

# VITAMIN AND MINERAL ENRICHED SOUTHERN OCEAN SALT



## SOME OF THE MANY USES OF SALT

1. A **delicious taste** for culinary uses - McCammon's Salt of the Earth simply tastes better! Makes food taste better and assists the digestion.
2. **Aid to digestion** - for sore tummies or dyspepsia - salts assists the digestion of protein - 1/4 to 1/2 teaspoon in water twice daily till relief.
3. **Catarrh** - sticky mucus - to half a liter of lukewarm milk add 1/4 teaspoon of salt. Snuff this solution warm from a tablespoon into one nostril. Hold the other nostril close and allow the solution to run out the other side. Repeat the process other side. Gradually increase the strength of the solution each week
4. Chronic **sore eyes** Dissolve one 1/2 teaspoon of salt in 14 cupful of water; bathe the eyes in this solution, two or three times per day, and if painful lay on a wet cloth with it at night.
5. Poultice for **boils** - a poultice of salt and the white of an egg.
6. **Burns**: Salt and water ( saline solution) It will prevent blistering if administered in time.
7. **Neuralgia**; a small sack of salt will often relieve this painful affliction.
8. Bleeding piles ( Hemorrhoids) inject by enema a strong solution two to three times daily.
9. **Toothache**; a solution of salt and water, mixed with spirits of camphor or clove oil ( eugenol) applied to the tooth with a cotton ball. Warm salt water held to the tooth is also effective in some cases.
10. **Colic**; a teaspoon of salt dissolved in half a tea cupful of cold water, taken at the onset of an attack.
11. **Epilepsy/ fits and convulsions**; half a teaspoon of salt in water can speedily relieve in some cases if used as soon as possible.
12. **Fever**; Salt is lost during fever one teaspoon daily in water taken each morning following the fever. Follow with adequate water.
13. **Cough**; A pinch of salt on retiring at night.
14. **Diarrhea**; Salt and cider vinegar. Take a good cider vinegar one quarter cup and heaped tablespoon of salt. Add hot water to fill the cup, and give a teaspoonful to a tablespoonful, according to age, of the solution as hot as can be borne, every five or ten minutes till the whole is taken.
15. **Worms**; to one tea cupful of tepid water add one teaspoonful of salt. Use this in an enema once daily, and in four or five days it is said the person will be free of pin or thread worms.
16. **Radiant skin and exfoliation** – The Salt glow – rub the body with wet salt.. Before or in the shower. Towel dry.
17. **Sore throat**; Gargle with salt water every hour.
18. **Stroke**; Apply wet to the head and temples, until sufficient sensibility returns to admit of swallowing, then mild solution of salt water given internally.
19. **Dandruff**; Wash the head every two days with a strong solution of salt water. Rinse with a little apple cider in the water.
20. **Hives**; Bind salt on the back of the neck
21. Clean **teeth** and gingivitis ( **bleeding gums**) Equal parts salt and baking soda. Apply to a damp soft toothbrush and brush margin of gums and teeth at a 45 degree angle twice daily.
22. **Exhaustion, confusion** from salt loss - Up to one teaspoonful per day.

**Minimum daily dose – 1/8 level teaspoon daily**  
**Maximum daily dose: One level teaspoon daily**  
**Ideal daily adult dose: 1/2 level teaspoon daily**

## Best dispensed from a Salt grinder

If symptoms persist please consult your Physician / Health Practitioner

### Fully Mineralized – White

Contains fully mineralized Natural Salt – no free flowing agents, preservatives or anything unnatural. The ideal table salt for all occasions.

### Mineral and Vitamin Salt – Green

Fully mineralized sweet flavored salt with the addition of eight essential amino acids including traces of organic minerals ( as distinct from elemental minerals) calcium, chromium, iron, magnesium, potassium, sodium, selenium and zinc ( essential for proper thyroid function) also contains vitamins A, C, thiamine, niacin and riboflavin.

### Heart friendly Salt – Red

Fully mineralized. This variety has a tangy – astringent flavor and contains traces of organic, Potassium, Selenium, Vitamins and anti-oxidants – recognized as beneficial for the health of the Heart.

### Natural Organic Iodized salt – Brown

Fully mineralized with a mild seaweed flavor containing extra organic iodine. Organic iodine lasts twice as long in the body than inorganic iodine and is recommended for a healthy thyroid – the gland that assists metabolic rate, immunity, skin hair and nails etc.

