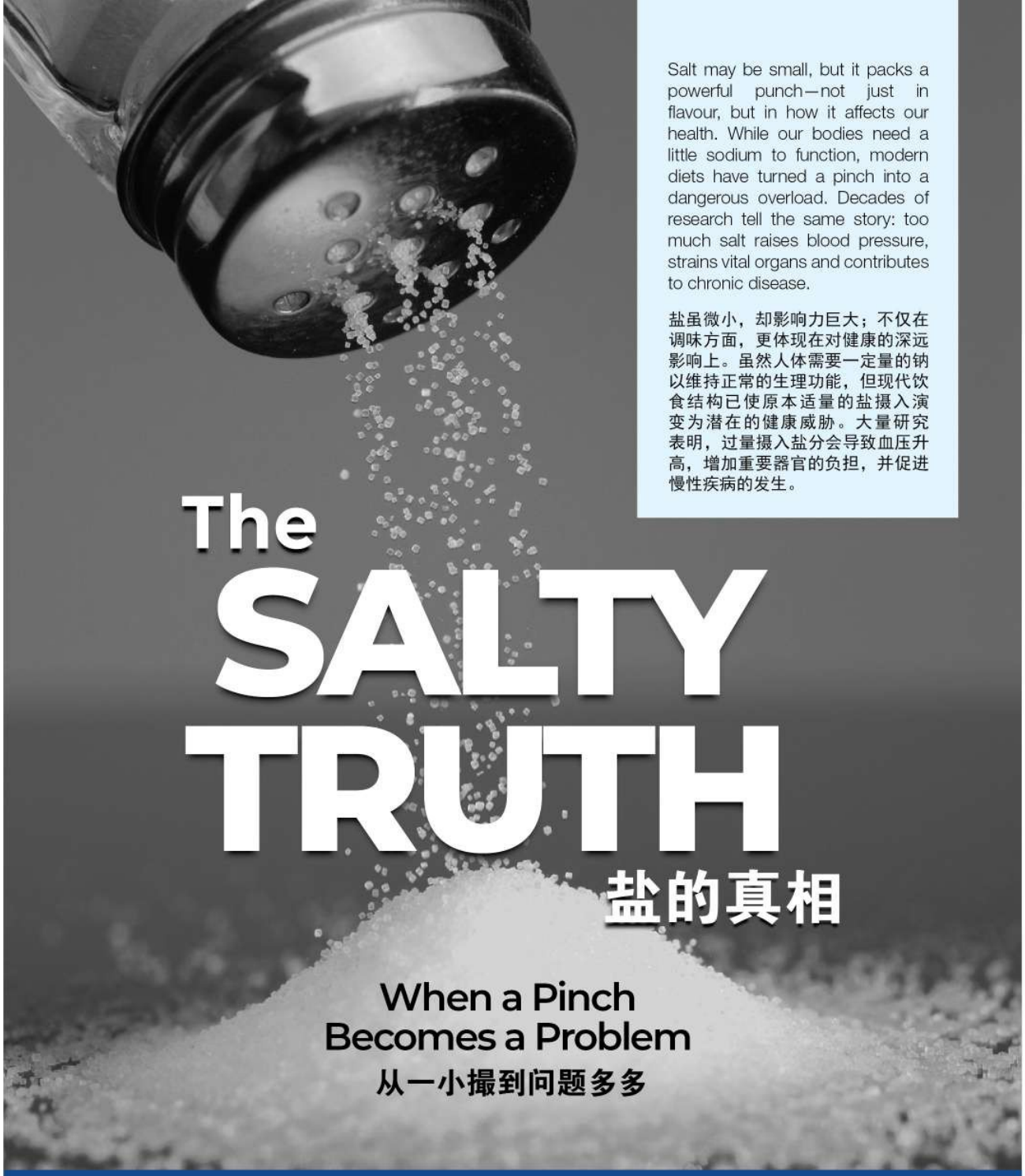

Salt may be small, but it packs a powerful punch—not just in flavour, but in how it affects our health. While our bodies need a little sodium to function, modern diets have turned a pinch into a dangerous overload. Decades of research tell the same story: too much salt raises blood pressure, strains vital organs and contributes to chronic disease.

盐虽微小，却影响力巨大；不仅在调味方面，更体现在对健康的深远影响上。虽然人体需要一定量的钠以维持正常的生理功能，但现代饮食结构已使原本适量的盐摄入演变为潜在的健康威胁。大量研究表明，过量摄入盐分会导致血压升高，增加重要器官的负担，并促进慢性疾病的发生。

The SALTY TRUTH

盐的真相

When a Pinch Becomes a Problem

从一小撮到问题多多

A Global Look at Sodium and Health

A landmark study by the University of Tennessee, once broadcast widely on television, explored how sodium consumption affects blood pressure in different cultures.

