



January 2026 MAHA Tip of the Month: Drinking water first thing in the morning is a simple, effective habit with numerous health benefits. It helps hydrate your body, boost metabolism, improve digestion, enhance brain function, and promote overall well-being. If you want to turbo-charge this daily brain boost, try adding a little sea salt!

Let me know how it goes and drop me a line at:

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Salt is crucial for various bodily functions. It helps maintain fluid balance, is essential for nerve function, and plays a role in muscle contraction. But its impact doesn't stop there; **salt** also significantly influences our **brain** health and function.

1. Fluid Balance and Brain Health

Our brains are highly sensitive to changes in fluid and electrolyte levels. Salt intake affects the body's fluid balance, and not consuming enough can lead to dehydration. Even mild dehydration can impact brain function, leading to cognitive decline, memory issues, and a decrease in attention span. The hypothalamus, an area of the brain responsible for regulating thirst and salt balance, signals the body to seek water and salt when levels are low, ensuring that balance is maintained.

2. Cognitive Function and Mood Regulation

Sodium, a key component of salt, plays a crucial role in cognitive functions and mood regulation. Research suggests that sodium levels can influence brain activity, particularly in regions involved in emotional processing, such as the amygdala, and cognitive functions, such as the hippocampus. Low sodium levels (hyponatremia) can lead to symptoms ranging from lethargy and confusion to severe cognitive impairment.

3. The Impact of Salt on Stress and Mental Health

The relationship between salt intake, stress, and mental health is complex. Salt consumption can influence the body's stress response system, including the hypothalamic-pituitary-adrenal (HPA) axis, which regulates our reaction to stress. Adequate salt levels can help in maintaining a balanced mood and reducing stress levels, while insufficient intake may disrupt this balance, leading to increased vulnerability to stress and mood disorders.

Read More: <https://www.scientificamerican.com/article/a-new-connection-between-the-gut-and-brain1/>