McCammon's fully mineralized *Southern Ocean Salt* has been researched and developed by Michael J McCammon N.D. Naturopath in clinical practice & deliciously delivered the way Nature intended it

## McCammon's Southern Ocean Salt

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## Salt deficiency symptoms

**Anxiety**  
**Fatigue**  
**Confusion**  
**Muscle cramps**  
**Low blood sugar**  
**Digestive problems**  
**Muscle aches and pain**



NEW ZEALAND  
**Herbals®**

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# McCammion's

## SOUTHERN OCEAN SALT

### FULLY MINERALIZED

#### The way Nature intended it

Salt is present in all body fluids - blood sweat and tears are all salty and mimic planet Earth's original sea water. Our cells are bathed in a sodium based extra cellular fluid and when in the womb our bodies are grown in the salty solution of our Mothers amniotic fluid. Our bodies contain approximately 450 grams of salt, which must be kept replenished in order to maintain our normal health and vigor.

Natural unrefined Salt is one of the most essential elements of life. Without it the human body cannot be sustained. In order of importance oxygen, water, sunlight and natural salt rank as the primary elements for human life.

#### Some signs of salt deficiency:

**Tiredness, pain, acidosis, anxiety, low blood sugar, confusion, extreme fatigue, death.**

Some of the symptoms are sub clinical and go unrecognized as salt deficiency - no amount of tonics, drugs or surgery will correct this simple deficiency except salt.

#### Different types of salt.

Normal table salt does not contain the full complement of minerals. However Natural unprocessed "**Southern Ocean Salt**" has not lost any of it's minerals and still contains higher levels of calcium, magnesium, potassium, iron, boron, selenium etc. than normal table salt .

"Southern Ocean Salt" is the type of salt ideally suited to human beings ( and animals also!) and that our natural mineralized salt may be directly beneficial to maintaining health and preventing disease.

McCammion's "**Southern Ocean Salt**" is harvested from the clear waters of the Pacific Ocean . These waters are evaporated using the natural process of negative ionizing sun and wind – a process which takes two years. The Salt is carefully gathered so as to maintain the balance of minerals naturally present in salt harvested from the sea. The resulting crystals contain within them trapped sunlight, and elemental minerals with alkalizing properties, vital principles of Nature essential to human physiology. This Ocean Salt carries "**Organic input**" certification standard and is no less than any other Naturally processed Salt. With impeccable sources and modern processing we believe Southern Ocean Salt delivers a quality product and an essential dietary supplement

**Southern Ocean naturally colored Salt** in the range contain fully mineralized salt with the addition of specially selected and prepared Herbs chosen for their unique qualities. Including the introduction of compatible organic components.

**Southern Ocean Salt** contains no artificial additives, free flowing agents or chemical additives of any kind and is in a perfectly natural unadulterated form - the way Nature intended it. Unprocessed Natural **Southern Ocean Salt** is compatible for all body types and blood groups and simply tastes delicious. Its mild flavor enhances all culinary dishes without overpowering and its use every day provides the bottom line of daily essential minerals and trace elements.



#### The role of Salt in the body.

Natural fully mineralized salt is needed for a large number of essential bodily processes.

- \* **Salt extracts excess acidity out of the cells in the body, particularly in the brain**
- \* **Salt balances blood sugar levels**
- \* **Maintains acid alkaline balance in the blood**
- \* **Assists digestion by supplying the chlorine necessary for protein digestion**
- \* **Generation of hydroelectric energy, local power generation for cell energy needs.**
- \* **Salt is vital to nerve cells communication**
- \* **Salt is vital for clearance of the lungs from mucus plugs and sticky phlegm, particularly in asthma and cystic fibrosis.**
- \* **Salt is vital for cleaning up catarrh and sinus congestion**
- \* **Salt is a strong antihistamine.**
- \* **Salt is essential for prevention of muscle cramps**
- \* **Salt is absolutely vital for making the structures of bones firm. – 50% of the sodium in the body is in the bones.**

**Iodine** is an essential element vital to the health of the thyroid gland. This gland, amongst its many other functions, governs your body's metabolic rate. However Iodine is unstable in heat. This means that although natural sea water is high in iodine because of the evaporation process little of the iodine remains. This is why iodine is added to table salt. However potassium iodide is also unstable in heat and can evaporate when used in cooking. – this form of added iodine lasts only 24 hours in the body. Natural organic lasts twice as long and is best used with other minerals and vitamins are necessary for its absorption. McCammion's Naturally iodized ( brown) Southern Ocean Salt contains additional organic iodine including many organic trace minerals believed to assist its utilization.

**Natural Organic input salt is arguably the most important mineral supplement anyone can take. Salt intake is needed everyday and twice as much is needed by athletes and those doing heavy physical work.**