

Bamboo salt is science

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Let's examine the facts and misunderstandings about bamboo salt and salt.

Making bamboo salt is like farming. It is a process to change salt into bamboo salt, which is a totally new material, using bamboo, clay, and resin. It is to change the molecular structure of salt by heating at high temperature and turn elements in salt into active minerals. The method to make bamboo salt is a process to synthesize new minerals which have pharmacological characteristics.



Bamboo nodes fully filled with solar salt and sealed with clay.



Bamboo salt is science

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Bamboo salt - the salt of life to solve mineral deficiency

Minerals are components of our body cells that perform very extensive and important roles in biological activities. They are involved in vitalizing various enzymes and vitamins, as well as controlling hormones. Minerals also help the excretion of waste and the detoxification metabolism in our body. It can be said that minerals are directly related to the health and diseases of the human body more than any other nutrients.

Soil pollution caused by agricultural chemicals caused serious mineral deficiencies in food, and that has become one of the major causes of modern lifestyle-related diseases like cancer, cardiovascular disease, diabetes, etc.

This book examines the role of minerals in the human body and notes salt as a material which is rich in minerals. This book also investigates why salt has abundant minerals and what the nature of salt is. In addition, you will also see how the characteristics of the minerals in salt changes overtime during the manufacturing process of bamboo salt, in which salt is put into a bamboo joint and burned and melted at high temperatures, through experiments. This book also investigates the efficacy and the characteristics of bamboo salt with several theses on bamboo salt.

It's the author's sincere hope that this book can help readers understand the basic characteristics of salt and bamboo salt, and can open an opportunity for academic circles to view bamboo salt from a different point of view and inspire further research on bamboo salt.

I also hope that the readers of this book will realize that the idea that 'eating insipid food is healthier,' is a social misconception and that they'll realize that 'eating food seasoned with quality salt is healthy.'

What are minerals?

Minerals are components of the human body and nutrients which regulate several physiological functions. They only account for 3.5 to 4% of our body composition but have a tremendous influence on a wide range of biological phenomena.

Oxygen, carbon, nitrogen, and hydrogen, which are contained in the human body and food, are called the four major elements, and all elements other than these four are called minerals.

In the amount of minerals a human body needs a day, 90% of minerals are the major minerals that we need more than 100mg of a day, and sodium, chloride, calcium, magnesium, potassium, phosphorus, and sulfur are those seven major minerals.

The remaining 10%, which need less than 100mg a day, are trace minerals, and they are iron, copper, zinc, manganese, germanium, iodine, silicon, selenium, cobalt, chromium, fluoride, and molybdenum, vanadium, boron, platinum, etc. Though these trace minerals are needed in a small amount, they are essential nutrients for vitalizing enzymes and biological activities.

When salt is crystallized, it is gathered with a push bar.



Salt is not sodium chloride

Sodium chloride is a chloride which is combined with sodium, but salt not only contains sodium chloride, but also dozens of minerals including potassium, calcium, magnesium, iron, copper, manganese, zinc, silicon, and sulfur, etc. Out of all minerals, salt is most similar in composition to that of human body, and almost all minerals we need are dissolved in it.

The human body needs sodium to carry oxygen and nutrients but cannot produce sodium on its own. Without sodium transmitting nerve impulses and moving muscles including the heart would also be impossible. If we lack chlorine, producing gastric juice becomes difficult, which would make it difficult for us to digest fat in food.

Moreover, in order to activate various enzymes, manganese, zinc, and magnesium are required, and potassium is absolutely necessary to maintain the balance of sodium. If there is no copper, even the production of blood is not possible, and if there is insufficient calcium, we can have problems with nerve transmission.

As we have examined, salt is absolutely necessary for digestion, and other metabolic functions in our body. If the various minerals do not make proper chemical reactions and facilitate the metabolism of the body, it is impossible to sustain life. In other words, salt is the very substance that enables us to continue our life's activities. If we don't eat salt, even for a few days, it can be a serious threat to our life.

Is salt the cause of high blood pressure?

The idea that ‘salt is the cause of high blood pressure,’ was first started by two scholars, Ambard and Beaujard in 1904. The two scholars investigated the blood pressure of patients after having them take in salt, and they found out that, in the case of hypertensive patients, eating fruit which has almost no salt dropped the subjects’ blood pressure, so they reported that salt causes high blood pressure.

However, this experiment was performed without the knowledge that different salts have different effects on the human body so they could not have obtained the accurate results. Pure sodium chloride is known to activate ACE(Angiotensin Converting Enzyme), which is involved in raising blood pressure. However, salt containing abundant minerals has different effects on blood pressure.

