

Salt Kills

Health

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Ecuador. The book begins dramatically with an open heart surgery, building new pathways for the supply of blood to the heart muscle, to make up for the arteries blocked by fat building. In the U S A every year a quarter million such surgeries are performed.

What creates the blockages in the first place? What are the root-causes of cardiovascular problems? There are certain factors resulting in such problems. The Doctors identify the fact that adding salt to food is one such root-cause. This slim volume focuses on the problems of excess fat consumption.

Salt Kills! Salt used routinely causes extensive disability and dysfunction in many organ systems of the body affecting many times more people than the number that have died from causes other than salt. Scientists are now asserting, "Our salt habit is the Number One preventable health problem."

Salt is responsible for high blood pressure and heart problems. High blood pressure caused by salt intake increases the risk of Dementia by six hundred per cent. Salt intake has also led to Osteoporosis, Stomach Cancer and in the US to Obesity. Thirty per cent of Americans suffer from overweight.

While smoking is declared to be enemy number one, new information about salt reveals that the number of deaths that could have been reduced by mere salt reduction exceeds the number of lives that could be saved if people quit smoking. The International Federation and Society of Cardiology convened a multinational study called INTERSALT to answer the question "What is the connection of adding salt to our food to developing high blood pressure". They arrived at the conclusion, "Salt has a direct causal relationship with high blood pressure."

Water makes up two-thirds of our body

with a number of different types of salts - called electrolytes - dissolved in it. Complex mechanisms regulate the concentration of these electrolytes in the body precisely. Adding more salt to what is naturally present in food creates a process upsetting the balance.

High Blood Pressure, Diabetes, High Cholesterol and Obesity are closely related ailments. All these lead to a bowl of pills, limited physical capabilities, several trips to doctors and surgical procedures—all leading to tension and financial distress. Paying attention to salt in our food will help keeping these problems away from you. Simply cut salt in your food now, from today at least.

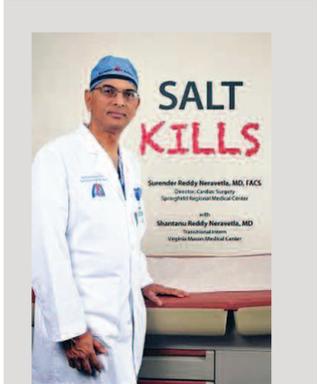
Salt-induced health problems are now showing up at a much younger age. Child obesity has become a big problem in industrialized countries. A modest reduction in salt intake at an early age has a significant impact on high blood pressure. Authoritative studies recommend aggressive reduction of salt intake at the earliest age. One chapter is devoted to a clinical analysis of the heart and blood vessels—how fat deposits accumulate in our arteries—how heart failures occur. The doctors explain in simple terms "Atrial Fibrillation". Detailed analysis is offered of Asthma, Obesity, Stomach Cancer, Osteoporosis and Memory Loss.

We are provided a very useful "Action Plan" which gives clear advice on how to comprehend the problem, how to shed off the excess-salt habit. A list is provided of common salty foods—Pickles, Salted crackers, Salted potato chips, Pizza with salty dough, Salted nuts, Canned soup, Lunch meat, Cheese varieties, Carbonated drinks and Boxed cereals. If you succeed in avoiding these items it is a double victory—less salt intake and less caloric consumption. You can cut off the unwanted pounds in your body.

Fourteen frequently asked questions are answered with alacrity and realistically. This is a well-argued, deeply researched volume written in simple language. References are furnished of research papers on different topics and scientific surveys. The book is based on the immense experience of the doctors-duo and deserves to be read by all especially those afflicted by ailments emanating from intake of salt.

P.P. RAMACHANDRAN

Dr. Surendra Neravetla is the Director of Cardiac Surgery at the Springfield Regional Medical Center, Ohio and he has performed over 10,000 cardiac, thoracic and vascular surgeries in the last thirty years and is renowned for his beating heart surgery, valve repairs and minimally invasive lung resections. He was given "The Golden Stethoscope Award" as his Hospital's most outstanding physician. The co-author Dr. Shantanu Neravetla from the University of Louisville School of Medicine which awarded him the Spirit of Service Award. He has done extensive research in indigent populations of the Amazon rainforest and in



Salt Kills
Dr Surendra Neravetla and Shantanu Neravetla
Published by Health Now Books
Pages: 119

What inspired you to write this book? Was it a particular incident or a series of incidents that prompted you?

ANS: I started noticing that too many of my family members, my friends, colleagues were falling prey to hypertension, cholesterol, diabetes and heart diseases. My family members, friends and colleagues however do not smoke or eat fats as much as the westerners do. Yet they are having heart disease more commonly. At first I thought they aren't looking after themselves, but then I realized it was something more than that. It was trend that I started noticing which had engulfed the entire world. Even young people falling prey to such problems. Obesity is not the main cause of it all for people around me. It is no doubt a contributing factor in the western world, but there is something else at root of it. And after doing a lot of research I realized, we are overlooking an obvious and very common problem; excessive intake of salt.

