

Contents

| | |
|---|------|
| <i>Foreword</i> | viii |
| <i>Preface</i> | ix |
| <i>Acknowledgements</i> | xi |
| Outline | 1 |
| Salt addiction | 2 |
| Sex, symbolism and sanctity | 14 |
| Salt and society | 33 |
| Resourcefulness in extracting salt | 51 |
| The measurement of blood pressure | 73 |
| Salt – the origin of high blood pressure | 82 |
| Populations, salt and blood pressure | 100 |
| The kidney and high blood pressure | 127 |
| Dangers of high blood pressure | 137 |
| Treatment of high blood pressure | 159 |
| Other harmful effects of salt | 175 |
| The industrial conspiracy | 193 |
| Appendix | |
| A healthy diet – practical advice on reducing salt intake | 218 |
| <i>Index</i> | 228 |