



Photo by Richard Westley Wong, Styling by Sara Bartus

 Living Well

Get Salty

Salt often gets a bad rap. And while it *is* important to be mindful of sodium intake, especially if you have high blood pressure or other health conditions, salt (which is made up of sodium) does have many health benefits. For example, our thyroid needs iodine — a mineral that can be found in many foods, as well as everyday iodized table salt — to function properly, according to the National Institutes of

Health. Sodium also helps our bodies maintain healthy fluid levels, route nerve impulses and relax muscles.

Here are three nondietary benefits and uses of salt:

Oral Health

Feeling sick? Dissolve ½ teaspoon of salt in 1 cup of warm water and gargle to soothe a sore throat brought on by a cold or the flu. Saltwater rinses also promote healthy gums and can speed up healing for oral wounds such as canker sores. A 2016 study published by the Public Library of Science shows that rinsing with a low concentration of saltwater actually encourages healing cells to migrate to the wound area.

Mood Boost

The warm, serene glow of a Himalayan salt lamp supports relaxation, as its crystals are thought to release negative ions that improve air quality, our mental health and much more. While studies have yet to prove these specific health benefits of the lamps, many people praise the beautiful, calm ambiance the pink crystals create.

Stiff Joints

Sinking into a hot bath with Epsom salts can reduce stiffness, swelling and inflammation — great news for those with arthritis or other inflammatory diseases. The Arthritis Foundation reports that salt baths can also soothe skin flare-ups from eczema and psoriatic arthritis.



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