

00;00;01;18 - 00;00;27;26

Leah

Hey ladies, welcome back to another episode of the Balancing Hormone Naturally podcast. So I have a guest on for you from one of our favorite companies that we talk about all the time, because we always talk about electrolytes and all of the support that your adrenals need with that. So I brought on Darryl Bosshardt, who is part of the family business that started Redman's Salt.

00;00;28;06 - 00;00;52;08

Leah

So he grew up in the family business and he has earned his Bachelor of Science degree at Southern Utah University. And you went then and got your master's, correct? So I got my information straight. So you have all the details. So could you just share a little bit about growing up in that family business and why they started this in the first place?

00;00;53;00 - 00;01;13;08

Darryl Bosshardt

Yeah, yeah. Thanks for having me on today. Super excited to be able to talk a little bit about salt. Yeah, sometimes people think salt is boring and if, you looked at a commodity in the dictionary. It would tell you it's salt. But salt is so much more important, especially when it comes to hormones and adrenals and just keeping us alive.

00;01;13;24 - 00;01;38;23

Darryl Bosshardt

So how I was introduced to the salt industry is my grandfather and his brother had a little farm in central Utah back in the 1950s and in the forties. My grandfather worked for a airplane company in California, a little company called McDonnell Douglas, and he started out as a riveter and then was a business manager there when World War Two broke out.

00;01;39;04 - 00;02;03;12

Darryl Bosshardt

And his brother during World War Two was working as a miner at a big copper mine here in Utah called Kennecott Copper Mine. And so after the war, the two brothers decided to come back to their third dad and their grandfather's farm, to farm and to raise their families near each other. And so they started farming. And the farm in the 1950s, late 1950s, wasn't doing that well.

00;02;03;23 - 00;02;27;02

Darryl Bosshardt

There was a big drought that year, and so they needed to do something to keep the, you know, the income coming in. And they knew there was salt north and south of their farm that the Native Americans had actually harvested a little bit long before the early settlers had come through the Utah Valleys. And so they knew there was salt under their farm.

00;02;27;02 - 00;02;57;21

Darryl Bosshardt

And so because the farm wasn't doing that well, they got a loan and a bulldozer and some mining equipment and they bulldozed the barley and the alfalfa and the corn out of the way and hit salt about 30 feet from the surface, and initially started selling salt to local farmers because all animals need salt to live. Ben started selling it to the state of Utah for the roads because salt will melt ice on roads in the wintertime.

00;02;58;10 - 00;03;12;18

Darryl Bosshardt

And then in the 1970s, as the health food movement started to take off, is when we went into the food salt industry as well. So that's kind of the Reader's Digest version of how I got into the SALT business.

00;03;13;01 - 00;03;36;25

Leah

Yeah, well, we're happy you did. I actually just had a friend over this morning who I had introduced to Redmond Salt and she was like, Yeah, we've been using that for a while and I never, ever thought that salt could actually like, you could have different tastes of salt. She goes, But our food tastes so much better since we've switched.

00;03;36;25 - 00;04;00;24

Leah

And I was like, I know I'm telling you the truth. It's some good stuff. So let's just kind of dive right into the nitty gritty because I'm sure that everyone's probably heard sodium is so bad for you, like lower your sodium intake, all of those types of things. Could we talk about, you know, you know, should you eliminate sodium?

00;04;00;24 - 00;04;07;02

Leah

Is salt good for you? I mean, they've heard a lot about it already, but let's hear it from a different source.

00;04;08;03 - 00;04;18;20

Darryl Bosshardt

You know, when you if you asked your audience to raise their hand if they heard that salt's bad for them, my guess is most people today would still raise their hands.

00;04;18;23 - 00;04;19;02

Leah

So yeah.

00;04;19;04 - 00;04;56;02

Darryl Bosshardt

Yet. Yet, if you walk into the hospital or get wheeled into the hospital, the first thing that's going to happen is they're going to give you an I.V. of saline solution, which is salt water, in fact, an I.V. of anything but 0.9% saline or a lactate. Ed Ringer's solution that has sodium, potassium, magnesium, calcium into an IV bag would actually be disastrous if you got an I.V. of distilled water, your cells would start to rupture if you got an I.V. of coffee, although that might sound good at 7:00 in the morning, is going to be equally problematic.

00;04;56;02 - 00;05;26;16

Darryl Bosshardt

Our bodies are saline solution in motion, and in order of importance, we have oxygen and then we have water and then we have salt. Because obviously if the air was sucked out of the rooms that we're in, we would immediately start to have problems. We can last quite a long time without food. Some of us could last longer than others, but without water and then without salt or having too much water.

00;05;26;16 - 00;05;59;04

Darryl Bosshardt

Without enough salt, our bodies would go into hyponatremia. And that's why the standard I.V. in every hospital in the world is sodium chloride based I.V. at .9% are tears are salt. Our sweat is salt. Our urine is salt. And our bodies are constantly you can drink as much distilled water as you want to. Our bodies, you're still going to sweat and cry and urinate salt because salt keeps our cells alive.

00;05;59;04 - 00;06;04;06

Darryl Bosshardt

It keeps our bodies functioning. And without salt, everything dies. Which is why.

00;06;04;09 - 00;06;04;19

Leah

Yeah.

00;06;04;28 - 00;06;33;03

Darryl Bosshardt

Salt at one point in our history was actually just as valuable as gold. And in the times of Rome, Roman soldiers were often paid a salary in salt. And the term salary is based on salt because saline salary. Salt. Now, there's a saying that our grandparents and parents use probably more than we do. The saying was, is a man worth his salt?

00;06;33;11 - 00;06;33;28

Darryl Bosshardt

Yeah, yeah.

00;06;34;11 - 00;06;34;25

Leah

Yes.

00;06;35;06 - 00;07;02;19

Darryl Bosshardt

That comes because if you're a Roman soldier and you're getting paid in salt and you're lazy and you're not earning your keep, you aren't worth the salt that you're getting paid. so you're not worth your salt. So every civilization has started around access to the salt deposits because it keeps all of our animals alive. It keeps us alive every every war up through.

00;07;02;20 - 00;07;41;20

Darryl Bosshardt

You know, the current wars were won and lost over who had access to the salt deposit, because if you don't have a refrigerator or refrigerated trucks or MRE's, the only way you can keep your food from spoiling and your soldier's from cramping is by having access to good, clean water and good clean salt. Before the refrigerator was invented, you and I and everybody listening today would have actually eaten more salt because if you were to eat any food outside of its season, we would have been eating sauerkraut, kimchis, jerky, pickles, fermented veggies.

