



## Raw Salt Is Loaded with Minerals

Raw salts contain trace essential minerals essential to good health. Table salt is typically heated to high temperatures, treated with chemicals and then bleached. This kind of salt is toxic. Raw mineral salts such as Himalayan, **Fleur de sel** and others are crucial for proper

mineral balance.

Of course, not all salt is good. Many packaged food and **fast food is loaded with surprising amounts of sodium**. For healthy cheap eats try these **50 healthy foods for under \$1 a pound**.