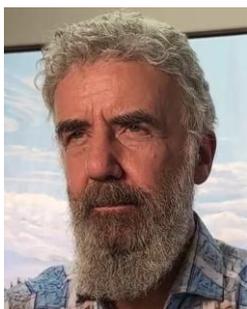


## Gold Sea Salt the Key to Incredible Health and Longevity



Ian Clark

From the age of 46, Ian Clarke who resides in Toronto, Canada, spent over 20 years learning a lot of amazing things from Health experts all around the world and spent about \$19 million to learn the truth about how to support the body to stay healthy and increase longevity.

However, he noticed, that all the people he was learning from, even the dedicated “Natural Health Experts” as well, were usually dying at the average age of 75 to 85. Ian realized there's something we are all missing and he reasoned, there is knowledge out there somewhere, a **key to understanding how to maintain a biological and structural age between 25 and 35 and retain it for a much longer life span.**

### People Live More Than 100 years in the Blue Zones

Ian was aware of the so-called Blue Zones, (Okinawa Japan, Sardinia Italy, Ikaria Greece Nicoya Peninsula Costa Rica and Loma Linda, California) where people are living more than 100 years and **without health problems such as heart disease, obesity, cancer, and diabetes.** A significant number of Blue Zones are **located near the oceans**, and virtually all communities enjoy diets consisting of high-nutrient foods grow locally, without the influence of external modern agriculture and food processing.

### Ian Embarks on an Intense Mission to Find the Key to Optimum Health

Ian Clarke went on a mission to find a sort of natural “fountain of youth” remedy to recover his health which was at that time wasting away. He had been diagnosed with significant **heart disease**, including episodes where his heart would stop briefly. Tests showed that his **liver levels were drastically off**, and he had what he described as a **tumor** at the base of his abdomen (near the colon/prostate area). Also, his many years of working in the oil field exposed him to **heavy metals** like lead, mercury, and cadmium, which contributed to systemic toxicity and ongoing health breakdown along with yeast overgrowth, and **chronic infection issues.** During his worst health phase, he mentioned that open sores appeared on his legs — symptoms he associates with toxic buildup and heavy metal exposure.

Finally, he found what might be called the “Holy Grail” for optimum health, when he reached 64 years of age and by then tests showed his body was totally filled with garbage and the doctors were only giving him 3 more years of life. Fortunately, at a seminar a colleague told him about the incredible health benefits of **Baja Gold Mineral Sea Salt** which he immediately started taking daily.

He now reports that his health improved dramatically — including heart function, restored libido, normal prostate levels, liver health, tumor disintegration and overall vitality.

[CLICK HERE](#) - Ian Clark explains the incredible benefits of Gold Salt



## Ian Clark Discovered the Incredible Health Benefits of Gold Sea Salt

Baja Gold mineral salt comes from the Sea of Cortez, in the Gulf of California, a protected and pristine body of water that Jacques Cousteau once referred to as 'The World's Aquarium' due to its incredible marine life diversity. The Baja Gold Salt company takes great care to ensure they produce mineral-rich, high-quality sea salt. It **contains all the 90+ minerals and trace elements essential for optimum health**. Unlike highly refined table salt (which is mostly sodium chloride), unrefined sea salts like Baja Gold retain a wider array of naturally occurring minerals in a form closer to that of seawater. This gives them a **distinct flavor and more complex mineral profile**.

For a variety of reasons, our soil and foods have declined in mineral content and nutrient value over the last century. By adding Baja Gold salt into our diets, this can help to restore the vital mineral nutrients that are increasingly unavailable to us in our soils and foods.

**Celtic Sea Salt** often contains dangerously high levels of heavy metals and nano plastics. **Himalayan salt** is from rock and is missing many essential minerals and trace elements naturally occurring in the oceans and seas, needed for optimum health.