As I was doing the research I realized many are not aware about the hazards of adding salt to our food. There is a huge gap between medical information and its receivers. Lot of the time, medical data is not readily understood by common people. That's when I thought of translating the scientific info into simple language; accompany the info with illustrations and stories so that people don't have a problem understanding the language of science.

You say "stop adding salt"? What are the options, given that salt is an integral part of Indian cooking?

ANS: Yes, I have said stop adding salt. Salt is not a necessary ingredient in cooking. We use salt because we have got habituated to adding salt in our food. Instead what I would recommend is use natural flavors like lime or lemon juice, tamarind juice, coriander, herbs etc. The right combination of these flavors does wonder to the food and makes it tasty even in the absence of salt. In fact what I would recommend is, cook the food normally, but without the salt. And just before serving it, add lime or lemon juice to it. It does the work of salt.

In everyday cooking how can salt be minimised?

ANS: I would say the same I said previously, do not add salt at all. And if at all there are people who are finding it difficult to quit salt altogether, what I would suggest they do is reduce it little by little. For example, if you are adding 2 spoon of salt to the food, then reduce it to 1 and a half spoon, then reduce it 1, then half and then stop it altogether. Soon you will be saying food tastes better without salt. Try it. You will be surprised. Many have done the same. Don't give up without trying.

See the following blogs:
<http://www.healthnowbooks.com/2013/07/the-chicago-salt-experiment/>
<http://www.healthnowbooks.com/2012/07/just-ten-convulsive-meals-to-low-salt-diet/>

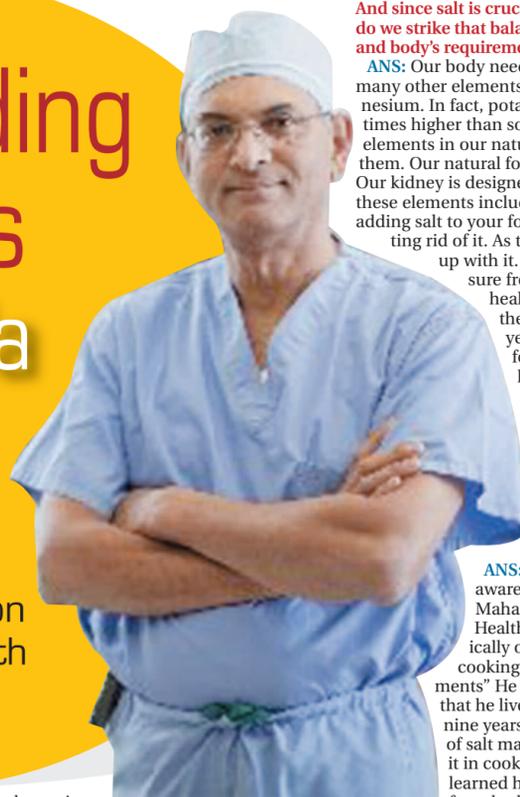
A lot has been made about iodized salt? Is it scientifically proven that iodized salt is better? Are the claims valid?

ANS: Iodized salt is common salt which is fortified with



Stop adding salt, says Dr Neravetla

MANASI Y MASTAKAR speaks with Dr Surender Reddy Neravetla, author of the book 'Salt Kills', about his book and the common myths associated with salt.



Iodine. Salt is just a medium, but it is not the only source of iodine. It started many years ago. Populations of people in the past were staying only in a particular geographical location for generations. Their diet was restricted to whatever grew in that limited area. And unfortunately there was lack of iodine in their diet. Iodine was then added commercially to compensate for this iodine deficiency.

But today we live in a global world; we have vegetables, fruits and other foods coming from different parts of the world. There is no longer any need to add salt even iodized salt to our food.

There are also claims that Sea Salt is better than the table salt for everyday intake. Is it true?

ANS: This question has come up a lot from readers and people attending my talks. Most people who asked this question had the impression that sea salt was a healthier

alternative which is more natural and has useful minerals that processed salt doesn't have. I searched the medical literature but could not find even an iota of evidence to support a single one of the claims that sea salt is healthier than regular salt. It is all a propaganda. I have specifically written about it.

See the following blogs:
<http://www.release.com/pr/ohio-cardiac-surgeon-challenges-costco-87839>
<http://www.healthnowbooks.com/2012/09/celtic-salt/>
<http://www.healthnowbooks.com/2012/06/sea-salt/>
(Please check out "Heart surgeon cigar" in google search bar to see my other campaign which was successful in removal of the ad.)

Salt provides two elements - sodium and chloride - which are an essential part of our biological make up.

And since salt is crucial for some biological processes how do we strike that balance: between reducing salt intake and body's requirement of these elements?