In the Solar Salt Biotechnology Research Center located in Mokpo University, Korea, an experiment was conducted using rats sensitive to salt. Korean solar salt and refined salt was given to the rats, and their blood pressure in systolic and diastolic periods was observed. They found that in both systolic and diastolic periods, the rats given solar salt maintained low blood pressure. That’s because magnesium, calcium, and potassium, etc. promote the excretion of surplus sodium, which is what raises blood pressure.

In Japan’s Kobe University, researchers observed what changes occur in rats when they ingested mineral salt and refined salt. When measuring the amount of sodium excretion in the urine of rats that ingested salt for a month, the ones given refined salt accumulated 40% of the sodium in their body, while the others given mineral salt excreted most of the sodium via urine. This experiment shows that the kind of salt ingested causes different

physiological reactions in animals.

Dr. David McCarron, a professor of Medical School, and his research team at Oregon Health Sciences University in Portland, U.S.A., investigated 10,372 Americans' diet and health. The results were published in Science Magazine. The report said that people with high blood pressure had an intake of calcium that was 19.6% lower than that of people with normal blood pressure. It claimed that hypertension occurs not because of an over intake of salt in food, but because of a lack of calcium intake.

Dr. Shibata Jiro, a hypertension specialist in Japan, claimed in his book that salt has nothing to do with hypertension.

I'd like to ask a few questions to those doctors who claim that salt causes hypertension. I've never read any medical books that say that a long-term administration of a large amount of salt can cure hypotension.

If people with normal blood pressure have hypertension due to a large intake of salt, shouldn't eating a lot of salt increase the blood pressure of hypotension patients? However, no one has said or wrote anything about this. Isn't it obvious that salt and blood pressure have nothing to do with each other?

It is evident that salt is not a food that raises blood pressure. However, it is not only people without medical knowledge who believe that taking in a large amount of salt in the long-term causes hypertension, but also many doctors and medical scientists. The so-called medical knowledge that salt is the cause of high blood pressure is believed among people like a superstition. However, 80% of hypertension is essential hypertension. Here essential means it is caused by inherent genetic factors or by unknown reasons.

The other 20% of hypertension is caused due to a nephritis, other kidney diseases or hormonal abnormalities.

If there is no blood pressure, the delivery of nutrients and the excretion of waste products from our body would be impossible. Temporary blood pressure increase due to eating salt and food is a sort of energy used to transport nutrients. After the salt finishes playing its role, the blood pressure returns to normal.

Without the action of mineral rich salt, we cannot digest food and we lose the means to transport nutrients into the cells. In addition, if mineral deficiency occurs due to low salinity diet, we cannot produce many enzymes, and the ability to detoxify and the immunity in our body will be weakened. Salt with abundant minerals, rather, facilitates the excretion of surplus sodium in the blood, as well as cleans the blood. As a result, it improves the blood flow in our bodies and helps the treatment of hypertension.

Eating sodium chloride means there are no minerals that perform the supplementary and the antagonistic actions, that controls the sodium in our bodily fluids. This can disrupt the metabolism of our body and, as a result, it may collapse the balance of our health.

The idea that 'salt causes high blood pressure,' inferred by experiments without distinguishing the types of salt, is a modern superstition generated by experimental errors.



Bamboo is incinerated into ashes, and salt pillars remain.

It's desirable to supplement mineral deficiency with salt

In 1963, when the salt management law was established, in Korea, it was regulated to use only refined salt in manufacturing or cooking food, and thereafter, white salt has been widely supplied. Solar salt, which was used in cooking, was replaced by refined salt, and most restaurants and processed-food manufacturers began to use refined salt. This provision has been in place for approximately 50 years, having adverse effects on the national health in Korea. Under this law, most of the restaurants and all processed-food factories had to use refined salt and that was the global trend.

We have been eating salt that is completely lacking in minerals for a long time, and have had to add chemical additives to enhance the flavor of salt. Being unaware of the necessity of minerals, even pregnant women have been eating refined salt for a long time. A lack of minerals weakens the bones and teeth and increases the rate of children with tooth defects. Taking in refined salt disturbs the metabolism and results in adverse effects on children's health.

Dr. Mushiyamooney, a professor at Osaka University, established the Annual Survey of Salt in 1979 and presented their findings. He asserted the hazards of processed salt, saying "the white salt we eat is killing people."

We have been tricked into believing that refined salt and solar salt are the same, so we also thought that the consequence of eating processed salt is the same as that of all salt, which has had seriously negative effects in public health.

According to Inoue, 'the president of the Japan Society for Food Nutrition, malnutrition and excessive nutrition coexist in our modern society and this is unprecedented in the history of the world. He added that the

excessive nutritional status with a big and fat body and broken bones due to lack of minerals coexists. He warned that a rich society with processed food is generating children with malnutrition.

