1. Avoid processed foods which contain large amounts of processed salt. Instead eat whole fresh foods with added natural salt.

2. There are many natural salts to choose from: pink Himalayan, sea salt, grey or Celtic sea salt, fleur de sel, black lava salt, red and Persian blue. So, which is the best? It's believed that the pink Himalayan is the purest and least polluted salt on earth due to coming from a pristine environment surrounded by snow and ice.

3. While natural salt does contain potassium and magnesium, there is not quite enough for electrolyte balance. It's therefore important to make sure we get plenty of potassium from our diet (vegetables) and to consider taking a magnesium supplement.

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