

February 3, 2002

Coach K to the rescue

Last week, we discussed potassium (with the chemical symbol K) could be substituted for sodium to significantly decrease our cardiovascular problem. Potassium is available as an inexpensive condiment in Morton's

No Salt, in most grocery stores and contains potassium chloride and potassium bitartrate.

If one were to use No Salt instead of table salt, we would have far better health.

When a person first starts the substitution, the No Salt is bitter. However, if they persevere, as time goes on, the potassium gives the same salty sensation as table salt. If one were to use real salt after several weeks of using No Salt, it would be extremely salty and not desirable. This is when you know your body has self-regulated, so you have the proper propor-



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tions of sodium and potassium in your system. Most people who reach this state within a month not only feel better, but there is no fluid retention, rings fit better, no swelling of their ankles at the end of the day, breathing is better and, lo and behold, when they visit their physician, their blood pressure probably will have fallen to what is considered optimal (a systolic, top figure, of 120 or below), instead of what doctors consider normal (less than 150). Just this simple switching to potassium from sodium will enhance one's life greatly.

Highly salted food suppresses the taste buds so that natural foods taste bland and are unappetizing. The salt is added to the unsalted food to bring it up to the same sky high concentrations as that of preserved food.

Salt, centuries ago, became an article of commerce.

Approximately 1,000 years ago, salt intake in the western world had risen to 5 grams a day from the natural intake of 1 gram. It continued to rise until the 19th century, when in Europe, it was 18 grams a day. In certain countries, particularly in Scandinavia, where there is a high consump-