

SALT *facts* and YOUR health

Is Salt Killing You?

BMIAA Notice to Bakeries

As of October 9 2009 iodised salt will be required to be used for the production of bread. You (the bakery) will be responsible for adding the iodised salt. Please note you will not be allowed to use non-iodised salt at all in bread making. Source: <http://bmiaa.info>

BAD SALT: Refining of salt for industry removes 82 of the 84 natural elements. This same refined salt is the used in most commercial food products must now have iodine artificially added back in. Unfortunately other additives for bleaching and anti-caking for example can be quite detrimental to our health, hence the common belief that ALL salt is bad for you!

GOOD SALT: Seawater naturally contains these 84 mineral elements, 24 of which are essential for life. Many illnesses and poor health conditions have been traced to a deficiency of minerals, ironically the very minerals that are found in sea salt.

ask **HERE** for an information leaflet

We Use Only Hand Harvested Sea Salt

**Burkhardt's
Organic**



"We use only Natural Sea Salt without additives"