with salt. Importantly, refined salt is comprised of about 97.5 percent sodium chloride and 2.5 percent toxic chemicals that act as moisture absorbents and anti-caking agents but which have no actual health benefits.

3. Switching to Unrefined Salt is the Way to Go!

Country Farm Organics understands that enjoying food is a quintessential part of being Malaysian, and offers two unrefined varieties of salt that have a wealth of health-protective benefits to offer.

1. NQ French Sea Salt is harvested from the Isle of Noirmoutier, off the coast of Brittany in France and has more than 80 vital trace minerals. In addition to being used in cooking, sea salt is also a wonderfully gentle way to exfoliate and detoxify your skin.

2. NQ Himalaya Rock Salt is mined from ancient salt deposits in the Himalayan Mountains and has a lower sodium chloride profile than regular table salt. It also has a lovely pink colour due to its high mineral content, and is a wonderful way to bring more flavour to your favourite dishes while safeguarding your health and it is also ideal for spa!



Nature Quest by



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