

Sodium is vital for overall health and vitality, however, most Ideal Protein foods contain very little.

When clients enter the Protocol, the prepackaged, processed foods (which are OVERLOADED with sodium) they are used to eating are eliminated. Add to that the tremendous amount of salt they were used to receiving from foods such as breads and cheeses. We must get this vital sodium back into their body. ½ teaspoon of all natural pink or gray sea salt is recommended.

Dieters are encouraged to sprinkle sea salt on their vegetables or animal protein (chicken, beef, pork, etc.) at dinner, particularly if they are on a diuretic medication.