

ON AIR



Health Freedom Minute

August 31, 2026

Is Salt Good or Bad for You?

Could it be dangerous not having enough salt? What's the difference between unrefined salt and regular table salt?

According to midwesterndoctor.com, dangerously low sodium is often seen in hospitalized patients, and chronically low sodium greatly increases the risk of death. He says the war against salt came from “the belief [that] salt raises blood pressure – despite the evidence showing it doesn’t.”

One study found countries with lower salt consumption have shorter life expectancies. Dr. David Brownstein, MD, is a proponent of unrefined salt, such as Salina's Celtic salt, Redmond's real salt, and Himalayan salt, which include minerals the body needs. Read more before you go low-salt.

“The Hidden Secrets of Salt,” A MIDWESTERN DOCTOR, Substack, August 22, 2026: <https://substack.com/home/post/p-212345798>

“Dr. ‘Lee Merritt’ “Why You Need More ‘Salt’ Consumption” Dr. ‘David Brownstein’ “The Medical Rebel,” AndreCorbeil, Rumble, 2025: <https://rumble.com/v6bp9wd-dr.-lee-merritt-why-you-need-more-salt-dr.-david-brownstein-the-medical-reb.html>

Presented daily by Twila Brase, President and Co-founder
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*The Health Freedom Minute is now heard in 48 states:
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