00;07;41;20 - 00;08;11;15

Darryl Bosshardt

And the way we preserve all of that up through the refrigerator and you know, yeah, the Industrial Revolution was through good, clean, natural salt products. So salt isn't this bad thing. There's a study I can send you a link to. It was done in 54 and this one study in 1954 kind of turned everybody on its head. And this this study fed copious amounts of salt to some mice and some rats.

00;08;11;15 - 00;08;32;09

Darryl Bosshardt

And they found that when they gave these mice little water and lots of salt, the mice had trouble because salt's job in the body is to regulate intercellular and extracellular fluid. Yes. Does that through the sodium potassium pump. And when you have too little water and too much of any electrolyte, things start to go out of balance.

00;08;32;22 - 00;08;55;16

Darryl Bosshardt

And so just like fat for a while went through this phase where everybody thought that all fat was bad, the same thing happened to salt. And now people know that avocados are great and fish oils and high fat, clean, natural, good fats are essential where there are bad fats out there and salt went through that same revolution.

00;08;56;03 - 00;09;21;02

Leah

Oh okay. This makes sense. Also, I may be jumping ahead of your story, but there's differences in salts too. Like when I don't think you should be loading up on that bleached, you know, salt

you get at the store and being like, no, this is good for me versus actual real salt. So what would be the difference there?

00;09;21;08 - 00;09;26;23

Leah

Like if they weren't actually getting the salt that has minerals, it's just, you know, bleach.

00;09;27;23 - 00;09;48;22

Darryl Bosshardt

Great question. So if we went back in time before the invention of the refrigerator, like I mentioned, we would have likely all eaten more salt. But the salt that we ate back then and the salt that the Romans soldiers were paid in isn't the same as many of your salts that you find on the shelf today. And there's actually three questions that we'll talk a little bit later about.

00;09;48;22 - 00;10;01;26

Darryl Bosshardt

And these three questions will help you find a great clean salt. And you may end up with red meat, real salt, which I think that would be great and I am biased, but it could equally be some other great salts from around the world. And so.

00;10;02;13 - 00;10;02;15

Leah

The.

00;10;02;23 - 00;10;03;07

Darryl Bosshardt

Ways.

00;10;04;01 - 00;10;08;24

Leah

I'm going to have you backtrack, I marked that I lost your audio for a second.

00;10;08;24 - 00;10;09;17

Darryl Bosshardt

Oh, sorry.

00;10;09;27 - 00;10;19;00

Leah

No, that's okay. You just froze. Okay, so could you go back to the three questions is why you froze out?

00;10;20;18 - 00;10;46;01

Darryl Bosshardt

So there's three questions that I think everybody should ask to find a good, clean salt. And we'll talk a little bit about those three questions later. But if we went back to the refrigerator or the refrigerator, we have all eaten salt. But the salt we would have eaten back then or the salt that the Roman soldiers were paid in, is very different from a lot of the salts that you find in the grocery store or even your health food store today.

00;10;46;23 - 00;11;10;18

Darryl Bosshardt

So if we look at salt, salt in nature, when when we talk about salt in food, we're talking about sodium chloride. Yeah. Now in chemistry, salts can be any acid in a base that are bound together. So magnesium sulfate is an example of a salt or magnesium chloride. When we're talking salt for the human body, typically sodium chloride based salt is what we're talking about.

00;11;10;18 - 00;11;37;17

Darryl Bosshardt

And we find that in the ocean. So our ocean waters occur with all of these minerals besides sodium chloride oceans have high in iodine, which is reason why seafood and seaweed and dulce is high in iodine is because it's in the oceans. Yeah. And there's also potassium chloride, magnesium chloride, calcium chloride in the oceans. Historically, our ancestors would have gathered salt in one of two ways.

00;11;38;04 - 00;12;04;14

Darryl Bosshardt

The first is they would have watched the animals and the animals would find these ancient sea bed sources of salt. So they will eat the soil, they will part the soil, and they will find these ancient sea beds like the salt that comes out of Utah, this sea bed, which is how the early settlers found it, such crystalline structure, salt that was laid down during the Jurassic era, a geologist tells us.

00;12;04;26 - 00;12;35;25

Darryl Bosshardt

And there are similar deposits like this in Bolivia. There's a beautiful Bolivian pink salt. It occurs in Pakistan. The Himalayan pink salt out of Pakistan and India and Nepal are all, you know, these ancient crystal beds. And and they occur with the minerals that were in those primordial seas. Yeah. The other way our ancestors would have gathered, salt would have been living by the coast, and they would have taken they would have gone into the ocean filled buckets of salt water.

00;12;36;08 - 00;12;59;23

Darryl Bosshardt

Salt water in the ocean is about 2 to 3%, sodium chloride or salts in our bodies, 4.9. And so the reason that swimming in the ocean burns our eyes is because it's 2 to 3 times more salty than we are. But we can take that seawater that has all of these minerals in it, and then we can evaporate the water off.

00;12;59;23 - 00;13;33;14

Darryl Bosshardt

Seawater can hold 26% by weight salt. And so as the water comes in, it's 3%, we start to evaporate the water. It goes to four to 5 to 26%. That's max salinity. And so as you start evaporating more water, those salt crystals get heavy and fall out of suspension. So our ancestors, what they would have done is they would have taken a clay lined pond and they lined the pond with clay because if it's sand, the water just seeps back into the earth.

00;13;34;05 - 00;14;02;16

Darryl Bosshardt

So if you lie in a pond with clay, it might be gray clay like the coast of Brittany, France. So you get this French gray salt that gray is coming because they pull the seawater into a clay lined pond as the seawater evaporates, all of the minerals that are in the seawater, as well as some of that gray clay that's in the clay, lined the pond will get raked up and you get these beautiful gray salt crystals.

00;14;03;22 - 00;14;38;11

Darryl Bosshardt

That's how our ancestors would have would have made salt. Now, around the turn of the century, salt companies realized that seawater not only has sodium chloride in it, and it also has potassium chloride, which is super valuable magnesium chloride, super valuable calcium chloride, and then trace amounts of all these other elements. So the salt companies realized that they could use a series of evaporation ponds instead of having one pond like the, like our ancestors would have used through using a series of evaporation ponds.

00;14;38;20 - 00;15;03;04

Darryl Bosshardt

They could take out the potassium chloride, move it to the next pond, pull out the magnesium chloride, move it to the next pond, pull out the calcium chloride. And so you start to change the nature of salt. And then once you get it somewhat refined, then you can add a bunch of chemicals to it. So the the challenge with salt is the first challenge is salt is this de mineralization.

00;15;03;13 - 00;15;28;26

Darryl Bosshardt

You know, these aren't massive amounts, not dietary amounts, but every little bit helps. You know, if we were to take an orange and somehow pull out the vitamin C from the orange and then still sell the oranges in orange as orange farmers were geniuses. We before the show started, we talked a little bit about raw milk and the power of the good fats.