Salt is not simply sodium chloride. We need to be aware that depending on the type of salt, the effect it has on the human body is very different.

Food lacks minerals, and due to the pollutants that modern society manufactures, the amount of minerals our body loses is increasing.

What would be a great way to solve the mineral deficiency problem of the modern people?

Minerals are absorbed making proper cross-reactions with fat, protein, carbohydrates, vitamins, etc.

Vitamins or mineral tablets that we take in once or twice a day have low absorption rate, so they are limited in recovering or changing our body fundamentally. So the best way to absorb minerals is to eat food seasoned with mineral rich salt over a long period of time.

Mineral rich salt can supplement the minerals we cannot obtain from food, and will be able to relieve the mineral deficiency of the modern people.

What is bamboo salt?

Bamboo salt is made using solar salt from the Yellow Sea coast of Korea. To make bamboo salt, first, you cut joints of bamboo and put the solar salt in them, and then seal the entrance with clay. Second, you file them in an iron kiln, and bake them with pine tree wood fire. As a result, the bamboo is incinerated into ashes and a white salt pillar remains. You break the salt pillar into shatters, and repeat the second process 8 times and in the 9th time, using resin as a material, you melt the salt into liquid by heating it at 1,300°C. When the liquid cools off, it hardens like a rock. This is bamboo salt and we can intake it in the form of flour or grains. You can use it when you cook food or eat the grains dissolving it with your saliva.

This processing method of salt was published by Kim, Il-hoon(1909~1992) in the Daehan Pictorial from November 1971 to July 1972 in a series. The method of producing bamboo salt was widely known to the public as his book 'The Universe and the God's Medicine' was published.



Kim il-hoon

Analysis of the components of salt and bamboo salt

The analysis results showed that 9-times bamboo salt was comparatively higher in its content of minerals, such as potassium, phosphorus, iron and copper than solar salt, and the magnesium content decreased sharply after 9th melting treatment. Magnesium burns easily so it is even used in the explosives for fireworks. Though magnesium is a very important mineral, in the heat treatment process of bamboo salt, a lot of it disappears, so it is believed to be difficult to supplement sufficient magnesium with bamboo salt.

Magnesium is a constituent of the chlorophyll molecule in plants, and vegetables are good sources for magnesium. If you keep a balanced diet eating a variety of foods, you will be able to intake enough magnesium, and avoid magnesium deficiency.

The potassium content of the 9-times bamboo salt has increased to 12,280 ppm, 8,870ppm, which is more than double that of solar salt, and it is presumed that the potassium ingredient in bamboo is synthesized with salt.

There is a lot of research going on about the anti-hypertensive property of potassium. In contrast to sodium, potassium helps activation of sodium potassium pump, and induces vasodilatation and lowers blood pressure. If the intake of potassium increases, it will reduce the secretion of aldosterone, which stimulates re-absorption of sodium in the distal tubule and collecting duct of the kidney, and that will increase sodium excretion by kidneys.

Phosphorus, which increased more than any other minerals in bamboo salt, exists the most in the human body next to calcium. It is the main ingredient in generating human bones and teeth,

<Table 3-2>

Analysis : Korea Institute of Ceramic Technology

Units: ppm, mg / kg

Solar Salt Sample : Incheon Ongjingun

Bamboo Salt Sample : Samjung Bamboo Salt

(Manufacture Date : 01/31/2011)

Ingredient	Solar Salt	Bamboo Salt (9 times)
Potassium(K)	4087	8870
Phosphorus(P)	<1	449
Calcium(Ca)	2529	457
Magnesium(Mg)	21043	27
Silicon(Si)	168	50
Iron(Fe)	14	100
Aluminum(Al)	8	<1
Copper(Cu)	<1	27
Barium(Ba)	<1	25
Vanadium(V)	5	3
Manganese(Mn)	10	5
Zinc(Zn)	9	15
Titanium(Ti)	<1	<1
Arsenic(As)	<1	1
Germanium(Ge)	<1	<1
Molybdenum(Mo)	6	17
Selenium(Se)	<1	14
Platinum(Pt)	<1	3
Sulfur(S)	14293	4895
Strontium(Sr)	82	36
Gallium(Ga)	<1	<1
Boron(B)	45	12
Lithium(Li)	5	3
Cobalt(Co)	<1	<1
Fluorine(F)	<1	<1
Iodine(I)	Non measurable	Non measurable
Bromine(Br)	Non measurable	Non measurable



Decrease



Increase

and it makes our bones and teeth strong through its interactions with calcium.

