



Green Salt for Heart Health: Protect Your Heart Naturally

BLOGS

Green Salt for Heart Health: Protect Your Heart Naturally

Nov 29, 2024

When it comes to heart health, have you ever considered how much of an impact salt could have? Not small but huge!

We all know that excessive sodium intake isn't great for the heart, but what if we told you that there's a plant based salt alternative that's not only healthier but also packed with beneficial nutrients? Yes, this is green salt aka dehydrated Salicornia salt, made from the versatile Salicornia plant. This [green salt nutrition](#) is a game-changer in the world of healthy salt and seasonings.

But what exactly makes green salt so special? Can it really help in keeping your heart healthy?

Let's dig deeper into what makes dehydrated Salicornia the ultimate plant-based salt alternative for health-conscious people.

Why Is Salt A Concern For Heart Health?

First things first; let's talk about the usual suspects - table salt and processed foods.

Your regular table salt is composed primarily of sodium chloride. And while our bodies need sodium to function, excessive sodium can cause severe health problems like high blood pressure and cardiovascular diseases. This is why, the American Heart Association (AHA) recommends limiting sodium intake to 2,300 mg per day, but most people sprinkle nearly double that amount on their meals and snacks. (*Sarcasically) Thanks to the processed and junk foods available in the market and the busy schedule of people, people are consuming high sodium content unknowingly.

Also Read- [What Is Green Salicornia Salt and Is It Safe To Eat?](#)

High sodium levels cause the body to retain excess fluid, which makes the heart work harder and increases blood pressure, leading to hypertension. This is where a salt substitute like green salt, which boasts 50% lower sodium content, can come to the rescue.

Green Salt - A Healthier Option

Salicornia green salt is extracted from Salicornia succulent plant that grows in salty marshy areas, near coastal areas. It is then dehydrated and ground into a fine powder.

This naturally salty plant has been used in traditional cuisines around the world for centuries, from Japan to Egypt, as a natural flavor enhancer. Today, it's gaining global recognition for its use as a low-sodium salt substitute. People now know the elixir values of this Samphire salt, especially if you have:

- Cholesterol
- Hypertension or High blood pressure
- Kidney problems
- Liver problems
- Skin problems like acne-prone skin
- Cardiovascular problems

Dehydrated Salicornia offers a mineral-rich alternative to traditional table salt. It is the power of the green salt nutrition. It contains lower levels of sodium and is loaded with beneficial nutrients:

- Magnesium
- Potassium
- Calcium
- Iron
- Vitamin B3
- Vitamin E

Being a plant-based salt, it's also gluten-free, vegan, microplastic-free and non-GMO, making it suitable for a variety of dietary lifestyles.

How Does Green Salt Support Heart Health?

Wondering how green salt can actually help protect your heart?

Let's count some of its topmost benefits.

1. 50% Lower Sodium Content

Unlike regular salt, green salt is much lower in sodium. To be exact it is more than 50% than any table salt.

Less sodium means less water retention, which helps to maintain normal blood pressure levels and reduces the risk of hypertension and cardiac arrest. If you're struggling with high blood pressure and want to prevent it, cutting down on sodium is one of the simplest ways to do it.

Have you ever thought about how much sodium you're actually consuming every day?

Time to think and act now.

2. Rich in Potassium

Did you know that potassium is known to counteract the negative effects of sodium on blood pressure?

Also Read- [High Blood Pressure And Headache - Is There A Connection?](#)

Potassium helps the body get rid of excess sodium through urine, and it also helps to ease tension in the blood vessel walls, further reducing blood pressure levels. Since green salt contains natural potassium, it aids in maintaining a healthy balance in your diet.

3. Magnesium

Magnesium is widely referred to as a heart-friendly mineral. It plays a crucial role in keeping the heart rhythm steady and healthy. It also helps in relaxing blood vessels, which is beneficial for people dealing with high blood pressure or hypertension. With green salt containing naturally occurring magnesium, you're not just seasoning your food; you're supporting your heart.