## Ocean and Sea Water is Virtually Identical to Human Blood

Ocean water is virtually identical to the mineral construction of human blood, which helps to highlight the importance of mineral balance in our bodies. **Ocean/Sea water and human blood share many of the same types of components**, but not the same concentrations or complexity. This idea is often summarized as "our blood resembles diluted seawater". **Our bodies are like "walking oceans" and we need these precious components to function properly.**

Ocean (sea) water is chemically complex and beyond just "salt," it contains a broad spectrum of minerals, trace elements, gases, and organic compounds that together make it is very different from freshwater. Sea and ocean water are rich in amino acids, fatty acids, polysaccharides, enzymes, marine humic & fulvic acids and marine phytochemicals.

**Drinking just pure water in large enough quantities can actually have a negative impact on the body fluids**, as the 'empty' drinking water can **dilute our internal electrolytes from our system**. Instead, adding Baja Gold Mineral Sea Salt or Baja Gold Liquid Ocean Minerals to your water you can ensure you don't dilute the body's natural electrolyte balance, and instead maintain and restore it.

That is why, often when people enter the hospital for emergency care, one of the first things they do is give the patient a "saline" (salt based) IV solution.

Because it's unrefined, this salt retains a wide spectrum of naturally occurring minerals and trace elements — including potassium, magnesium, calcium, zinc, boron, and more — rather than being almost pure sodium

chloride like table salt. These additional minerals give it a more complex flavor and nutrient profile. The combination of diverse minerals results in a deeper, fuller salty taste that many

chefs and home cooks find more flavorful and nuanced than refined salt. Its slightly moist, unprocessed crystals feel different and can add a delicate texture when finishing dishes.

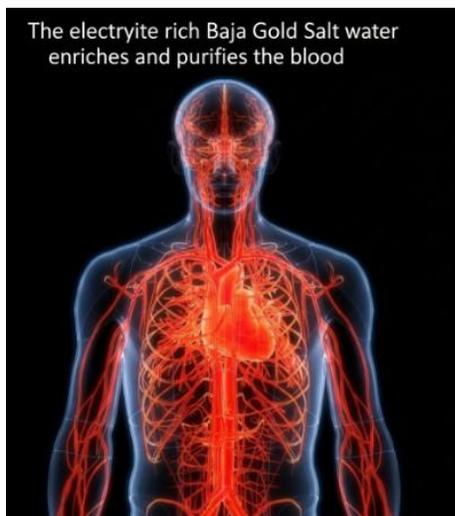
Compared to most table salts (about 97–99% sodium chloride), **Baja Gold naturally tests lower in sodium chloride (about ~75–80%) and higher in minerals.** This can give you stronger flavor with less sodium per pinch.

**Baja Gold salt is not processed** or heated in factories — it's harvested from the Sea of Cortez and **sun-dried** using traditional methods. That means **no bleaching, no chemical refining, and no additives such as anti-caking agents or flow enhancers.** Its production relies on heritage salt-making techniques in a unique environment — shallow lagoons flooded by high tides and dried by desert heat — which concentrates the seawater and preserves the trace minerals in a way many industrial processes don't.



### **Baja Gold Salt Provides Bio-Available Nutrition and Cleansing of Our Blood**

Ian Clark stated “The very best way to have a healthy lifestyle is where you **produce clean blood every single day 24/7** and the only way you can do that is by drinking unrefined sea salt diluted in water throughout the day when **your body is producing clean blood.** Every single day you have a blood system that is absolutely dialed in to **deliver all the nutrients to every cell in your body, and it can also eliminate all the waste out of your body super efficiently.**” In addition it provides the **hydrochloric acid needed for excellent digestion** which becomes a problem as we get older and the body does not produce enough of this essential acid to break down our food.



**To fully hydrate your body is by dissolving unrefined sea salt** that comes from a pure part of the ocean with no heavy metals and no microplastics and you build yourself up until you're drinking 2 to 3 liters a day of electrolytic fluid each liter has ½ to 1 teaspoon of unrefined sea salt dissolved completely. When you drink it in its liquid form your body can resonate with that and receive it all the way from the **top of your head to the bottom of your feet.** **When you hydrate your body, you turn all the detoxification mechanisms on to full efficiency so anything that is in your body that shouldn't be there, gets washed out** over the course of a year and anything coming at you continuously gets washed out.