Sulfur is one of the minerals that human tissues contain in large amounts. It is a component of cell protein, and present in every cell, and plays a role in tissue respiration. Sulfur is a component of glutathione, which is essential for biological oxidation and reducing action, and it plays a role in protection against heavy metal poisoning and in the detoxification process.

Selenium, which was detected about 14ppm in bamboo salt, is a component of antioxidant enzymes and it exerts antioxidant activity jointly with vitamin A, C, and E. It is said to have the potency of 1,970 times of natural vitamin E and 2,940 times of synthetic vitamins, which are known as antioxidants. It has been reported that selenium also prevents the activation of carcinogens, and inhibits the growth of cancer cells as well as the toxicity of toxic metals.

According to the medical report by the University of British Columbia in Vancouver, Canada, in cases of adult type diabetes, taking chromium and vanadium can significantly reduce the insulin administration. Chrome, with insulin, plays a role in helping absorption and utilization of sugar in cells, and when it is in deficiency, the demand for insulin increases.

Vanadium, which is contained 3~11ppm in Bamboo salt, is approximately 0.2mg in the adult body, and it became well-known as it was used in the treatment of diabetes. It is required in forming healthy bones, cartilage, and teeth, and is an essential component in cell metabolism. Vanadium is involved in lipid metabolism and inhibits the synthesis of cholesterol, and it is also a required component for growth and reproduction.

In bamboo salt, germanium was detected in a very small amount, below 1ppm. However, germanium is a very good derivative of interferon. It is safe from accumulating in the body and is becoming the subject of interest as an important material for cancer prevention and immunotherapy.

Another important trace mineral in bamboo salt is platinum, which is about 3ppm in bamboo salt. Many kinds of anti-cancer drugs using platinum were developed, and it is used for cosmetics and as a health supplement in food, but the impact on the human body has not been studied in detail.

Mr. Kim, Il-hoon, the creator of bamboo salt, said in his book “What is in salt? There is platinum in salt. Due to the platinum in salt, compounds of calcium and other minerals are synthesized. We gather up and create bones. So all the tasks required for making bones are done by the platinum in salt. The traffic of platinum energy is called neurons and the bones where platinum energy comes down are as white as finger nails. That’s because there is infinitesimal amount of platinum energy, and without that, the compounds of calcium are destroyed soon.”

Considering the fact that platinum plays a role as a catalyst for chemical reactions, we can say that Mr. Kim, Il-hoon’s explanation of platinum synthesizing various minerals is very reasonable.

As we put bamboo salt in the food we eat, the platinum in the bamboo salt promotes the synthesis of various minerals in foods. In other words, bamboo salt increases the absorption rate of minerals contained in food, and performs the role of catalyst to promote the operation and synthesis of minerals successfully.

In bamboo salt, most of the trace minerals essential to the human body were detected, such as iron, silicon, copper, vanadium, manganese, zinc, molybdenum, selenium, silver, platinum, strontium, boron, and lithium.

It is believed that many more kinds of other trace elements are in bamboo salt, but considering the cost and time for component analysis, it is required for medical research centers and component analysis institutions to be more interested in studying bamboo salt, and attempt to obtain data about the standard of bamboo salt components through repeated analysis. In addition, they should research about how the impact of bamboo salt minerals on physiological function is different from that of other minerals.

The oxidation-reduction experiment of bamboo salt, solar salt, and refined salt

Three samples were made by dissolving 20g bamboo salt, solar salt, and refined salt in 200ml of water with about a 10% concentration. A rusty nail was put in each sample and the results were examined,

Bamboo salt, solar salt, and refined salt, 20g each, is prepared.



Solution of 10% concentration is made by pouring 200ml of water. The solution made by dissolving bamboo salt shows a light blue color, and the one with solar salt dissolved shows a slightly cloudier color.



Immerse the rusty nails and observe.



[After 10 minutes elapsed] The nail in the bamboo salt solution shows a black stain when wiped out, which indicates that reduction is happening. However, the solar salt and refined salt solution didn't show any changes.



[After 9 hours elapsed] The bamboo salt solution turned black due to the rust coming off of the nail. On the other hand, the nails in the solar salt and refined salt solutions began to rust in yellow.



[After 1 day] In the bamboo salt solution, the nail's rust came off and the water turned clear again, so the number and scales on the other side of the beaker could be seen. In the solar salt solution, some rust from the nail came off and the water turned yellow. In the refined salt solution, the nail continued to rust and no change was observed.



[After 2 days] The bamboo salt solution did show big changes, and the solar salt and refined salt solution showed continuing oxidation.



[After 3 days] The bamboo salt solution didn't show any big changes, and it was found that the oxidation characteristics of solar salt and refined salt were very different. In the solar salt solution, part of the nail rust came off and the water was oxidized in yellow. However, in the refined salt solution, the rust of the nail got thicker.