00;15;29;06 - 00;15;50;16

Darryl Bosshardt

And if we're a farmer and we can take off all of the cream and the fat and sell it, and then still sell the leftover skim milk, that makes a lot of sense. And salt companies can do essentially the same thing by pulling off the potassium that offsets the sodium and some of these other minerals. Yeah, that's the first challenge.

00;15;51;02 - 00;16;15;15

Darryl Bosshardt

The second challenge with processed salt is that salt is hygroscopic. Hygroscopic means sucks water out of the air. So if I have a salt crystal and I live in Florida on a really humid day, this crystal is going to absorb water out of the air and

00;16;15;15 - 00;16;15;25

Leah

It's like a dehumidifier.

00;16;16;11 - 00;16;37;02

Darryl Bosshardt

Exactly. That's exactly right. And and what happens is if you have your salt in a bag or a shaker and it's humidifying the air, it's going to get clumpy. Yeah, it's going to get. Yeah. So you have to, you know, kind of break it up with your hand. So around the turn of the century, salt companies realize they said what kind of chemicals can we coat this crystal with?

00;16;37;21 - 00;16;49;21

Darryl Bosshardt

What can we coat that crystal with to stop its ability to interact with moisture? Mm hmm. The challenge is salts job in the body is to interact with moisture.

00;16;50;01 - 00;16;50;17

Leah

Yeah.

00;16;50;26 - 00;17;18;16

Darryl Bosshardt

And so if you take a salt crystal, and now you coat it with a chemical, some of the chemicals they use would be sodium. Ferrous cyanide, sodium. Not bad. So ferrous metal or iron and cyanide is poison. And and another one is sodium. Silica illuminate, which is kind of a similar anti moisture antiperspirant type additive. And there's other ones that aren't near as bad as those.

00;17;19;05 - 00;17;41;28

Darryl Bosshardt

There's one it's called tri calcium phosphate propylene glycol 400. There's a whole list of chemicals that salt companies will add to salt to stop its ability to draw moisture in. And then we

wonder how salt got this bad rap. Well, we have taken salt at our that our ancestors loved. Every religious book talks about the importance of salt.

00;17;42;11 - 00;18;04;25

Darryl Bosshardt

Every civilization talks about the importance of salt. And yet we take salt, we demineralize it, we add chemicals to it, and then we put high amounts of that on foods that we should never eat in the first place. And then we wonder why we feel yucky when we eat a whole bag of potato chips with processed salt or a whole container of fries.

00;18;05;05 - 00;18;14;19

Darryl Bosshardt

With all of this processed salt and these trans fats, where if you look at, you know, good fat and good salt, it is completely different.

00;18;15;07 - 00;18;45;20

Leah

Yeah, I think that also it goes back to the same premise of I know everyone likes to think that all calories are created equal, but they aren't because of how your body uses them and pulls minerals. So I learned a lot of science there and I'm sure everybody else did, but that really broke that down about the water moisture because even something we talk about a lot here is running hair mineral analysis.

00;18;45;20 - 00;19;10;24

Leah

So you can actually see what your mineral content is and help your body adjust. And one thing that I'm always recommending that is generally good for everybody is whole real salt because it does contain those other minerals. It's not like you are just getting sodium in from that. So that was really awesome. And I, I'm sure that everyone appreciated the breakdown.

00;19;10;24 - 00;19;14;05

Leah

So that kind of no, go ahead.

00;19;14;13 - 00;19;36;00

Darryl Bosshardt

I'll just say, when we're talking all these minerals, now's a good time to talk about probably all of the minerals. And if you go to our website, you can see a list of all of the elements that are found in salt. Now, when we're looking at an elemental analysis, it's important to realize we're not looking for particular compounds or or or element combinations.

00;19;36;00 - 00;19;58;20

Darryl Bosshardt

What we're looking for is the presence of each element. So you'll see chlorine or chloride listed on the elemental analysis. Now, all of us know that chlorine is a deadly gas. Yeah, that if we were exposed to, we would die. Which is why it's highly regulated. If you have a hot tub or a swimming pool or, you know, chemical warfare is often used

00;19;58;20 - 00;20;21;16

Darryl Bosshardt

Chlorine gas. Yeah, chlorine gas is very acidic and it's deadly. And you'll see sodium. Sodium. If it occurred as pure sodium, it would be super explosive and a very strong base. In fact, if this if this jar of relight here was a block of sodium and one drop of water fell out of the ceiling and hit it, I would be gone.

00;20;21;29 - 00;20;47;15

Darryl Bosshardt

It's that reactive. But yet you take one chlorine and one sodium, both deadly gas, deadly acid or base. You put them together and all of a sudden, sodium chloride is nothing like sodium, as in its pure form or chloride or chlorine gas. So on this elemental assay, we're looking for the presence of the element, not in the combination they form in.

00;20;48;06 - 00;21;15;08

Darryl Bosshardt

And because this is a natural product and it's from the earth, you will see about 60 elements that regularly show up in that test. Now sometimes because we're testing in such small amounts, an element might show up in a test and then it disappears on the next one. And so the reason we say about or around is because on any given sensitivity, sometimes different elements in trace amounts will show up and some don't.

00;21;15;08 - 00;21;33;01

Darryl Bosshardt

So one of the questions we get is, hey, what about heavy metals? You know, we know that heavy metals aren't good for us. You know, every all of our plants, all of our water supplies, because we live on the planet Earth, we will see these trace earth minerals that show up. And we do need to do our best to avoid heavy metal toxicity.

00;21;33;11 - 00;21;54;07

Darryl Bosshardt

But occasionally you will see a trace amount of, say, lead show up in an elemental analysis. In a super small amount, it's way less than is ever considered a problematic amount. Our bodies naturally process some, you know, lead and heavy metals every day because we're eating kale chips and we're eating, you know, sunflower seeds and we're eating everything that comes from the earth.

00;21;55;04 - 00;22;10;25

Darryl Bosshardt

And so sometimes people will get concerned, hey, this is from the earth and it's not been purified. Is that a problem? In our opinion, no, because the amounts are so trace. But yes, you will occasionally see some trace amounts of different earth minerals showing up in this analysis.

00;22;11;09 - 00;22;36;21

Leah

Yeah. And I think we can jump into that a little bit more. I think also learning to do your your due diligence and depending on the product. So like something when we talk about lead, for example, is and pea protein and that's something where I personally am more concerned about the lead content because it's not like eating peas.

00;22;36;21 - 00;22;57;23

Leah

I don't really care, you know, we're just eating it straight from your garden or, you know, the farmer's market. But when it's so concentrated in, you have to get so many peas to make the amount of protein that you're taking in a powder that's very, very different. Then you're taking the salt. That's literally that's just how it comes mined from the earth.