One of the biggest places where you're getting toxins in is not just in the food it's also through the air you breathe. I've seen this over the last 16 years the number one thing that changed my

health the most in the shortest period of time was changing all my fluids to electrolytic fluid. It doesn't matter if you add the salt to distilled reverse osmosis or pure water. I add 1 teaspoon of sea salt to one liter of water fully dissolved, and I drink 3 liters throughout the day. I drink one liter when I wake up first in the morning to flush my body of all the stuff that it worked on all night and then I drink another half-liter 30 minutes before lunch and a half liter, 30 minutes after lunch, half a liter half an hour before dinner, half liter after dinner and even if I make any tea or anything like that throughout the day it's always using this electrolytic fluid water, which tastes amazing. Now you're not necessarily going to start at that level **you might want to start with half a teaspoon** and then you're gonna gear it **according to how you feel**. I'm gonna put you on a little bit of a roller coaster ride but believe me after you're done the roller coaster ride everything's gonna turn into a beautiful situation from the top of your head to the bottom of your feet in a way you didn't dream possible"

### Why We Need to Detox Daily

We breathe 11,000 units of air every single day and the 5 liters of blood in our body circulates 5 meters of blood every 60 seconds to every cell in our body and pumps 7600 liters of blood a day. When you take a 20-year-old and measure their kidney function the average 20-year-old has 100% kidney function, and then you test a 60-year-old and it's down at 35% efficiency. The 60-year-old has breathed 160 million liters of air more than the 20-year-old and guess what's in our air? It is so polluted in the world we live in; we're driving around in cars where the fuel causes pollution and the rubber tires are a serious issue as well. In a 2010 study it showed there was 10 billion pounds of rubber dust made of rubber cotton epoxies, resins, plastics, microplastics, chemicals and metals that go into the air and these nanoparticles are floating around, about a half a mile above every highway and we are breathing it. Our cardiovascular system, which is 10,000 kilometers of tubing arteries, veins and capillaries, gets hardened because all these nanoparticles we have been breathing in our whole life.

In the United States, there are more than 10,000 chemicals allowed for use in food products or food contact items (including additives, processing aids, packaging chemicals, etc.). Many of these have not been thoroughly reviewed for safety by government regulators in decades or at all according to environmental health groups like the EWG.

In addition, our health is further compromised if we have had a steady diet of highly processed foods, junk foods, soft drinks that contain high amounts of refined sugars and refined seed/vegetable oils. Add to that a lack of regular exercise as well and our bodies will have aged much faster than someone on a regular healthy diet and daily exercise.

**So, by the time you reach 60 or 70 years old, it starts to really show. We start to get stiff joints, headaches, backaches, restricted mobility, lower energy, trouble digesting, trouble sleeping and so on.** Pharmaceutical drugs do not address the real cause but just adds to the toxic overload we are already challenged with.

### How to Consume the Baja Gold Salt Daily

**Dosage:** start by adding ½ teaspoon of Baja (low) Gold Sea Salt into 1 liter of pure water (purified, reverse osmosis or distilled are all fine). After 30 days increase until you are adding 1 teaspoon of Low Gold Salt to each liter of water. Most adult women would drink 2 liters a day of

this electrolyte enriched water and most men 3 liters per day based on this formula: Drink 1 liter of this Gold Salt water per 50 lbs. If you weigh 150 -180 lbs (68-75kg) you will drink 3 liters. **This enriched electrolyte water could be used to make tea, coffee, cooking, etc.** and would be part of the daily intake. **Ian Clark says, stop drinking plain water and switch to Low Gold electrolyte enriched water.** And you can drink it room temperature or **hot**. The Chinese encourage drinking water hot, and if you carry it with you put it in a “**glass lined**” thermos, as “metals” should not be used with this Baja Gold salt nor its water mix.