Thus, the bamboo salt had the reduction reaction, and the solar salt and refined salt had the oxidation reaction. Why?

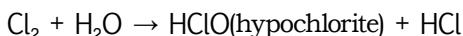
Various ionized minerals, such as hydrogen ions, silicon and manganese are produced when bamboo salt is dissolved in water, and they caused the rust to come off and reduce.

Though solar salt has a lot of minerals, it doesn't show the reduction reaction because the minerals in solar salt are not in a state to give electrons, which means the reduction reaction cannot take place.



Experiment about hypochlorite removal capacity of bamboo salt, solar salt, and refined salt

The typical purification method for water we drink is chlorine disinfection. It is way to put chlorine gas or chlorine compounds in water directly. It's well-known for its low cost compared to other sterilization methods and it has an excellent disinfection effect. However, if you put chlorine gas or chlorine dioxide (ClO_2) in water, hypochlorite is generated.



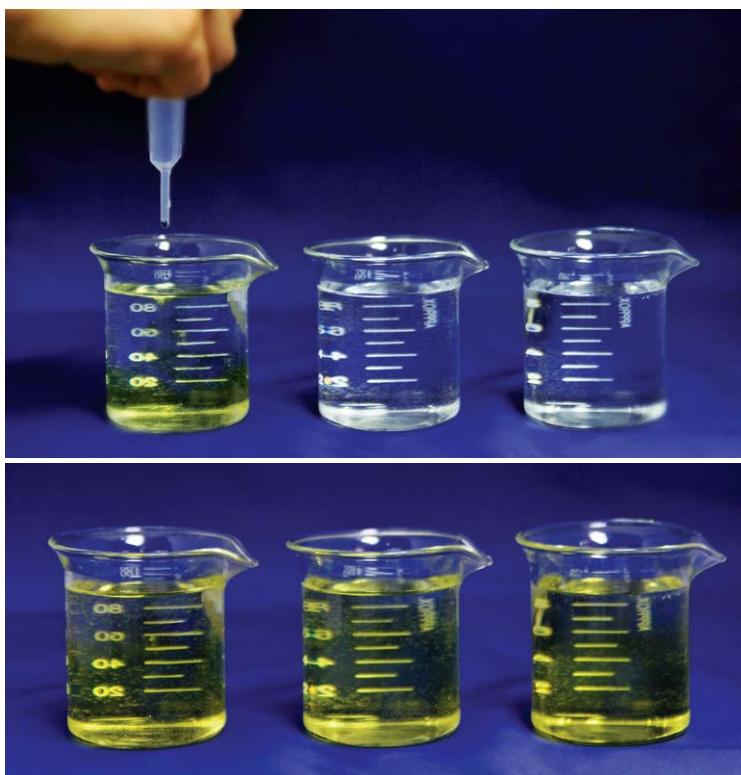
In this process, chlorine reacts with the organic materials in the water, and a carcinogen called trihalomethanes can be generated. Once trihalomethanes enters the body, it doesn't decompose easily and accumulates in fat cells, causing DNA transformation or degradation of immunity.

In addition, hypochlorite generates strong free radicals, and decomposes the body's fat cells and vitamin E. So it can exacerbate atopic dermatitis, and causes acne, psoriasis, and eczema, etc. It is often the cause of hair cracking or the loss of elasticity and radiance in the hair because it destroys the natural components of hair.

It was investigated if bamboo salt, solar salt, and refined salt have the ability to decompose hypochlorite, which is harmful for the human body.



Three beakers of tap water were prepared.



If you put 1mL of toluidine solution in each beaker with water, the toluidine will have an oxidation reaction with hypochlorite and the water turns yellow.



From the left, 1g of bamboo salt, solar salt, and refined salt was put in each beaker and they were dissolved completely by stirring.



After about 2 minutes, in the tap water with bamboo salt, the hypochlorite is completely removed and the color turned clear, but the other two solutions with solar salt and refined salt didn't show any changes at all.

Bamboo salt passed electrons to the hypochlorite compound (HClO) and caused reduction reactions to change it into chloride ions and water, both harmless to the human body. This indicates that the various bamboo salt minerals show different chemical reactions from those of solar salt and refined salt.

The metal minerals in bamboo salt give one or two electrons and become ionized. In this way, electrons of various minerals become involved in reduction reaction, but refined salt has almost no other elements other than sodium chloride, so it cannot have any particular reactions.

It was an unexpected result that solar salt, which is rich with minerals, didn't have the reaction to purify hypochlorite. As you have seen in the experiment of rusty nails, solar salt has almost no reduction ability.

