

**Salt** (Continued from p. 1)

urinary tract infections, yeast infections. "I get everything going around" (and then can't shake it), even cancer, the ultimate immune system compromise.

How does this work and why don't other doctors see this? Why others do not see this is hard to understand but sometimes things are just too simple to be taken seriously, like say, *a Russian Kettlebell* – hunk of cast iron with a handle. *It works more effectively than other forms of weight resistance training, to gain strength, flexibility and physical fitness.* (There has to be more to it than that!)

**Why do we need salt?**

We typically recognize salt as table salt or sodium chloride. In the body salt separates to form sodium ions and chloride ions. These ions are charged particles that can bind with other oppositely charge particles to form more stable molecules. Sodium and chloride, along with potassium and bicarbonate make up the main electrolytes of the body (calcium and magnesium are also there but to a lesser degree). Sodium is the most plentiful of all electrolytes measured in the blood chemistry test. So what does it do? It governs intra and extracellular movements of nutrients and wastes. It is part of the electrical power generated by your body to accomplish all cellular functions. It also acts as a medium stabilizer to retard the growth of uninvited organisms like bacteria, viruses, yeast . etc.

**Symptoms Typically Associated with Low Serum Sodium Levels**

- Fatigue
- Low Immunity
- Constipation
- Skin Inflammations
- Low Body Temperature
- Edema (Believe or not)

**How does low sodium occur?**

Salt and fluid excretion and retention are regulated primarily through the kidneys by way of hormonal regulation. The adrenal glands are primarily involved in this process, so periods of intense stress are going to dramatically influence sodium loss as will vomiting and diarrhea. That is why we will periodically crave salt and seek it out while other times not. (Your brain knows and consequently signals smell and taste receptors to adjust accordingly.) So the next time you see someone pour salt on something that they are probably doing what they need to do.

I'll be back soon with another common lab test and describe its function and relevance. In the meantime, be well *and if you having started a physical fitness program begin one now and keep training!*

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**Genetically Engineered Rice**

Test results released today by Greenpeace International establish that rice products being sold have been contaminated by Bayer's illegal genetically engineered (GE) rice grown in field trials in the United States. Greenpeace urged governments to protect this staple food, by drawing up a clear plan of action to protect their countries from similar GE contamination, prevent genetic contamination of crops and hold Bayer accountable for its recklessness. Ironically, Bayer and Monsanto - the two main advocates for the GE industry, are jointly sponsoring

the Congress, placing them in a key position to influence the agenda to their advantage. Contamination from Bayer's rice has already been found in nine countries, and resulted in import restrictions against the United States.

The press release and the entire article can be found at:  
<http://www.commondreams.org/cgi-bin/newsprint.cgi?file=/news2006/1010-14.htm>