### Men – Instructions (3 liters daily)

At the end of each day, you can also fill 2 or 3 different glass jars with water, add the gold salt, letting it dissolve overnight. That way you make sure by the end of the day all the 2 or 3 liters of electrolyte water has been consumed and it’s handy to use for making tea, coffee, cooking, etc.

- Drink one liter when you wake up first in the morning to flush your body of all the stuff that it worked on all night.
- Drink half liter 30 minutes before lunch
- half later 30 minutes after lunch
- half a liter 30 minutes before dinner
- half liter after dinner and even if you make any tea or anything like that through the day always use this electrolytic fluid which tastes amazing

### Women – Instructions (2 liters daily)

- Drink half a liter when you wake up first in the morning to flush your body of all the stuff that it worked on all night
- drink half liter 30 minutes before lunch
- half later 30 minutes after lunch
- half a liter 30 minutes before dinner

**Children – ½ liter of more daily and increase according to age keeping in mind the ratio of ½ - 1 teaspoon of gold salt for each liter of pure water per 50 lbs / 23 kg of weight**



**Travelling or Workplace:** Instead of bringing a liter or two of water premixed with the Baja Gold Salt, you could opt to take along Baja Gold **Liquid Ocean Minerals**. This liquid is an all-natural, very concentrated trace mineral solé water created exclusively from Baja Gold Mineral Sea Salt and purified water. Add the amount recommended on the label. **(Always use only plastic or wooden spoon) to a glass of water or tea** for flavorful hydration support. Avoid using any metal with Baja Gold salt. Liquid Ocean Minerals can also be used as an oral rinse, or anywhere saline solutions may be helpful.

**DETOX combination:** For faster results, first thing in the morning, drink a glass of Baja Gold water to which 1 teaspoon of Diatomaceous Earth (food grade) **and the juice of half a lemon** have been added. Diatomaceous earth is found at the bottom of the oceans and seas and rich in silica. It is a natural product made up of fossilized remains and works like a natural detoxifying agent within the body, killing parasites and viruses and helps in cleansing your blood. **Take 1 teaspoon for 3 weeks on and 1 week off each month.** [CLICK HERE](#) to read about the many benefits

Salt has a long history of being used for purification and preservation. Consuming Baja Gold Salt we turn our body into a high-volume quality blood production facility which will now bring balanced nutrition to every cell of our body, as well as carrying out the toxins.

Trace elements, usually less than one-tenth of one percent, exert powerful influences far beyond their quantity. Scientific understanding of the role of trace elements in human physiology is new and emerged slowly during the last century. It is known that 16 trace elements have critical biological functions, but many more are suspected to play a role in cellular function and molecular design.

True unrefined, mineral-rich sea salts harvested using heritage salt production techniques will always retain slightly more moisture than processed table salts or refined sea salts. This is because Baja Gold Signature is exclusively dried by the sun (vs. artificially heated). The good news is that this moisture is a sign of the quality and mineral-density of Baja Gold. So yes, your Baja Gold is absolutely safe to use, even with a bit of moisture. Remember - Baja Gold is completely unprocessed and unrefined to ensure the full power of the ocean is preserved.

<i>Brand</i>	<i>Sodium</i>	<i>Salt (Sodium Chloride)</i>	<i>Calcium</i>	<i>Potassium</i>	<i>Magnesium</i>	<i>Iron</i>
Baja Gold Sea Salt	30.5%	77.5%	4,490 ppm	6,000 ppm	13,200 ppm	42 ppm
Celtic Sea Salt	32.1%	81.5%	1,500 ppm	957 ppm	3,680 ppm	127 ppm
Jacobsen Sea Salt	33.6%	85.3%	2,760 ppm	438 ppm	955 ppm	< 5 ppm
Maldon Sea Salt	34.0%	86.4%	778 ppm	181 ppm	328 ppm	< 5 ppm
Cris-Sal Sea Salt	38.2%	97.0%	573 ppm	272 ppm	171 ppm	10 ppm
La Baleine Grey Sea Salt	33.7%	85.6%	1,880 ppm	1,260 ppm	4,950 ppm	199 ppm
Redmond Real Salt	35.0%	88.9%	2,850 ppm	318 ppm	347 ppm	267 ppm
Morton's Natural Sea Salt	39.3%	99.9%	[not listed]	[not listed]	[not listed]	[not listed]
Cargill Purified Sea Salt Untreated	39.3%	99.9%	30 ppm	0 ppm	10 ppm	<0.1 ppm
True Salt	39.3%	99.9%	500 ppm	[not listed]	225 ppm	[not listed]