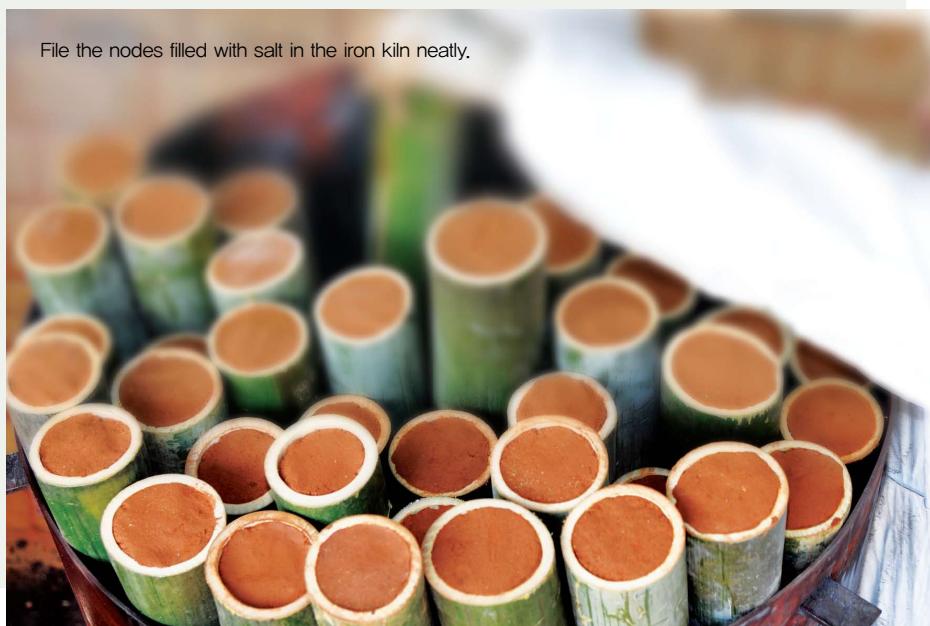
In conclusion, the rusty nails experiment and chlorine removal ability experiment proved that bamboo salt, solar salt, and refined salt are 'salt' with similar or the same salty taste, but they are different materials that have different chemical reactions. In other words, bamboo salt is a bioactive substance which makes body tissues and activates enzymes, and its function is very high compared to that of refined and solar salt.

Bamboo salt is a bioactive substance

Bioactive substances are materials which regulate vital functions, and they correct abnormal conditions such as deficiency or excessive secretion of substances regulating biological functions. Bioactive substances are substances which delay aging or prevent lifestyle-related diseases through antioxidant actions, detoxification, immune function enhancements, hormonal regulation mechanisms, antibacterial and antiviral actions.

Bamboo salt is an excellent antioxidant substance, and various minerals in bamboo salt help our body's detoxification by activating enzymes, and are used as raw materials to make hormones. In addition, the Bamboo salt's antibacterial action enhances immune functions and prevents various diseases.

In other words, bamboo salt, a synthesis of natural minerals and salt, is an excellent biologically active substance, which has no adverse effects on the human body.



It is urgently necessary to conduct more scientific research on salt

When we buy a cloth, we consider many things, seeing the color and design, feeling the fabric, and even trying it on, and then we finally make our decision.

However, we don't really pay attention to salt, which we eat every day and is directly related to our health. We are very interested in recipes to make food taste good, but we are ignorant about salt which decides the taste of food. Despite the fact that the role of salt in maintaining our health is not small, why don't people seem to care about the kind of salt they use?

That's because the deep-rooted notion that 'salt is bad' has taken a place in the consciousness of people, and systematic and scientific research has been neglected. Modern science did not attempt to distinguish different types of salt, and has not made efforts to investigate the effects of salt on the body and its pharmacological efficacy.

The harmful salt theory such as 'salt increases blood pressure' or 'salt is harmful because it has too much sodium' has been spreading around the world for over 100 years.

Does salt play a role in raising blood pressure?

We observed earlier that different types of salt have very different effects on the human body. In other words, mineral-rich salt can help maintain adequate blood pressure.

Is salt harmful due to the large amount of sodium in it?

Sodium is a very important and essential mineral in the body. Sodium controls the bodily fluid and puts the acid and base equilibrium. Sodium also plays an important role in diverse biological activities such as nerve impulse transmission, muscle relaxant and normal functions of the cardiac operation, and

absorption of nutrients, pH maintenance of saliva, pancreas, serous and blood pressure control.

As we can see, sodium is an essential mineral which can be found in the whole body. Scientists say sodium causes problems when it is excessive, but if potassium, Calcium, Phosphorus, etc. are equally present in salt, it can operate the metabolism of excreting sodium and lowering blood pressure with the help of those minerals. In other words, if all the minerals are equally present in blood, these metabolisms are maintained naturally.