Researchers found that people in a northern region of Japan consumed exceptionally high amounts of salt and suffered high rates of hypertension, even in young adults. Meanwhile, in deep-rural Ethiopia, far from processed foods and industrial seasonings, communities ate entirely unsalted diets, hypertension was almost non-existent, even among the elderly. But when young Ethiopian men were drafted into the army and fed a standard salted military diet, their blood pressure spiked—only to normalize when they returned home to traditional salt-free meals.

全球视角下的钠与健康

田纳西大学开展的一项具有广泛影响力的跨文化研究，曾通过电视媒体向公众展示钠摄入与血压之间的关系。

研究发现，日本北部居民的盐摄入量显著偏高，相应地，高血压的发病率也居高不下，甚至在年轻人群中亦普遍存在。相比之下，在远离工业化食品和调味品的埃塞俄比亚偏远农村地区，居民几乎完全不吃食盐，高血压几乎不存在，即使是老年人也是如此。但当年轻的埃塞俄比亚男子被征入伍，食用标准的含盐军粮时，他们的血压飙升；而在返回原生活环境并恢复传统无盐饮食后，血压又恢复正常。这一现象明确表明，钠的摄入水平与血管健康之间存在直接关联。

The Physiology of Excess Salt

While it's common knowledge that salt raises blood pressure, how it happens is just as important. Sodium is meant to remain in the fluid outside our cells, while potassium stays inside. This delicate balance helps regulate hydration, nerve impulses and muscle contractions.

But when we consume too much sodium, it builds up in the bloodstream. Since sodium attracts water, this excess causes the body to retain more fluid in the blood vessels. The increased blood volume raises blood pressure, forcing the heart to work harder and putting added strain on arteries and capillaries.

At the same time, high sodium intake depletes potassium, a mineral essential for maintaining heart rhythm, nerve signaling and muscle function. Since sodium and potassium work in opposite directions to control fluid balance, an overload of sodium effectively robs the body of potassium—making the effects even more dangerous.

To make matters worse, sodium also acts as an enzyme inhibitor, disrupting essential biochemical processes at the cellular level. Dr. Max Gerson, a pioneer of nutritional therapy, identified chronic sodium overload as a root contributor to many degenerative diseases. His solution was simple but profound: reduce sodium, restore potassium through a plant-rich diet, and allow the body to rebalance and heal.

过量盐分的生理影响

尽管高盐饮食与高血压之间的关系已被广泛认知，但其具体作用机制同样值得关注。钠主要存在于细胞外液中，而钾则主要存在于细胞内液中，二者共同维持体液平衡、神经传导及肌肉收缩等关键生理过程。

当人体摄入过量钠时，钠会在血液中积累。由于钠具有亲水性，这种过量会导致体内液体滞留增加，从而提升血容量，进而升高血压，加重心脏负担，并对动脉和毛细血管造成额外压力。

与此同时，高钠摄入会降低体内钾的水平。钾是维持心律稳定、神经信号传导和肌肉功能所必需的矿物质。由于钠与钾在体液调节中作用相反，钠的过量摄入会削弱钾的生理作用，从而加剧健康风险。

此外，钠还具有抑制酶活性的作用，可能干扰细胞层面的关键生化反应。营养疗法的先驱马克斯·格森博士指出，长期钠摄入过量是多种退行性疾病的重要诱因。他提出的应对策略具有深远意义：减少钠的摄入，通过富含植物性食物的饮食补充钾元素，有助于恢复体内矿物质平衡，从而促进机体自我修复。

Too Much of a Salty Thing
盐摄入过多的危害

Our bodies need just 500 to 1,000 mg of sodium per day to function properly. Most health authorities, including the World Health Organization, recommend keeping intake below 2,000 mg daily (which is about 1 level teaspoon of salt), with an optimal target of 1,500 mg or less for most adults.

Yet in countries like Malaysia and Singapore, average sodium consumption is about 3,600 mg per day—more than twice the recommended limit, and over three times what the body actually needs. That's a significant overload with real and lasting health consequences.

Excessive salt intake is not just a regional issue. In places like Finland, government-led salt reduction campaigns led to dramatic drops in cardiovascular disease. Over a 20-year period, when Finns reduced their salt intake, rates of heart attack and stroke fell by an impressive 60%.

Other global observations echo this trend:

- Japan saw reduced hypertension rates after discouraging salt-heavy diets.
- Eskimo populations, before adopting modern foods, consumed little to no added salt and had extremely low blood pressure—even with meat-heavy diets.