ANS: Our body needs not just sodium and chloride but many other elements, for example; potassium and magnesium. In fact, potassium content of our body is several times higher than sodium. We can get enough of these elements in our natural food without specifically adding them. Our natural food has small amounts of sodium. Our kidney is designed to preserve and balance many of these elements including salt (sodium). But if you keep adding salt to your food, the kidney has to keep on getting rid of it. As time goes on, the kidney cannot keep up with it. You will develop high blood pressure from water retention and many other health problems. You generally notice these problems from the age of 50 years. But, these days with all the junk food consumption, we are seeing high blood pressure even among teenagers. Just keep eating wide range of several fruits, vegetables and nuts. You will easily get enough of these elements vital for some biological processes.

Mahatma Gandhi started the salt satyagraha. Now you are asking Indians to give up salt, isn't that a dichotomy?

ANS: There are very few people who are aware about a small handbook that Mahatma Gandhi wrote called Key to Health written in the 1930s. He was specifically opposed to using any condiments in cooking. He called salt "the king of all condiments" He reported in several of his writings that he lived only on fruits and nuts for up to nine years at a time. He said a small amount of salt may need to be added only if are losing it in cooking. Only later years we have learned how to measure blood pressure and found salt as the main cause of it. Gandhiji changed his opinion deliberately many times based what evidence was available. In his introduction to this book, he explained his change of mind as his learning process. He was very open to change. His autobiography is therefore titled "my experiments with truth". No doubt given the present evidence he would have opposed use of salt in our food more vigorously as much as he would have pushed for better sanitation in India. He has also been reported as saying to avoid three great vices; salt, sugar and processed flour. In fact, while Gandhiji ate nothing but fruits and nuts for nine long years, he was in perfect health without intake of salt.

And as far salt Satyagraha is concerned, it was a key part of India's freedom struggle. It had to do with, as many know, the unreasonable taxes imposed on salt and nothing to with eating salt.

Trivia Ticker

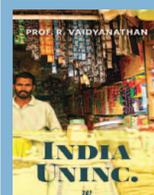
J. J. Audubon's The Birds of America, (1840) is the most valuable book. It sold for \$8,802,500 in March 2000.

WORDynamics

Xertz: To gulp down quickly and greedily

Editor's Picks

INDIA UNINC.



PROF. R. VAIDYANATHAN
Imprint: Westland
Pages: 372; Price: Rs 395

While the nation's newspapers, journals, business magazines, TV channels and the internet continue to churn out reams, airtime and gigabytes of information about India's business houses—India Inc.—in this one-of-its-kind book, Prof. R. Vaidyanathan delves deep into India Uninc. and presents a persuasive case for why the latter is really what is at the heart of our economy, and why any growth story about India is incomplete if that real engine of our growth is ignored. The author argues that the real India story, over generations, lies with the many proprietorship and partnership firms, small manufacturing units, kirana stores, single entrepreneurs and household enterprises. That they are being finally given their due, in this important study, is the result of many years of cutting-edge research, which lays bare the lopsided viewpoints of policy-makers and 'experts', and urges a broader vision of the country's economy. Scholarly yet accessible, and offering a wealth of information on an uncharted territory, India Uninc. is a must-read for anybody who aspires to understand the Indian economy—as well as India itself.

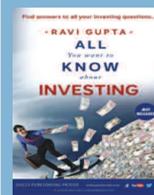
Zen Garden



Subroto Bagchi
Penguin Books
Pages: 344; Price: Rs 499

For the immensely popular column 'Zen Garden', which he published in Forbes India for over three years, bestselling business author Subroto Bagchi spoke to some very interesting people. Many, though not all, of the visitors to 'Zen Garden' were, like Subroto himself, high-performance entrepreneurs. But the one thing that was common to every guest was that they were pathmakers—rather than choosing to follow the well-trodden path, they had charted new paths that others could tread on. This book features the very best conversations from 'Zen Garden', including those with the Dalai Lama, Sadhguru Jaggi Vasudev, Nandan Nilekani, Aamir Khan, Dr Devi Shetty, Kiran Mazumdar Shaw, Ekta Kapoor, social entrepreneur Harish Hande, Sanjeev Bikhchandani of Naukri.com, Deep Kakra of MakeMyTrip.com, Café Coffee Day's V.G. Siddhartha, Vikram Bakshi (the man who brought McDonald's to India) and India's top winemaker, Rajeew Samant.

All You Want To Know About Investing



Ravi Gupta
Jaico Books
Pages: 332; Price: Rs 299

Here is a book that will empower the common investor to take sound and prudent investment decisions, and enable him to achieve his desired financial goals. It is also a practical self-help guide that is a must for every investor—both beginners as well as seasoned investors. All You Want to Know about Investing is a complete compendium of information regarding investing, especially in the context of Indian investors. It contains up-to-date and complete information about various financial products, explained simply and lucidly. With both a wide and in-depth coverage of investment avenues, including stock market portfolios, mutual funds and retirement planning, this book is certain to help all those looking to make informed decisions in their financial planning.