



# SURVIVAL CODE



# SALT

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Salt is essential for water retention. A normal diet includes a daily intake of 10g (1/2oz). The trouble starts when you start to get rid of it faster than you eat it. The body loses salt in sweat and urine, so the warmer the climate the greater the loss. Physical exertion will also increase the loss. However, replenishing the salt levels in your body is not always recommended, and much will depend on the situation you find yourself in. If you are on reduced food and or water rations, salt is the first thing that should be cut from your diet, because it increases dehydration.

## Recognize the signs of dehydration

The first symptoms of salt deficiency are muscle cramps, dizziness, nausea and tiredness. The remedy is to take a pinch of salt in half a liter (1/2 pint) of water. Salt supplements in tablet form used to be the prescribed method of increasing sodium levels but always dissolve these in water, or isotonic drinks - if they are available.

What happens if you do not carry salt or your supplies run out? By the coast or at sea there is plenty of saltwater available - a pint of sea water contains about 15g (**V2OZ**) of salt, but do NOT just drink it as it is. Dilute it with plenty of fresh water. Evaporating sea water will leave you with salt crystals.

Inland salt supplies are more problematic. In farming areas you will find salt licks for cattle - but you will then be close to civilization and not likely to have reached the stage of salt deprivation. However, all animals need salt and observation of them may reveal a natural source. In one part of Africa elephants risk the dangerous depths of a dark cave to lick salt from its sides.

Salt can be obtained from some plants. In North America the best source is the roots of hickory trees, and in Southeast Asia those of the Napa Palm can be used in the same way. Boil the roots until all the water is evaporated and black salt crystals are left.

If no direct salt sources are available to you then you will have to rely on getting it second-hand, through animal blood, which should never be wasted as it is a valuable source of minerals.