00;22;57;23 - 00;23;18;25

Leah

So I do think that that is something to also keep in mind when you are looking at these charts and understanding, you know, how they how they come together. And I was looking on your website, you guys, you can literally just go and see your latest reports, you know, if anybody is interested.

00;23;19;04 - 00;24;02;06

Darryl Bosshardt

And one of the things interesting about elemental analysis, unless you're a chemist, you'll see you'll hear and see things like parts per million or parts. Yes. That alone is makes no sense unless you convert that into micrograms per serving because if you were to say take water and the health standards 15 parts per billion, you know, if a healthy person is drinking half their body weight in ounces, you know, me as 150 pounds and I'd be drinking 75 ounces of water a day at 15 parts per billion is a lot more actually than if I were to eat, you know, six grams of salt today at a different at 200 parts per billion because of the

00;24;02;06 - 00;24;26;21

Darryl Bosshardt

weight and the volume. So you actually have to take anything you're eating like in the example you mentioned, you know, taking your pea protein and if it says 15 parts per billion or whatever that number is, convert that into the weight amount of protein you're consuming. And that would convert to a micrograms per serving, which is actually way more meaningful than a part per million or part per billion.

00;24;27;09 - 00;24;53;21

Leah

Yeah. And then it starts getting really confusing if you aren't a chemist, which is tricky, which that's why I really do. I do appreciate and we talk about this a lot, the transparency of companies, you know, because as somebody who isn't a chemist, there is only I feel like so many of these elements that we can cram into our heads and be like, how does this make sense?

00;24;53;21 - 00;25;15;18

Leah

And you kind of lost me on the math equation. So at some point it's very important to align yourself with ethical companies and companies that are being very transparent and explaining this to you and just showing you what it is instead of just, you know, trying to pull the wool over your eyes and be like, no, it doesn't matter.

00;25;15;26 - 00;25;38;27

Darryl Bosshardt

And one more one more question before we move on with understanding. Yeah, per million or parts per billion sometimes when I explain that people envision you have a million parts and you're sorting through in this parts led and this parts, you know, chloride in this part. Yeah, aluminum in this parts. That's not what you're actually doing. Parts per million is actually milligrams per kilogram.

00;25;39;12 - 00;26;02;07

Darryl Bosshardt

And so if you had and it's based on atomic weight, so if you have one chloride and one sodium that are bound together, you would think, Oh, I've got two parts. And so you'd say, I have, you know, 500,000 parts of this and 500,000 parts of this. That's not what we're doing in chemistry. When we say parts per million, what we're doing is looking at the atomic mass.

00;26;02;07 - 00;26;31;27

Darryl Bosshardt

And so if you look at a chloride molecule, it's actually about 20% bigger than the sodium molecule. Yeah. And so when you look at parts per million, if you have one sodium chloride, okay, the parts per million is actually as a percentage, 60% chloride and 40% sodium. So converted a parts per million, you'd have 600,000 parts of chloride, 400,000 parts of sodium on your analysis.

00;26;31;27 - 00;26;44;21

Darryl Bosshardt

And so, again, it's just unless you're, you know, interested in chemistry, sometimes these parts per million, they seem important. But unless you convert it to a microgram per serving, it means nothing.

00;26;44;21 - 00;26;48;06

Leah

Yeah, and I am not interested in chemistry.

00;26;48;21 - 00;26;50;21

Darryl Bosshardt

We'll move on.

00;26;50;29 - 00;27;14;21

Leah

No, haha, But like, that makes sense in my mind. And that's why when we try when I try and figure that out, it's like my brain hurts, you know, 5 minutes in, which is why I asked you that question. So you guys have Redmen's Real Salt and it's a mixture, right, of different like the black and the pink. I mean, mine is multicolored.

00;27;14;28 - 00;27;17;16

Leah

So what's the difference between all these salts?

00;27;18;09 - 00;27;35;05

Darryl Bosshardt

Yeah. So ours is if you looked at a salt crystal or you look at the salt in a shaker, it kind of has a rose quartz colored to it. It's kind of a pinkish with flecks in salt. This ancient sea bed. I wasn't alive back then, but geologists tell us that the sea bed occurred in the Jurassic area.

00;27;35;28 - 00;28;04;26

Darryl Bosshardt

This would be late Jurassic, which would be 150 to 250 million years old. And this sea bed flooded in from the Arctic Ocean and left all of this natural salt in the central part of Utah, Colorado, Montana and the West. The West, the Rocky Mountain region used to be at sea level. It's now been pushed up. And so all of the colors that you see are the elements that were trapped in this ancient inland sea bed.

00;28;04;26 - 00;28;27;01

Darryl Bosshardt

And that's where the color comes from in the Himalayan pink salt or the Bolivian pink salt or the real salt from Utah that has the pink color to it. Now, you also have other colors of salt. I mentioned the French gray. So if you're getting gray salts, one of my favorite brands of gray salt is Celtic. The owner is named Selina Dillon.

00;28;27;01 - 00;28;46;10

Darryl Bosshardt

She's a very nice woman. I've met her many times if I didn't have our salt. I think that's a great salt to choose from. And the way that salt is produced is they take the ocean water, which some

people are concerned with because we humans haven't been the best stewards of this planet we live on. And our oceans, unfortunately, aren't what they were eons ago.

00;28;46;21 - 00;29;12;05

Darryl Bosshardt

But you take this sea seawater into a clay lined pond. If that pond is gray clay, you get gray salt. Yeah. If you go to Hawaii, they do the same process with the red clay. And so it becomes this Hawaiian, red salt has a very dusty, unique color. If you mix activated charcoal into that pond, you'll get black salt, which can look really unique on a white piece of white chocolate.

00;29;12;16 - 00;29;44;07

Darryl Bosshardt

Or if you're doing a some oysters, that black salt can have a nice color to it. There's another beautiful salt from Australia called Murray River. The Murray River has a brine shrimp that creates an algae. If you've ever flown over the San Francisco Bay or the Great Salt Lake here in Utah, you'll see different colors of evaporation ponds where they're processing salt and at a certain brine concentration, you get these brine shrimp that produce an algae that makes the pond red.

00;29;44;25 - 00;29;57;22

Darryl Bosshardt

There's a river in Australia that has this this reddish pinkish hue to it from the algae. And so the salt from that river has a pink pinkish hue to it.

00;29;58;18 - 00;30;13;19

Leah

Okay, so you just went over many colors and many options. So from hearing that, how do our listeners know? Like, how do I find a natural salt like what, What questions do I ask?

00;30;14;12 - 00;30;16;25

Darryl Bosshardt

You that that was teed up beautifully.

