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Low Intake of Salt May Impact **Your Health**, Say Researchers

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Submitted by [Jonathan Sanders](#) on Thu, 11/10/2011 - 09:15 **Health** **TNM** **Research**



Often a patients **1** retweet
 suffering from high **blood pressure** is advised to lower the intake of **sodium** or salt but do you know reducing the consumption of salt can severely affect the health of patient. According to the findings of a recent research, any **reduction** in the intake of salt may increase the deposits of **cholesterol** in one's body.

The research was conducted by the researchers of **Copenhagen** University Hospital located in Denmark. For the research, the researchers examined the findings of previous 167 studies. In these studies, the participants reduced a significant amount of salt from their **diet**.

The researchers found that significant fall in the consumption of salt increased the deposits of cholesterol by 2.5%. Moreover, chances of a person suffering from diseases also increased noticeably because of increased deposits of cholesterol.

The findings of the research have raised questions whether or not patients with high blood pressure should be asked to reduce their salt intakes. The laed researcher of the study, Dr. Niels Graudal noted, "I can't really see, if you look at the total evidence, that there is any reason to believe there is a net benefit of decreasing sodium intake in the general population".

Previously, there have been a number of studies which has showed that lowered consumption of salt is beneficial for the high blood pressure patients. But no study, so far, has spoken about the benefits of reduced intake of salt over heart.

While commenting upon the findings of the research, Prof. **Francesco** Cappuccio, Head of the World Health **Organisation**, said that the consumption of salt should be reduced as no strong point has been put forward by the recent study.

However, yet another study has shown that lowered consumption of salt has different impact upon **white skin** people and Asians. According to the findings of the study, high blood pressure patients of Asia are highly benefited by reducing the consumption of salt as compared to white skin people or western residents.

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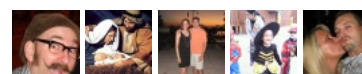
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