人体每日所需的钠摄入量仅为500至1000毫克即可维持正常生理功能。包括世界卫生组织在内的多数权威卫生机构建议，成年人每日钠摄入量应控制在2000毫克以下（约合1茶匙食盐），而理想摄入量应为1500毫克或更低。

然而，在马来西亚和新加坡等国家，人均每日钠摄入量高达约3600毫克，远超推荐上限的两倍，且为人体实际所需量的三倍以上。这种显著的过量，会带来严重的健康后果。

盐摄入过多并非只是某些地区的现象。在芬兰，政府主导的减盐运动使心血管疾病发病率大幅下降。在20年的时间里，随着居民盐摄入量的减少，心脏病和中风的发病率下降了约60%。

其他全球研究结果也支持这一趋势：

- 日本在推行低盐饮食宣传后，高血压的发病率有所下降。
- 爱斯基摩人在尚未接触现代加工食品之前，几乎不额外摄入食盐，即便其饮食结构以肉类为主，血压仍维持在较低水平。

How much salt is too much?
多少盐算太多？

What the Body Needs
人体所需

Minimum needed for healthy body function
维持身体健康功能所需的最低量

500–1,000 mg/day 毫克/天
¼ - ½ tsp of salt 茶匙盐

Recommended Limit
推荐上限

WHO recommendation:
世界卫生组织建议：

Maximum 最多：
< 2,000 mg/day 毫克/天
~ 1 level tsp of salt 茶匙盐

Optimal 最佳：
< 1,500 mg/day 毫克/天

Reality Check
现实检验

Average intake in Malaysia & Singapore:
马来西亚与新加坡的平均摄入量：
~3,600 mg/day 毫克/天

- Over 2× the recommended limit
- More than 3× what your body actually needs
- 超过推荐限值的2倍以上
- 超过身体实际需求量的3倍以上

Salt Withdrawal: What Happens to Taste

People who switch to a low-sodium or salt-free diet often complain that the food has no taste. This reaction isn't just picky eating; it's biology.

People who are used to heavily salted meals tend to have saliva that's unusually high in sodium. This "salty saliva" dulls the taste buds, making it harder to detect flavour causing them to crave even more salt. But the good news? The body adapts quickly.

Within just 5 to 10 days on a high-potassium, low-sodium diet, excess sodium is excreted through sweat and urine. As mineral balance improves, that salty coating on your taste buds fades—and suddenly, everyday foods taste vibrant again, without the salt shaker. Over time, many even find salty foods harsh or overpowering.

During this adjustment phase, flavour doesn't have to suffer. Herbs, spices, citrus and garlic can bring dishes to life without adding a milligram of sodium. Salt-free doesn't mean flavourless.

食物变得淡而无味。为什么?

人们在改吃低钠或无盐饮食后，常常抱怨食物没有味道。这种反应并非挑食，而是生理现象。

习惯高盐饮食的人，其唾液中的钠含量往往较高。这种"咸味唾液"会麻痹味蕾，使其更难察觉食物的天然风味，从而进一步刺激对盐的依赖。但好消息是，身体适应得很快。

在实行高钾低钠饮食的5至10天内，体内多余的钠就会通过尿液和汗液排出。随着矿物质平衡的恢复，味蕾上的那层咸味涂层逐渐消退，食物的天然风味得以重新显现，无需再借助盐瓶。久而久之，许多人甚至会觉得咸味食物过于浓烈、难以接受。

在适应阶段，食物的风味不必受损。通过合理使用香草、香料、柑橘类果皮及大蒜等天然调味食材，可在不增加钠摄入的前提下，有效提升菜肴的风味层次。因此，低钠饮食并不等于是乏味的。

The Bigger Picture: Sodium, Potassium and You

Decades of research continue to affirm the delicate mineral balance that supports our health. High sodium raises blood pressure and damages blood vessels. Potassium, on the other hand, acts as a natural antidote—helping relax blood vessels, support heart function, and maintain healthy cellular activity.

Even if you don't add salt at the table, you may still be getting more sodium than you realize. Many everyday condiments—like soy sauce, tomato sauce, and oyster sauce—are packed with sodium, both from added salt and MSG. Just one teaspoon of certain brands can contain more than half your recommended daily intake.

Today, the World Health Organization recommends:

大局观：钠、钾与健康

数十年来的科学研究一致表明，维持体内矿物质的平衡对于人类健康至关重要。过量摄入钠已被证实会升高血压并损害血管功能。相比之下，钾则具有天然的调节作用，能够促进血管舒张，支持心血管系统的正常运作，并维持细胞代谢的健康状态。

即使那些在餐桌上不加盐的人，其钠摄入量也可能超过推荐值。许多常见的调味品，比如酱油、番茄酱和蚝油，钠含量都很高，这种钠不仅来源于添加的食盐，也包括味精（谷氨酸钠）中的钠成分。某些品牌的调味品，仅一茶匙的用量就可能超过每日推荐钠摄入量的一半。

根据世界卫生组织的建议，成年人每日的钠、钾摄入量应控制在以下范围内：

SODIUM 钠	POTASSIUM 钾
Less than 2,000 mg (about 1 level teaspoon of salt) per day 不超过2000毫克（约相当于1平茶匙食盐）	At least 3,510 mg per day 至少3510毫克

Yet the modern day diet—especially rich in processed foods, sauces and takeouts—often flips this ratio. Dishes like curry, soup noodles, and claypot rice can contain 1.5 to 2.5 teaspoons of salt per serving, far exceeding daily limits in just one meal.