00;30;17;09 - 00;30;19;17

Leah

Things?

00;30;19;17 - 00;30;42;17

Darryl Bosshardt

I think there's three questions and I think these three questions will help you find a great salt product. And it might be ours, it might be somebody else's, but it will also help you find a good, clean or raw milk. It will help you find a great source of kimchi or whatever it is you like to eat. And so the first question is who is producing it today?

00;30;43;02 - 00;31;11;20

Darryl Bosshardt

Especially with salt, you might walk into a big box store and you see a jar that says salt on the counter. And it might be it might look natural. It might have colors in it. It might. But knowing where that salt came from, actually, you know, is very difficult unless you know who is producing it. And so I love farmers markets because you can get out of the farmer's market and oftentimes some farmer's markets like the one here locally, sometimes people buy stuff at the store and then resell it at the farmer's market.

00;31;11;21 - 00;31;12;06

Darryl Bosshardt

Oh, my goodness.

00;31;13;07 - 00;31;13;25

Leah

So you got to ask.

00;31;13;25 - 00;31;14;16

Darryl Bosshardt

A few questions.

00;31;14;22 - 00;31;15;10

Leah

Yeah.

00;31;15;20 - 00;31;36;17

Darryl Bosshardt

But at a true farmer's market, you can talk to the lady who whose chickens are producing these eggs, and you can talk to the farmer who raised the the raw milk. And so I think knowing who's producing a product today is really important, but it's often difficult if we're shopping in big box stores or even, yes, online sometimes.

00;31;36;29 - 00;32;04;28

Darryl Bosshardt

So if you know who's producing it, you can ask. The second question is what's the source? Because increasingly we have farms that have been highly mineralized because with the absence of crop rotation or they're using all kinds of Roundup Ready seeds and they're spraying Roundup, which we know as a problem on our corn or the wheat or the oats or the barley.

00;32;04;28 - 00;32;32;28

Darryl Bosshardt

And so knowing the source and within salt, that's really important because we want to know, is it coming from the Himalayan deposit, the Bolivian deposit, the Utah deposit, is it coming from the Gulf of Mexico during the BP disaster? Is it coming from Exxon Valdez? Is it coming from the

Sea of Japan and and so I think knowing with salt, knowing the source is is really important as we have some of these environmental challenges.

00;32;33;10 - 00;33;06;13

Darryl Bosshardt

And with salt particularly, that's difficult because a lot of salt is co-mingled. And so you might get salt from a dozen or two dozen different suppliers in the Himalayan Pakistan region. You don't know how it's produced, where it comes from. It's all dumped in a shipping container, brought over and then repackaged into, you know, a different big box store label products that you don't really know where it's coming from on it on any given day and and then the last is what's the process?

00;33;06;27 - 00;33;30;20

Darryl Bosshardt

Are they taking anything out? Are they putting anything in? And so if you go and you talk to your local farmer to get some raw milk, you know, are they are they pulling off the fat before you get it? Are there other hormones or preservatives added that that you may not want? And I think if you can ask those questions, who is producing it, what's the source and what are they doing to it?

00;33;31;05 - 00;33;48;21

Darryl Bosshardt

I think those three questions, whether you're buying kimchi, whether you're buying eggs, whether you're buying salt or even the clothes you're wearing. **I think those questions will let us be better consumers and lets us vote for the world that we want to be a part of.**

00;33;49;17 - 00;34;17;04

Leah

Yeah, I agree. You can use those questions everywhere. I tell all of my clients like that's what you need to do, especially when it comes to supplements to like who's the company, where are they getting it from? You know, do they care enough to test for you? You know, like is your company, you know, looking out for you or are they just trying to mass produce something which can get really tricky?

00;34;17;04 - 00;34;18;01

Darryl Bosshardt

So it was.

00;34;18;03 - 00;34;20;03

Leah

Are there? Yeah, go ahead.

00;34;20;17 - 00;34;37;12

Darryl Bosshardt

It would seem to me in the hormone industry, you've got to even be even extra careful. You know, something's probably not a big deal where I get my shirt from in the grand scheme of things. Yeah. When I'm working on my hormone levels, that's a lot more. The cost of failure is a lot higher than if I buy the wrong shirt.

00;34;38;12 - 00;35;09;25

Leah

Yeah, it's true. And also. And salts like we talked about has all of these components, you know, in it. And I think we forget when we do supplements, for example, it's a very concentrated dose of something and like we talked about with the protein powder or things like that. And so when you are dealing with these things that do come from the ground, like magnesium, but when you start upping that dosage, it really does matter.

00;35;09;25 - 00;35;34;06

Leah

Does that company test for you? You know, because your supplements, I mean, it's concentrated. So, you know, that always is something that you should be a very informed consumer. Get to know the brands behind what you're using, which I think is really, really important. So I feel like the answer's just going to be no. But are there salt substitutes?

00;35;34;06 - 00;35;37;07

Leah

Like, does anything take place of salt?

00;35;37;29 - 00;36;02;20

Darryl Bosshardt

You know, the interesting thing with salt substitutes, they were really big in the last ten or 15 years, but their use is starting to die down because people heard that salt was bad for them. They thought, well, I want my food to taste good and so I need to eat something else instead. What's interesting, if you go to the grocery store, I don't have one with me here, but if you go to a grocery store and buy a salt substitute brand, you might see low salt, new salt, half salt. Light salt.

00;36;03;11 - 00;36;04;09

Leah

Yeah.

00;36;04;18 - 00;36;27;06

Darryl Bosshardt

And you look at the label, all salt substitutes will have a label that says Warning for normal, healthy people do not use. If you have any heart kidney disorders and contact contact your general practitioner before use it. Pretty scary stuff and you wouldn't see that on any salt product. Like real salt, like a natural salt or even a processed salt.

00;36;27;06 - 00;36;54;14

Darryl Bosshardt

But these salt substitutes have so many chemicals in them and they're usually high in refined potassium chloride, which our bodies do need. Levels of potassium, but high levels of potassium chloride actually is very problematic. In fact, in a hospital, if you got an IV, potassium chloride, unless you were maybe suffering from an aneurysm or something very unique and a potassium chloride IV will stop your heart.

00;36;55;16 - 00;37;15;18

Darryl Bosshardt

And that's why you get a sodium chloride. I.V. In fact, potassium chloride IVs are used as the third injection in a series of lethal injections because that's actually what will stop. The heart is a potassium chloride I.V. But because of that, these salt substitutes that are designed with high levels of potassium chloride have to have a warning on them.

00;37;16;02 - 00;37;35;25

Darryl Bosshardt

And so I just say this. This one study that said salt was bad is why we have these salt substitutes. That salt study has now been debunked and everybody knows that good salt is important on good foods. And so yeah, just avoid that low salt completely.