Green Salt – A Natural Umami Kick

Are you a foodie who loves experimenting with different cuisines?

You'll be happy to know that green salt doesn't just offer health benefits, it also adds a unique, briny flavor to your dishes.

Whether you're seasoning your salad, grilling vegetables, making homemade soup or BBQing lobster at the seaside, Salicornia salt can give your meals a coastal twist while keeping things heart-friendly.

Pro tip - Use it as a finishing touch for a crunchy texture and a burst of natural saltiness. Choose Salicornia green salt for the high umami flavor and Salicornia white salt for a milder all-rounder taste. It works great on avocado toast, roasted potatoes, and even in spicy dips!

Why Should You Switch to a Plant-Based Salt Alternative?

With the rising popularity of plant-based vegan diets, more people are looking for ways to make everyday food choices healthier. Switching to a **plant-based salt** like Salicornia salt can be an effortless attempt yet an impactful change to your lifestyle. Here's why:

- It's microplastic-free, which makes it a cleaner option compared to some sea salts.
- Being vegan-friendly, it's suitable for people on plant-based or vegan diets.
- The eco-friendly cultivation of Salicornia means it's not just good for you but also the planet.

Not just healthy, Salicornia salt combo pack is also very affordable when you are shopping from SaltWise.

A Little History of Salicornia

It is not something modern but quite ancient. Salicornia has been used as a quintessential seasoning ingredient for centuries. It was traditionally consumed in Japan as part of a seaweed-based diet and was often used in soba noodle dishes and pickled snacks. In Egypt, it was a popular ingredient in coastal communities as well. It has always been known among foodies as a flavor enhancer, adding depth to traditional dishes without needing extra salt.

Today, it's making a comeback in modern kitchens as a superfood. Now, chefs and home cooks are embracing it for its distinct flavor and amazing health benefits.

Is Green Salt Right for You?

So, should you make the switch to green salt?

If you're looking to lower your sodium intake in your diet, you must switch to Salicornia goodness. Green salt is definitely worth every sprinkle.

Wrapping It Up!

Switching to green salt isn't just about following some internet trend or viral social media post; it's about making a meaningful change that can protect your heart and loved ones naturally.

Also Read- [Tips For Managing High Blood Pressure and Reducing The Risk Of Heart Disease](#)

With its low sodium content, an abundance of essential minerals, and unique umami profile, dehydrated Salicornia proves that not all salts and seasonings are created equal. Whether you're aiming to manage your skin health or blood pressure or simply want to make healthier choices in your diet, Salicornia salt can help you season your food with both taste and wellness in mind.

So next time you're scrolling and exploring the online grocery store, give Salicornia green salt from SaltWise a try.

And keep your heart happy and healthy always.

Share: [f](#) [p](#) [t](#)

PREVIOUS
← [Tips For Managing High Blood Pressure and Reducing The Risk Of Heart Disease](#)

CHECK NEXT
[Check Salicornia Salt Nutritional Value In Your Diet](#) →

Related Articles



How To Increase Sodium and Potassium Levels In The Blood



Role of Salicornia Salt in Skin Care Products



Low-Sodium Superfoods: The Perfect Plate for Hypertension



**Unbelievable Facts About
Vitamin Rich Salt – Salicornia
Salt**

Leave a Comment

Your email address will not be published.

Comment

Your Name*

Your Email*

Submit Now

Saltwise products are not intended to treat, cure or prevent any disease and not a substitute for advice from your physician or other health care professional. Product benefits [information sources](#).

SaltWise
CHOOSE WELLNESS AND BEAUTY
customerservice@saltwise.us



Discover

- Benefits
- About Us
- Blogs
- Contact Us
- Affiliates Program
- Our Social Media

Information

- FAQs
- Shipping Policy
- Returns and Refunds
- Privacy Policy
- Terms of Service
- Disclaimer

Get updates from SaltWise

Sign up for news letter and get 10% off | use code **SWNEWS10**

✉ Enter your email →