然而，现代饮食结构，特别是以加工食品、调味酱料和外卖食品为主的饮食模式，往往导致钠、钾摄入比例失衡。例如，咖喱、汤面和砂锅饭等常见菜肴，每份所含的盐分通常可达1.5至2.5茶匙，仅一顿饭的盐摄入量便已远超每日推荐上限。

A Single Meal Can Exceed Your Daily Limit | 一顿饭就可能超过一天的摄入上限

Dish 菜肴	FISH HEAD CURRY 咖喱鱼头	MEE SOTO 汤面	PRAWN NOODLE SOUP 虾面汤	PENANG LAKSA 槟城叻沙	CLAYPOT RICE 砂锅饭	RAMEN 拉面
Approximate Salt (per serving) 每份含盐	2.5 tsp/茶匙	1.5 tsp/茶匙	1.5 tsp/茶匙	1.5 tsp/茶匙	1 tsp/茶匙	1 tsp/茶匙

Takeaway:
A Small Shift, a Big Impact

Salt isn't evil—sodium is an essential electrolyte. But the average person consumes far more than their body needs or can handle. This quiet overload contributes to hypertension, heart disease, kidney strain and inflammation.

Instead of relying on the salt shaker for flavour, look to fresh produce, aromatic herbs and whole foods. This simple shift helps your body:

- Lower blood pressure
- Clear excess fluid and toxins
- Restore proper taste perception
- Support energy and nerve function
- Rebalance minerals at the cellular level

The bottom line: when you give your body a break from sodium overload, it rewards you with better circulation, healthier tissues, and a palate that can finally taste real food again.

关键提示：
细微的饮食调整，显著的健康益处

钠本身并非有害物质，而是维持正常生理功能所必需的电解质。然而，大多数人的摄入量远远超过了身体有效处理的能力。长期过量摄入钠会导致高血压、心血管疾病、肾脏负担加重以及全身性炎症反应。

建议公众在日常饮食中增加新鲜水果、蔬菜、芳香草本植物及天然食材的比例，减少对食盐的依赖。这种饮食结构的转变有助于实现以下健康目标：

- 降低血压水平
- 促进体液循环与毒素排出
- 恢复味觉敏感性
- 增强能量代谢及神经系统功能
- 在细胞层面重建矿物质的平衡状态

总之，减少钠的过量摄入能让身体改善血液循环，保持组织健康，并重新获得品尝食物天然味道的能力。

Hidden Sodium Sources
钠的隐性来源

Not all sodium comes from salty foods. You'll find surprising amounts in:
饮食中的钠并不总是显而易见的。看似健康或不咸的食物中也可能含有高量的钠，包括：

Breakfast cereals 早餐麦片 | Bread 面包 | Canned vegetables 罐装蔬菜 | "Healthy" soups 标注为"健康"的包装汤品 | Salad dressings and ketchup 沙拉酱和番茄酱

Always check the label!
因此，建议消费者在购买加工食品前，仔细阅读营养成分标签，以做出更健康的选择。

5 Ways to Cut Sodium Without Missing the Salt
五种减少钠摄入量的实用策略

- Cook more at home
- Use herbs, spices, vinegar or lemon juice
- Rinse canned beans or vegetables
- Go easy on sauces and dressings
- Taste before adding salt—you may not need it

- 尽量在家做饭，以便更好地控制调味料和食材的使用。
- 使用香草、香料、醋或柑橘汁替代食盐进行调味。
- 在使用罐装蔬菜或豆类前进行冲洗，以去除多余的钠。
- 限制高钠含量的酱料和调味汁的使用。
- 避免盲目添加食盐，在决定是否需要调味之前，先尝尝食物的味道，可能根本不需要额外调味。

Dr. Max Gerson on Sodium:
马克斯·格森博士谈钠：

> **Excess sodium not only causes fluid retention, but also disturbs metabolism at the deepest levels.**
>
> **Healing begins when sodium is removed and potassium is restored.**
>
> **过量的钠不仅会导致体液潴留，还会在细胞层面扰乱代谢过程。当钠含量降低，钾含量恢复时，身体的自我修复机制便得以启动了。**