

How Important is Chloride?

The following is an excerpt from a lecture presentation delivered by Parris Kidd, Ph.D. on November 5, 1996 at Mineral Resources International's facilities in Ogden, Utah.

"Chloride is actually important because chloride is a counterbalance for all the cations. Chloride is the main anion or negatively charged ion.

Nerve cells, muscle cells, the blood, all the cells and tissues of the body need chloride. They've got to have it to function well. In fact, the stomach lining actually has to secrete chloride. One of the ways in which older people don't digest as well is because they are not able to secrete hydrochloric acid.

Without essential chloride, we wouldn't be able to do that. [Chloride is] absolutely essential for hydrochloric acid production. Which, in turn, is essential for digestion and if we cannot digest, of course, we're not getting anything. We're not getting minerals, proteins, fats, or sufficient amounts of other nutrients, because chloride is essential to digestion."