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Book recommendation: James DiNicolantonio, researcher and scientist in the field of cardiovascular diseases is a Doctor of Pharmacy at an institute in Kansas City, Missouri and member of the editorial board of several medical journals. In his book "The Salt Fallacy - why salt is so important and a low-salt diet makes you sick", he brings clarity to the salt debate and explains, among other things, how the contradictions in medicine on the topic of salt could persist for nearly a century. The overarching advice on the topic of salt is, more than ever: engage yourself with statements from various sources, listen to your "body", because human bodies react very individually and differently. Then make your own decision about what is good for you. The 286-page book "The Salt Fallacy..." references hundreds of sources in its statements, which are listed in the 44-page directory, and provides in the final chapter a five-step program with which anyone can reset and readjust their own, internal - usually atrophied - "salt thermostat" in order to return their body to its natural state of equilibrium. Read here: Why the right salt is vital.

It's good.
to be truu.