

Salt: The Natural Antidepressant



Salt is one of those foods we are told isn't good for us. We are constantly told to limit our salt intake to avoid health problems. Well, that advice is only partially true. Processed table salt can cause health problems, but natural salt can be good for you. In fact, studies have shown that salt can actually help boost your mood, acting as a sort of natural antidepressant.

A study found that when rats had sodium chloride, or salt, deficiencies they were less likely to enjoy activities they normally like. One of the most common symptoms of depression is a lack of interest in activities you normally enjoy.

How does salt work as an antidepressant? The researchers who conducted the study found that the taste of salt and motivational and affective processes meet at certain points in your limbic forebrain.

This finding seems to show that taste and motivational processes are related to each other and to a person's stable salt levels. When you consume the right amounts of salt, your mood could improve, which could help you fight depression.

Table Salt vs. Natural Salt

Table salt, which is a common ingredient and household staple, can actually lead to health problems like arthritis, gout, rheumatism, kidney stones, cellulite and gall bladder stones.

When you eat table salt, your body tries to get rid of the extra amounts in your system by surrounding it with water molecules. These water molecules come from your cells, and when they are used to process salt, they disrupt the water balance in your cells. It takes 23 grams of water to neutralize just one gram of salt.

To reap the benefits of salt you need to use natural salt like Himalayan or Celtic salt. Since this salt is not processed it has minerals your body needs and hasn't been exposed to chemicals, which can be detrimental to your health.

How to Use Salt to Boost Your Mood

If you suddenly find yourself suffering from mood swings or you have sudden changes in appetite, you could have a salt deficiency. When you notice these symptoms, or if you want to try using salt to help counter depression, start using natural salt when you prepare meals.

The U.S. Food and Drug Administration recommends people consume no more than 2.4 grams of salt per day. Most people consume about 10 grams per day. Processed foods are usually very high in sodium, so cutting these out of your diet and limiting the amount of salt you add to meals can help you cut back.

Ideally, you should have a sodium level between 136 and 142, with the perfect level being 139. You can find out what your sodium level is by having a fasting chemistry profile done by a healthcare provider.

You can start using salt to boost your mood by opting for natural salt and making sure you have healthy sodium levels.

For help managing depression, or to find out more about eating a balanced diet, please call us for an appointment 