In contrast, if sodium lacking in minerals is excessively supplied in the blood, the metabolism cannot work properly and our health is damaged. What's important is the balance of minerals, not the side effects of sodium. In other words, scientists have been observing the side effects of sodium chloride without looking at it in addition to minerals.

From now on, modern science should start pharmacological studies on the kinds of salt, elemental analysis and analysis of the elemental state, the composition ratio of the mineral salt, etc.

If we don't change the common misconception about salt which says that 'sodium is harmful to the human body' and 'salt causes high blood pressure,' the health of the people won't improve.



Put solar salt in the nodes fully.

The Use Of Bamboo Salt

How to use bamboo salt grain

You can carry bamboo salt grain, the size of rice, or bamboo salt powder with you all the time and eat it like candy. This is a very good way to keep the teeth, gums, and tongue healthy and is very helpful in controlling diseases of the bronchial system. Bamboo salt tastes salty, so in the beginning it might be difficult to eat it, but as you get accustomed to its taste, it becomes easier and you may even notice a sweetness. Due to its effect of refreshing the mouth, people come to love bamboo salt. However, those who have problems with their stomach or intestines may feel sick and nauseous. This symptom shows up as sputum in the stomach is eliminated but it will disappear in 2~3 days.

People like these should have bamboo salt more often, and if you stop having bamboo salt because you believe it is not right for your constitution, it could make your disease more serious. What you need to do is increase your amount of bamboo salt intake slowly so that you don't feel sick or nauseous. Surprisingly, more often than not, healthy people and children find the bamboo salt delicious and enjoy eating it.

How to use bamboo salt powder

You can add some bamboo salt powder to drinking water

Drinking one or two glasses of water with half a teaspoon of bamboo salt is good for your health. The day after drinking alcohol, when you feel thirsty, drinking water with dissolved

bamboo salt helps to replenish minerals consumed in detoxifying alcohol and to relieve hangovers.

How to use bamboo salt as toothpaste

When the gums become weak, our teeth become loose and we cannot chew food well, and inflammations can cause bad breath and bleeding gums. Brushing your teeth with bamboo salt cures inflammations and strengthens teeth. Brushing your teeth with bamboo salt and massaging the gums is very helpful for paradentitis and various gum diseases.

Eating bamboo salt with ginger, jujube and licorice tea

Make tea with a handful of ginger, jujube, and licorice and drink it 5~7 times a day with one third a teaspoon of bamboo salt. It is also good to mix bamboo salt with other beverages like digestive drinks, barley tea, or elm root bark tea. It is good to have about 250g a month, eating 4~8g a day, for those who don't have any particular illness.

How to use a bamboo-salt saturated solution

A bamboo-salt saturated solution is bamboo salt water in its most salty state made by dissolving 9-times-baked bamboo salt in water. It is very strongly concentrated water and you can use it by diluting it in a suitable concentration with spring water.

Eye cleansing water

Fill one tenth of a bottle with bamboo-salt saturated solution and fill the rest with spring water, to dilute it, and use it for eye

cleansing. The concentration level is appropriate if you feel a little stinging sensation. You can find a suitable concentration level for you through experience. For children, a good concentration is one to twelve. The bamboo-salt eye cleansing water is helpful for all kinds of eye diseases including cataracts, conjunctivitis, and dry eyes.

Nasal cleansing water

Fill one third of a bottle with bamboo-salt saturated solution and fill the rest with spring water, to dilute it, and use it for cleansing your nose. Spraying bamboo salt cleansing water into your nose or cleansing your nose with it helps with nasal diseases such as rhinitis and sinusitis.

Mouth rinse

Dilute bamboo-salt saturated water with an appropriate amount of water and use it for gargling.

Rinsing your hair and face with bamboo salt water

After washing your hair, fill one third of your washbasin with water and add about 20ml of bamboo-salt saturated solution and rinse your hair with it. It helps prevent dandruff and hair loss. Rinsing your face and body with this water is helpful for acne and other skin diseases.

Bamboo salt as seasoning

It is also good to use as seasoning for various dishes including soups and stews.

Bamboo salt for various diseases

Bamboo salt may benefit people suffering from diabetes, heart disease, low blood pressure, high blood pressure, indigestion, gastritis, gastric ulcer, duodenal ulcer, colon ulcers, kidney failure, gum disease, constipation, obesity, bronchitis, pneumonia, tuberculosis, rhinitis, sinusitis, upset stomach, acne, indigestion, etc.

1. Eat bamboo salt by dissolving it with saliva.
2. Eat bamboo salt with ginger, jujube, and licorice tea.
3. Bake garlic in a pan until it gets soft and eat it with bamboo salt.
5~6 bulbs of garlic a day is recommended.
4. Eat bamboo salt with elm-root bark (yugeunpi) tea.