### **Worried about High Blood Pressure and Salt**

There is “good” salt and “bad” salt. When the doctors say to lower or stay away from salt he is referring to the cheap, bleached, industrial table salt that is stripped bare of all the essential minerals, bleached and baked at high temperatures. Also its chemically altered along with added toxic anti-caking, like aluminum derivatives, which have been linked to neurological damage. No wonder, it raises blood pressure artificially because your body holds onto water, trying to dilute the chemical storm you just ingested. Bad salt increases inflammation, leading to joint pain, fatigue, and even brain fog. It leaches minerals from your body, because now your cells have to work overtime to correct the imbalance.

On the other hand, the “good” salt, Baja Gold Salt is rich in all the essential minerals, and although it may temporarily raise your blood pressure, which is why one should start on low ½ teaspoon dosage to start with, over time it will actually regulate and resolve high blood pressure issues, especially if you also adopt a healthy diet and lifestyle. This good salt will be providing what your heart and blood need to work at its best, so instead of putting a strain on your heart it will be assisting the heart to perform better.

For even more insights into electrolytic balance and the role of mineral sea salts, we recommend exploring the work of Dr. Darko Velcek and Ian Clarke. Tracy Duh also produces a great podcast on Hydration, available here: <https://tracyduhs.com/podcasts/>

**Click on these links to listen to interviews with Ian Clark**

<https://activation-help-copy-2.gorgias.help/en-US/activated-salt--fifth-element-mineral-rich-living-sea-blend-558726>

<https://bajagoldsaltco.com/pages/gary-breckas-ultimate-bio-hack>

### **Heavy Metals Concerns**

It is not possible to totally avoid all heavy metals which are commonly found in **food, water, air, and everyday environments**, with the most relevant ones being **lead, mercury, cadmium, arsenic, and aluminum**. A person would literally need to move to another planet to not be exposed to even some small levels of heavy metals. What is important is that the levels are minimal and do not pass the safety standards and secondly that we do our part by endorsing a continuous detox lifestyle. Daily consumption of Baja Gold Salt water provides a deep cleansing effect along with complete in-depth hydration to our body.

Baja Gold Salt adheres to the latest food safety protocols and routine testing their products with third party laboratories. They also do not include any anti-caking or processing agents in their salt. Unrefined — no chemical processing or additives. Baja Gold is exclusively pure, unrefined sea salt. To view all of Baja Gold's laboratory testing results, please visit: The Mineral Lab. To learn more about heavy metals, please visit: [Heavy Metals in Unrefined Sea Salts](#)In short: Baja Gold is prized because it's real sea salt in the fullest sense — minimally processed, rich in minerals, flavorful, and versatile — rather than the stripped-down sodium chloride you get from standard table salt. Notice the remarkable difference in Calcium, Potassium, Magnesium and low Sodium Chloride content compared with other popular salts.