00;37;36;09 - 00;38;02;09

Leah

Which so I just want to take a slight tangent back to the different types of salt because you were talking about, you know, a lot of it's on foods that you shouldn't be eating in the first place. And that's actually just get really tricky because for example, let's say someone was going to buy potato chips and there are some brands out there that have they're trying to do a lot better job.

00;38;02;09 - 00;38;32;12

Leah

Right. And they will tell you the ingredients are potatoes, avocado oil and sea salt or salt, whatever. But then that also begs the question, you don't know where what kind of salt are they using? You know, and it's just it's hard. It can get overwhelming, I think, very easily, which why, you know, majority of your food, if you're making it, you know yourself and you know where it's coming from here.

00;38;32;12 - 00;38;35;18

Leah

And there isn't going to be the end of the world.

00;38;35;18 - 00;38;55;24

Darryl Bosshardt

And I love that example here, because if somebody is eating out of processed foods, they're eating on the road a lot. They're eating out of cans and boxes and bags. They probably not even

probably they have way more salt in their diet than they need because people are using processed crappy salt to make this crappy food last longer than it should.

00;38;56;12 - 00;39;21;25

Darryl Bosshardt

So if you are switching over to a natural diet and you're making foods at home and you're eating clean, you're going to have to go out of your way to add good, clean natural salts to your diet. And so that's kind of what we're talking about here. You know, if somebody is on kidney failure, ignore everything. I've said today because your kidneys, if they're healthy, can process about four ounces of salt a day.

00;39;21;25 - 00;39;44;07

Darryl Bosshardt

If they if the kidneys are healthy. Now, nobody would eat that much. But the kidneys have these amazing ability to process sodium, which is why in the hospital, you can go through bags of saline, which has way more than your recommended daily allowance of sodium and be super healthy because your body can process it when it's in the right form.

00;39;44;07 - 00;39;58;18

Darryl Bosshardt

But when you're eating out of bags and out of processed foods and you're eating, you know, and I love your question before, because all of us have our little guilty pleasures. And so if I'm going to eat potato chips, there's a brand called Boulder Chips.

00;39;58;18 - 00;39;59;26

Leah

Yeah, that's what I was thinking of.

00;40;00;04 - 00;40;25;04

Darryl Bosshardt

And I like boulder chips. I still probably shouldn't eat ten bags of them, but I trust the company and I think their sourcing because I trust them, I trust they're going to source the great ingredients, even though I probably shouldn't eat ten bags a day. The bags that I do choose to consumer are going to be a lot better than maybe the the big brands that, you know, you care a little bit less about what they're putting in.

00;40;26;07 - 00;40;49;12

Leah

Yeah. And again, we just we're just going to keep recirculating this like, know who you're buying from. Know Your brands get to know the company. I like to stock them on social media for a while, like see what they're posting, like, see what they stand behind. Okay. I want to quickly touch on two things. I want to touch on adrenals and I want to touch on iodine.

00;40;49;17 - 00;41;10;06

Leah

And then we've been talking for forever, so I guess I need to move my questions up. So iodine in salt. Is it good for us? Like, what about? A lot of times I'll have people be like, well, if I switch over my salt, I'm not getting the iodized salt. So isn't that bad? Should I go get the iodized salt?

00;41;10;06 - 00;41;12;08

Leah

Can we talk about it?

00;41;12;08 - 00;41;38;22

Darryl Bosshardt

Iodine and salt have been linked since World War One and no discussion on lot assault would be complete without talking about iodine. And during the draft, after the draft was instituted, they noticed that men out of the Midwest had a high incidence of goiter. This was particularly a problem in the Midwest. Again, thinking about that time of year, you know, early 1900s were eating a lot of processed flour, processed sugar, white refined foods.

00;41;39;03 - 00;41;58;02

Darryl Bosshardt

And in the Midwest, very little seafood, no seaweed, no fish. And so that's why there was this goiter problem, which is a swelling of the thyroid because of the iodine deficiency. And so the government sat down with scientists and said, what are we going to do to stop this problem? We can't draft men into the military if they have a goiter.

00;41;58;14 - 00;42;21;04

Darryl Bosshardt

How do we stop this? And so they looked for ways to force iodine consumption onto the US population. Just like in some municipalities. They do that with fluoride to push fluoride consumption. They said, How do we do this with iodine? They looked at adding it to flour like they do. Bromide with bromide in bread is a faux dough enhancer.

00;42;21;04 - 00;42;55;21

Darryl Bosshardt

They looked at adding it in water. It turns the water purple. You can't do that. And so and it tastes funny. And so they said, What can we do? And they came up with salt. And so they found that they could add iodine to salt. It was shelf stable for the most part. It wasn't completely off putting. And so the government said from this day forward, if a salt company does not add iodine to their salt at this level, 45% per quarter teaspoon, that salt company must put a warning that says this salt does not supply iodide and necessary nutrient.

00;42;56;10 - 00;43;29;18

Darryl Bosshardt

That's why it is on the labels because of that World War One creation of that law. Now, as you know, especially in women's health, iodine is super, super important. It wasn't just these men

having goiter problems, women's reproductive system, hormone levels, as well as men. If they if they do studies and look get biopsies of tumors, they find that tumors, both malignant and benign in men and women, have virtually a trace amount of the iodine that should be present in normal, healthy tissue.

00;43;29;18 - 00;44;02;21

Darryl Bosshardt

It is a huge problem. And when they added iodine to salt, it did actually solve the iodine problem. Now the iodine added is than 10% bioavailable compared to something like fish or Doles or seaweed or Adderall or some of these iodine supplements that are designed for bioavailability. But even 10% of something is better than 0% of nothing. And so if the only source somebody had to get iodine was salt, they're probably better off doing that than anything else.

00;44;02;21 - 00;44;42;14

Darryl Bosshardt

Fortunately for us, we've got a lot of great food sources that are rich in iodine. We have dells and kelp and lots of the seaweeds. We have fish, we have some raw milk products that have good levels of iodine in them, and we have iodine supplements that are way more bioavailable than a processed salt is. So the short answer is all of us should be seeking out foods rich in iodine, getting our blood work done, testing to see where our iodine levels are, and then seeking out either foods or great supplements that are designed for iodine absorption which iodized processed salt isn't.

00;44;43;06 - 00;45;16;22

Leah

Yeah. No, I think that's a very good point. And I find iodine to be very, very useful in terms of especially women with fibroids and thyroid issues and even fertility, which I think it's an interesting connection with the salt because before you even supplement with iodine, you have to have all your cofactors to absorb it. And one of the things that we like to do is salt flushing and making sure sodium is at the correct level because it helps those receptors for the iodine.