Though we discussed diseases against which bamboo salt and garlic can be effective in a relatively short time, bamboo salt is not a medicine designed to treat specific diseases. It balances the electrolyte concentration of the body and increases immunity, which improves natural healing, and as a result it shows the effects of healing diseases. Its effect extends to all diseases, including cancer and other incurable diseases. Without proper electrolyte concentration, in other words the appropriate portion of salt in the human body, it is difficult to rectify the balance of the body condition and to treat diseases. In the hospital, Ringer's saline solution is administered to patients for the same reason.

Other dietary treatments

- For patients with kidney or liver diseases, use bamboo salt powder

as seasoning.

- When cooking various dishes, such as soups and stews, use bamboo salt instead of salt. The flavor becomes deep and rich, as if shellfish were added.
- For diabetes and heart disease, eating baked garlic dipped in bamboo salt is helpful.
- For those who always feel tired, eating loach, duck, chicken stew, or beef–bone stew with bamboo salt is effective.
- For hiccups, eating bamboo salt with the stalk end of persimmon is good.
- For chronic coughs and asthma, eating dongchimi made with sliced radish, garlic, and ginger is helpful.
- For neuralgia and arthritis, a duck soup, braised with garlic and seasoned with bamboo salt, is helpful.
- For hangovers, marsh snail soup boiled strong and seasoned with bamboo salt is effective.



Bamboo nodes being baked.

The following are symptoms, part of the 'healing crisis', which appear as the body recovers

Swelling

This is the most common symptom and it often occurs in people who have weak kidneys or who eat sparingly. Usually it takes around a week to decrease and it emits all kinds of wastes and toxins within the cells. You will likely feel refreshed afterwards and you can safely resume your intake bamboo salt. However, people with kidney diseases need to gradually increase the amount of salt intake so that their bodies can adapt to it.

Headache, nausea, vomiting

These are symptoms which appear as the sputum in the stomach is eliminated. These symptoms are temporary and usually disappear in 2~3 days, which is proof of your stomach becoming healthier.

Diarrhea

As the stomach and intestines regain vitality, wastes and toxins are excreted. Having mild diarrhea as you intake bamboo salt is rather good, because it means constipation is alleviated and your intestines become healthier.

Itching, hives

These are very common symptoms of the healing crisis, which occur as waste in the body is emitted through the pores. Therefore, if someone is experiencing these symptoms, s/he should eat bamboo salt more diligently for detoxification.

As one regularly consumes bamboo salt or bamboo salt water, different symptoms may emerge depending on the diseases. These are part of the healing crisis, which is the body's reaction to cure diseases, and they disappear naturally.

Eating good salt is very important for human health

The orthodox view that says salt is harmful for the human body is not correct, as we reviewed before. No creature on earth can live without salt. But have you ever thought “what salt should I eat?”

Haven't you thought that all kinds of salt are the same as long as they taste salty? As we investigated, there are big differences between different kinds of salt, and their impact on the human body is different as well. Assuming that the amount of salt we eat is only 10~20g a day, it becomes around 300~600g a month, which cannot be considered a small amount. Would you still eat any salt? Would there be anyone who is against the idea of eating quality salt?

When there is not enough salt in our body we can have inflammations and it can even cause severe diseases. Salt is an excellent natural preservative. As the salt sprinkled on fish prevents decomposition, we can also promote the anti-inflammatory ability and protect our immune systems, especially through the use of bamboo salt, which is thoroughly processed to remove impurities. Bamboo salt replenishes dozens of minerals including sodium, chlorine, potassium, calcium, and phosphorus, and maintains the proper concentration level of electrolytes in the body, and it is directly involved in life activities such as the transfer of nutrition and the emission of waste.

Without acknowledging the value and importance of salt, it is impossible to solve the problem of widespread intractable diseases such as diabetes, high blood pressure, and cancer. For the wellbeing of humanity, the perception of salt needs to change as soon as possible.

Bamboo Salt Products



KOREASALT

<http://www.koreasalt.com>

The mineral deficiency of modern people should be resolved with bamboo salt, which has abundant active minerals.

This book examined bamboo salt and salt through scientific experiments and component analysis. It is a must-read book for anyone who eats salt.

Salt has a bigger influence on our health than any other food. Without understanding about salt, maintaining health is unachievable.

This book overthrows the so-called ‘harmful-salt theory’, which says ‘salty food is harmful and sodium is not good for health.’ If you want to know about salt, this book is the answer.

The process of making bamboo salt, in which minerals in salt turn into bioactive minerals, is the best alchemy of the 21st century.

