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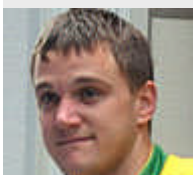
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## A Spoonful Of Salt Less Helps Save Lives

9:54am UK, Wednesday November 25, 2009

Lulu Sinclair, Sky News Online

Cutting people's salt intake by one teaspoon a day could save around four million lives worldwide every year, researchers say.



A teaspoon of salt less in the diet could add years to the lifespan

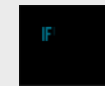
Almost three million deaths from heart disease could be prevented, while more than a million deaths from stroke could also be avoided.

On average, people in the UK and other Western countries eat almost 10g of salt a day, despite the **World Health Organisation** recommendation being 5g - or one teaspoon.

According to the **Food Standards Agency**, 26 million Britons eat more than its own guideline limit of 6g a day.

Researchers from the UK and Italy reviewed 13 studies involving more than 170,000 people and found a direct link between salt and the risk of stroke or heart disease.

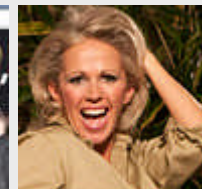
Salt is known to raise blood pressure levels, which can lead to both conditions.



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Researchers studied heart attacks

All the studies were carried out between 1996 and 2008 and involved more than 10,000 "vascular events" such as heart attacks or strokes.

The overall review, published online in the **British Medical Journal**, found that people who regularly consumed 5g of salt a day too much had a 23% greater risk of stroke.

They also had a 17% greater chance of developing heart disease.

The researchers wrote: "The habitual salt intake in most Western countries is close to 10g a day (and much higher in many Eastern European and Asian countries).

"We calculated that the average difference between higher and lower salt intake across the study cohorts included in our meta-analysis was 5g a day.

"A reduction of 5g (about one teaspoon) of salt would bring consumption close to the WHO recommended level.

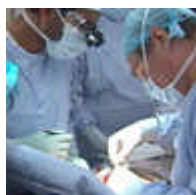
"Fatality rates for strokes are estimated at one in three and those for total cardiovascular (heart) disease at one in five.

"A reduction in salt intake could avert some 1.25m deaths from stroke and almost 3m deaths from cardiovascular disease each year."

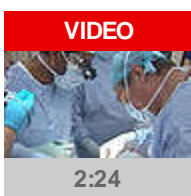
These figures on lives saved could also be an underestimate, they added.

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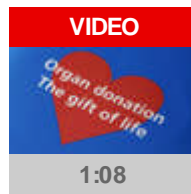
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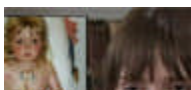
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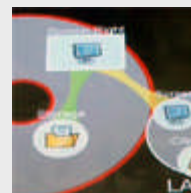
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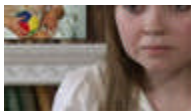
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Mar 31,2009

> **Magic Pill Could Halve Heart Deaths**

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This is crazy talk. Seriously, who here eats one teaspoon of salt a day? That's a heckload of salt!

Posted By :Alluette

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stop this 'salt kills' bull\*\*\*\*.

salt is as essential as oxygen and water.

imo this 'stop eating salt' campaign is the direct cause of an increase in people dying from drinking too much water when combined with the 'drink more water' campaign.

they need to be in balance, therefore the propoganda might aswell be 'play with fire dunk your clothes in napalm'.

Posted By :tarquin

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Fact this world is over populated as it is.

The less people on it the less resources we use so it cuts down the CO2 emissions. So surely the Governmentn should be promitting eat more unhealthy foods and salt to die younger to save the Plant.

How many of these researchers have been to East Europe. Believe me they salt there food more than we do. As they preserve there food in jars in salt for the winter months.

Posted By :Peter

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