

Salt consisting of sodium and chloride can increase blood pressure. But only if there is too much of it. In general, our body needs sodium for proper functioning.

Here are a few consequences for the health of sodium use.

An increase in blood volume. When the sodium level rises, the water is attracted to the blood from the surrounding tissues. This leads to an increase in blood pressure.

Changing blood vessels. Excess salt can damage the vessels. All because with the regular use of a large amount of salt, the vessels become narrow and stiff, cannot expand and expand normally.



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Overloading or damage to the kidneys. Due to the too large amount of salt in the body, the kidneys will retain excess fluid and increase blood pressure. This is especially true for people with kidney diseases.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.