



salt

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608-238-6001 [TEL]

greg@cruisingreview.com [Email]

Cruising Review

Salt: Publications and Research from SwissMixIt



This webpage QR code

Structured Data

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Natural sea salt consumption confers protection against hypertension and kidney damage: Our findings show that consumption of natural sea salt induces less hypertension compared to refined salt in the Dahl salt-sensitive rat. Cardiovascular and other effects of salt consumption: Salt is one of the most important determinants of high blood pressure and increased cardiovascular risk worldwide. However, a high salt intake has other adverse effects beyond those involving the cardiovascular system, so that there is renewed interest in the relationships between high salt intake and other diseases. Raised blood pressure is the dominant cause of death and disability in adults worldwide, responsible for approximately 50% of deaths from coronary heart disease and over 60% of those from stroke. The risk of cardiovascular disease increases with increasing blood pressure and a reduction in blood pressure causes a significant reduction in vascular events. The blood pressure-lowering effect of reducing salt intake is effective in men and women, in all ethnic groups, in all age groups, and all starting blood pressures.

PDF Version of the webpage (first pages)

<https://cruisingreview.com/smx/salt.html>

Salt Botanical Information

Natural sea salt consumption confers protection against hypertension and kidney damage: Our findings show that consumption of natural sea salt induces less hypertension compared to refined salt in the Dahl salt-sensitive rat.

Cardiovascular and other effects of salt consumption: Salt is one of the most important determinants of high blood pressure and increased cardiovascular risk worldwide. However, a high salt intake has other adverse effects beyond those involving the cardiovascular system, so that there is renewed interest in the relationships between high salt intake and other diseases.

Raised blood pressure is the dominant cause of death and disability in adults worldwide, responsible for approximately 50% of deaths from coronary heart disease and over 60% of those from stroke. The risk of cardiovascular disease increases with increasing blood pressure and a reduction in blood pressure causes a significant reduction in vascular events.

The blood pressure-lowering effect of reducing salt intake is effective in men and women, in all ethnic groups, in all age groups, and all starting blood pressures.

Keywords: Salt consumption, blood pressure, hypertensive rat model, glomerulosclerosis, echocardiography, diet, sodium-restricted, hypertension, kidney, sodium chloride, dietary, cardiovascular, health effects, salt or sodium intake, Restriction, Target, Hypertension, kempner rice diet, cancer, dietary factor, MDSC, cancer immunotherapy, sodium chloride (dietary)
