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functional medicine

# Low Sodium Explained



"Low-sodium" is a marketing term that has unduly vilified salt in the minds of consumers. It originated from the idea that decreased sodium levels lowers blood pressure, translating to improved cardiovascular health. However, this hypothesis is oversimplified. The truth is more nuanced.

Sodium (the main mineral in salt) is one of the most important electrolytes in the body. It is necessary for cell signaling, muscle contraction, water balance, nutrient absorption, and many other functions. It is true that lower sodium consumption lowers blood pressure, but this is because it changes the fluid balance in the body. It does

not address the reason that the body is raising blood pressure in the first place! If you want to support healthy blood pressure, the most valuable things you can do are to eat a whole food diet and to increase levels of other nutrients that balance sodium, like potassium and magnesium.

In short, there is no need to restrict the salt you add to your food. Let your cravings guide you (your body is telling you how much sodium it needs)!