**SUMMARY: There are 4 basic things we must do for best results**

1. **Consume** 2 to 3 liters of the Baja Gold Sea Salt water daily
2. **Consume mostly healthy foods** such as fruits, veg, salads, whole grains and whole grain breads, seeds, nuts, cold pressed oils, cheese, wild fish (that has fins and scales), organic chicken and eggs. *[Try and eat foods that are closest to the way God made them – “If God didn’t make it Don’t Take it”]*
3. **Greatly reduce or avoid unhealthy foods** such as: Highly processed foods, white refined sugar (switch to xylitol and Monk fruit sweeteners), soda drinks such as Coke, Fanta, Spirit, 7up, Nestea, Tonic Water, etc. (they contain 7 – 10 teaspoons of refined sugar), as well as ZERO sodas drinks that contain “Aspartame” a carcinogenic. (switch to sparkling water mixed with fruit juice), refined seed oils, such as canola, sunflower, vegetable oils, (switch to only “cold pressed” oils). Pork, sausages, ham, prepared meats, farm raised fish and sea foods (oysters, clams, shrimp, octopus, etc. they are cleaners of the waters – loaded with toxins). Processed grains such as white flour, white rice, etc., (switch to Buckwheat groats and flour, Spelt, oatmeal, wholegrains, etc.). Deep fried foods. Store bought pastries that are loaded with refined sugar, flours and oils. Candies, chocolate, ice cream loaded with sugar and harmful chemical additives (instead make your own pastries and desserts or find a Health Shop or bakery that offers a healthier option)
4. **Exercise daily** – brisk walking 15 – 20 minutes daily and some stretching

**What is the best way to use my Baja Gold Signature Mineral Sea Salt?**

Baja Gold Signature Mineral Sea Salt can be substituted for any of your current salt uses. It does have a slightly more flavorful taste profile, so you may even opt to use less Baja Gold vs. traditional table salt. Because of Baja Gold's natural mineral moisture, it may not flow through traditional saltshakers. **Adding 5 to 10 grains of uncooked white rice to the saltshaker can**

**help** with Baja Gold Salt (fine grind), especially in humid environments. We recommend seasoning by hand if this occurs. You can also try a **Parmesan Cheese shaker** – the larger holes seem to work well (look for glass with plastic top) or purchase the **Fine Grind version** (costs more) but works more like traditional salt



### Fine Grind Salt

- **Texture:** Very small, almost flour-like grains — finer than the crystal form
- **Best Use:**
  - Everyday cooking (stirring into dishes)
  - **Baking**, sauces, dressings
  - Dissolves *quickly* in liquids or recipes
  - Easier to measure precisely in recipes that call for exact amounts
- **Dissolving:** Faster than crystal salt, so ideal when you want the salt to fully incorporate without noticeable texture.

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## 2. Natural Grain Crystals

- **Texture:** Larger, coarser salt crystals — the traditional crystal form.
- **Best Use:**
  - **Finishing salt** (sprinkled on food just before serving)
  - **Adding to your daily water for drinking**
  - Pickling
  - Creating a salt crust on roasted meat or fish
  - Adds texture and *visual appeal*
- **Dissolving:** Slower than fine grind — you'll notice the crystals more, which can add a pleasant crunch or burst of salty flavor. Great for when texture matters — e.g., plating a steak, seasoning grilled veggies, or finishing a salad.

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### Same Salt, Just Different Forms

Both versions are the **same unrefined, trace-mineral-rich sea salt** harvested and sun-dried naturally — the difference is *only the grain size/texture and how you use it in cooking* (fine vs. larger crystals).

- Add **5–10 grains of dry, uncooked white rice** to the shaker (you don't need much).
- Make sure the rice is **completely dry**.
- Use **white rice**, not brown (brown rice contains oils that can go rancid).

- Works best with **standard or small-hole shakers**.

**Extra tips (even better than rice)**

- Use a shaker with a **tight-sealing lid**.
- Keep the shaker **away from the stove or dishwasher** (steam = moisture).
- If you live in a very humid area, **ceramic or glass shakers** perform better than plastic.

**Suppliers USA, CANADA and WORLDWIDE**

<https://bajagoldsaltco.com/pages/store-locator>

[www.BajaGoldSalt.com](http://www.BajaGoldSalt.com)

**European Supplier**

AMAZON

<https://www.stibio.cz/en/order/step-1/>