“Laughter, The Best Medicine, comes in liquid form”

“Doc’s Spoonful of Medicine”

#3. Fletton folk are the SALT of the Earth.

Many of us love our salt. It is essential for the function of muscles and nerves; the heart and the brain are quite important organs, No? “Salt of the earth” means “of great worth and reliability”. Superstitious folk like me, throw spilt salt over their left shoulder to silence the agents of the dark side that sit on one’s left shoulder and whisper bad things into one’s left ear. In many languages, “sinister” is the word for “left”. Indeed, salt is toxic in large amounts Drinking lots of sea water or guzzling soy sauce as a drink can make you ill, or even kill you.

Actually, too little salt (3gm or less a day) is also bad, associated with fatigue, confusion, muscle twitching and even stroke, just exactly like too much salt (over 12.5gm a day), which also raises blood pressure and can damage the kidneys. So, modesty is the preferred modus operandum. You do need salt, but not too much. I say, that you can look the “tut-tutters” shamelessly in the eye, when you ask for the salt at the table, as long as you only sprinkle it sparsely, and the food has not had lots of salt added to it, in preparation. Why people do not taste the food before sprinkling salt, is one of the wonders of the world’s dinner tables.

Yes, the very toxicity of salt is deployed by nature to kill germs. Tears are salty and combined with other natural chemicals keeps our eyes clean. Likewise, saliva, with our teeth and tongue. Nasal and lung mucus are salty to keep our airways clean. That is why toddlers eat their own snot and even adults, who will remain nameless, pick their noses, and then pop that naughty finger surreptiously in the mouth. Sweat is salty and helps kill microbes on skin, apart from being an exit for excess dietary. Too much sweat, though, can cause itchy rashes, if the skin remains hot for too long, is damaged by friction and does not dry quickly.

The toxicity of very salty water is put to good use in medicine, to keep wounds clean, especially with cut or injured skin. Before antibiotics, episiotomies, and tears, after childbirth were treated with daily salt baths. My patients with severe eczema, psoriasis and dermatitis find that my recommendation for holidays in salty seas or regular salt baths, heal their skin like magic. It does not have to be expensive, exotic salt. The stuff you put on your chips will do. Once it dissolves, it is still Sodium Chloride, and the magic starts.

If you have verrucae or athlete’s foot, soaking your feet in very salty water for 15 minutes a day will speed up resolution. Perfect timing for checking your emails, “Facebook”, Twitter”, or “Insta”. I recommend 2 table spoonfuls in a bowl and 5 or 6 six table spoonfuls in a bath. Or more, as long as you don’t drink your bath! I take a plastic beaker full of clean, fresh, tasty Fletton cold water to drink, during my bath. Also, why spend lots of money on expensive face cleansers when you can use a face cloth soaked in a sink of water with 2 or 3 table spoonfuls of salt and then moisturise while slightly damp with Vaseline or Almond oil? Works for me. In hospital, we rehydrate people, rescue diabetics with excessively high blood sugar, or maintain blood pressure after major bleeding (till cross-matched blood arrives) by using intravenous salt water, called “Normal Saline”. Useful, is salt, Fletton folk, Mmm, Yes!

I pray that you all “salt through” (romp, glide) the current CoVid crisis, safely, Fletton folk.