00;45;16;22 - 00;45;24;11

Leah

So I think it's kind of weird that they did put it was salt. It's like maybe intention was good, but execution needed a little bit of work.

00;45;25;05 - 00;45;26;13

Darryl Bosshardt

They should have talked to you first.

00;45;26;23 - 00;45;40;28

Leah

Yeah, I know. So how much salt? Like real salt, natural salt should you get in per day? Like, is there a rough amount with how much water you're drinking? I don't know. Can you tell us that?

00;45;41;10 - 00;46;08;24

Darryl Bosshardt

Yeah. So everybody's different and even if you're in a hospital setting, people process minerals and electrolytes and hormone levels differently. And so it's really a little bit specific per person. I personally, I love mountain biking and if I am mountain biking a lot in a given week, I am going to be drinking and eating a lot more salt than if I am just sitting at my desk all day long or standing at my desk all day long.

00;46;09;05 - 00;46;40;14

Darryl Bosshardt

And if I'm a firefighter and I'm packing all that heavy gear and I'm sweating, I'm going to be burning through electrolytes more than maybe that's a schoolteacher like my wife is. Somebody that's a hot yoga instructor is going to be burning through a lot more liquid and a lot more sodium and minerals than somebody who is different. So the general rule, though, if you go back to this book called *You're Not Sick, You're Thirsty*, it was written by a guy named Dr. Batmanghelidj and he wrote another book, *Your Body's Many Cries for Water*.

00;46;40;24 - 00;47;04;18

Darryl Bosshardt

And in his book, he talks how most of us are dehydrated and most of us should be drinking a lot more than we do. So, he says, Is it, as a general rule, a place to start would be about half your body weight in ounces? Of course that's going to be different for everybody, but that's kind of a maybe starting point that he would recommend and that he recommends adding a quarter teaspoon of salt to your diet per quart of water that you're drinking.

00;47;04;27 - 00;47;40;23

Darryl Bosshardt

And so as a minimum, if I am drinking three quarts a day, which is about where I would be, I'm about 150, 75 ounces of water. That's going to be almost two quarts. I should be adding at least three quarters of a teaspoon of salt into my diet and then also salting our food liberally. Because when we have salt with our greens particularly, we actually digest the food better because salt our bodies actually create hydrochloric acid using the hydrogen from water and the chloride from salt, HDL hydrochloric acid.

00;47;40;29 - 00;47;54;28

Darryl Bosshardt

And so if we go on a low salt diet, our bodies don't have the tools to really function. And if we're not drinking enough water and we're not drinking enough salt, you know, it's going to things start to go bad in a hurry.

00;47;54;28 - 00;48;24;22

Leah

Yeah. Yeah. And so if you guys are thinking back to again, the hormonal analysis where we talk about one of the symptoms of low sodium is low stomach acid, you know, so you are not pulling those nutrients. And it's just so funny because drinking water, you know, hydration seems like such a foundation in all thing. And we all know it's a foundational thing, but I can promise you that every single client that comes in, they will just readily admit I don't drink enough water.

00;48;25;00 - 00;48;34;19

Leah

It's like we know, we know it's our kryptonite. We know we feel better. We know we have more energy, but we just are like, No, I just don't want to do that.

00;48;34;19 - 00;48;55;25

Darryl Bosshardt

And even worse, we feel bad. And so we get home at 5:00 and think it oh man, I didn't drink enough today. So then we'll drink it all in the next hour, which doesn't really help the body. We pee all night and our bodies really, you know, food is actually, you know, intermittent fasting. There's some really great benefits on feeling hungry.

00;48;55;25 - 00;49;22;09

Darryl Bosshardt

Sometimes during the day when you're feeling thirsty, there's not a whole lot of benefit of not drinking water because yeah, almost every function that we need, our brains need so much water to feel good. So the first sign of a headache, actually, a big glass of water and a pinch of salt under your tongue works most of the time, because we're not we're not typically deficient in ibuprofen, we're deficient in water.

00;49;22;09 - 00;49;29;11

Darryl Bosshardt

And or these other nutrients that our our bodies have have evolved and progressed to.

00;49;29;19 - 00;50;03;19

Leah

Yeah. And we're also probably overdoing the caffeine, which is dehydrating as well. And really briefly, your so your adrenals need salt, right? You know, their sodium I like to think about and I am not the salt educator here, but I like to think about sodium as like your battery, like it's your electrical conductor in your body and you need that for you need that as one of the minerals that your adrenals uses, it's regulated by your adrenal.

00;50;03;19 - 00;50;36;00

Leah

So if we were just thinking about, for example, the relicht, that's the one I use all the time. We use all of the salts everywhere that the seasons, the regular salt, the relicht. If someone was using the salt on their food, how many servings of like relicht would they have to be taking? Just

because I thought people should I'm not sure everyone's going around measuring with their teaspoon how much should you get in per day?

00;50;36;00 - 00;50;46;13

Leah

Just let's say, like average human, average average job, maybe like works out 3 to 4 times a week. So they're sweating a little bit.

00;50;47;02 - 00;51;22;03

Darryl Bosshardt

So I, I think as a general start, you know, I'm not practicing medicine. I'm not giving medical advice. I guess generally salting your food liberally and one scoop of relight a day would be a great place to start, and that'll give you a nice little basis before or years ago, I would tell people, instead of going to get the expensive electrolyte drink from the store with the hot pink food coloring and all of the sugars, make your own with a quart of water and a quarter teaspoon of real salt, a squeeze of lemon, a little bit of honey, and it's still pennies on the dollar.

00;51;22;03 - 00;51;49;29

Darryl Bosshardt

A great sports drink. The nice thing about the relight that you mentioned is we add additional calcium, potassium, magnesium, because a lot of us are not eating enough, especially green, green veggies and some of this raw, you know, organ meat or, you know, raw milk that are high in some of these other nutrients. And so I like the electrolyte drinks and there's a lot of different brands.

00;51;49;29 - 00;52;15;21

Darryl Bosshardt

And I think those three questions we covered are a good place to start. Yeah. Relight though is a good, good base to start and it will give you the sodium. It also brings in some calcium, potassium, some magnesium to offset those other electrolytes and you were absolutely right with your battery analogy because the only difference in us being alive one minute and then being dead on the ground the next minute outside a spiritual discussion.

00;52;15;21 - 00;52;49;18

Darryl Bosshardt

The only difference is the absence of an electric current. And my hand moves because an electric impulse fires from my brain down to my hand. And sodium and sodium chloride is a great conductor. Distilled water does not conduct electricity. And so that's why body will start to shut down or the battery analogy starts to shut down when we don't have those electrolytes, which the term electrolyte is because it's electrical and that benefits that electrical system that keeps our bodies alive.

00;52;50;14 - 00;53;13;21

Leah

Yeah, salt is so important I'm sure at this point everyone's just going to go by salt. Yes. They're like, okay, I'm convinced. So go ask your three questions. Go ask you three questions. But we will, of course, link Redman's in the show notes if you guys want to use that with the discount code. But I'm not done. I got more questions.

00;53;13;21 - 00;53;37;11

Leah

So besides salt, what other products does Redman have? Because I kind of I kind of snuck that whole, like, seasoning and relight. And there we really, really like all of those seasonings. I don't know. I don't know what is the name of the one that comes in the bulk? Because I finally bought it in bulk because I'm like, we put this on our meat and our potatoes and our fish and it just goes on everything.

00;53;38;16 - 00;53;38;25

Leah

But yeah.

00;53;39;04 - 00;53;57;22

Darryl Bosshardt

So salt is, is fun because it's a base of many things. So we take salt, add a little bit of freeze dried organic garlic, and we have garlic salt, which is great on potatoes and fish and veggies. We take some freeze dried organic onion, makes it with a bit of salt and we have freeze dried organic onions, salt, the seasoning blend.

00;53;58;04 - 00;54;06;28

Darryl Bosshardt

I agree. It's amazing on anything, whether it's asparagus or fish or, whatever. And it's just a bland, like a seasonal.

00;54;07;24 - 00;54;08;07

Leah

Yeah.

00;54;08;19 - 00;54;33;20

Darryl Bosshardt

Salt because it's hygroscopic. It also absorbs moisture and absorbs smells. So we do a smoked salt. If any of your listeners like that smoky flavor and we take the salt crystals, we don't use a chemical version of smoke, which some companies do. It's actually we smoke the actual salt and it has a very, you know, smoky flavor for veggies or for meats as well.

00;54;34;12 - 00;55;02;10

Darryl Bosshardt

And then we do the relight. You mentioned caffeine. The basic relight is just an electrolyte replacer like you'd find, you know, at some of these processed sports drinks without all the

garbage in it. We also do one that has some some natural caffeine added. So as a way for a kind of an energy boost in the day, you know, when you're sick, if you're fever, you're sweating a lot and you might be losing fluids one hand or the other or both.

00;55;02;22 - 00;55;28;11

Darryl Bosshardt

And so we actually have an electrolyte, we call it immunity. And it has kind of like, you know, some of those, you know, herbs and vitamins that are really good for the system, plus the electrolytes. So we have that version. We also have some body care products. So right next to this, clay deposits are the salt deposit. We have a natural bentonite clay that we use as a base and some toothpaste and some facial products.

00;55;28;25 - 00;55;44;00

Darryl Bosshardt

So kind of a fun, earth, earthy based company. One of our taglines is we believe nature has it right with products. We try to leave them as simple and as clean and as real as nature created them.

00;55;45;00 - 00;56;09;27

Leah

Yeah. Which we appreciate. I so I use relight every single day and I up my scoop. But I'm breastfeeding right now so I also am burning through a lot and have to drink a little bit more water there. And so I really, really appreciate those. Do you have a particular favorite flavor?

00;56;09;27 - 00;56;20;18

Darryl Bosshardt

So it depends on if I'm drinking it on my bike or if I'm actually using it as a snack. So when I'm on my bike, I really like the lemon lime. That's just my go to.

00;56;20;18 - 00;56;22;07

Leah

just tried it Today.

00;56;23;17 - 00;56;48;27

Darryl Bosshardt

When one of my favorite snacks at night is to cut up an apple, I'll slice an apple and then I'll dip it in the watermelon. Strawberry, actually, strawberry lemonade. And I'll just take the apples and dip it in almost like, you know, the old fun dip. And I it is the best snack when I'm, you know, playing some computer games with my brothers or I'm just enjoying a book.

00;56;49;05 - 00;56;54;27

Darryl Bosshardt

I'll slice an apple and dip it in strawberry lemonade relight. And it's my favorite drink.

00;56;54;29 - 00;57;11;18

Leah

Up my world. I never thought about that like. When I use, I'll do dates with like grass fed butter and I'll sprinkle some of the salt on there. But now I'm kind of like, What else can I do with the electrolytes? Wow. Okay. And that's so cool.

00;57;11;18 - 00;57;37;18

Darryl Bosshardt

Circling back around to your other question, I think as we listen to our bodies, you know, we're really good at listening to when thirsty, probably hours later. But we know what thirst tastes like. You know, sometimes we think we're craving a bag of potato chips where really what we might be craving is good, clean fat, which an avocado might still that craving and salts the same way as if you put a jar of salt on your counter.

00;57;37;18 - 00;58;06;09

Darryl Bosshardt

You walk past and you put a piece of salt in your mouth. It'll taste oftentimes it'll taste very sweet because our bodies are craving salt just like they would be craving that first glass of water. Tastes amazing. That 13th glass of water makes you sick. And so somewhere between those, your body realizes, hey, and, and as we get better about listening to our bodies, cravings and noticing, wow, I feel like I'm drained, my adrenal still shot.

00;58;06;09 - 00;58;24;08

Darryl Bosshardt

I've had too much caffeine. You know, what we crave is water and salt when we think we're craving a big soda or we think we're craving something else. So I think as we get better about listening to our cravings, we can dial in how we feel when we're getting the right amount of electrolytes.

00;58;25;15 - 00;59;01;09

Leah

Okay. Wow. And you know, everybody that goes just go back to everybody's individual, you know, so if you are a sports person and you are, you know, you may need some more. But I never thought about putting it on my counter. I did have someone tell me that based off of what their mineral content was, how much salt they had to get in throughout the day, they would measure it out and put it in this little jar in their jar, how to be empty by the end of the day, because we actually a lot of people need more salt than they think they do, which is just, you know, a very good point to bring.

00;59;01;09 - 00;59;25;17

Darryl Bosshardt

So there's a couple of good books. If this has been interesting, there's a fun book. It's called Salt a World History. It goes over the history of Salt in general. Very fascinating book. Another one is

Salt Your Way to health, written by an M.D., David Brownstein. And there's another one by Dr. James de Nicole Antonio about the importance of salt.

00;59;25;17 - 00;59;31;06

Darryl Bosshardt

And and so these are just some other additional reading that you're that your audience might find enjoyable.

00;59;31;26 - 00;59;46;26

Leah

Yeah, I appreciate that. And you guys can also just go to Redmond's online and I also see Redmond's in my grocery store, sometimes the sea salt and you can use the code. Leah 15 to say 15%. Thank you so much for hopping on.

00;59;47;12 - 00;59;48;13

Darryl Bosshardt

Thanks for having me, Leah.