

Physical, Emotional and Spiritual

# Benefits of the Ocean

Sosua Catamaran by GT

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## The Ocean

The marine world is the most important ecosystem on earth: its waters have been creating life over the millennia. We ourselves come from a single-celled marine organism. In it is the elixir of the origins of life, and its intake nourishes our body in an excellent way. Sea water is a source of mineral resources in which, with greater or lesser concentration, all the elements of the periodic table necessary for our body are found.

The list of benefits humans get from the ocean is long, here we include the main ones:

**Activate all five senses.** Its sound, soft and rhythmic, favors our hearing, making it easier for our hearing sensation to increase. The blue color, its smell, the salt it contains and its texture, activate the rest of the senses (sight, smell, taste, touch). This is what helps us enter a meditative state of peace and tranquility, since we have all five senses trapped and concentrated in a single element. When we are calm and at peace, we easily enter a meditative state, of meditation.



Meditating in front of the sea is beneficial not only for our brain, but also for our body. It facilitates our concentration and reduces stress.

**It cleanses the lungs and improves their functioning.** The sea breeze is rich in mineral salts and helps us breathe and reduces, for example, the symptoms of asthma and other respiratory diseases.

**Softer, protected, and firmer skin.** Sea water helps restore the skin's natural barrier, keeping it hydrated for longer.

**It relaxes the brain and facilitates concentration.** Thanks to the blue color (related to tranquility and calm) and the fact that the sea air is rich in negative ions (energetic charged particles that help us relax and favor the production of serotonin). It also helps us to be more creative.

**Stabilizes blood pressure.** People who live in places that are on the same level as the sea have better control over their heart rate. This is since these places have a higher atmospheric pressure, therefore, the amount of oxygen in the air is also higher.

**Train the heart.** Sea water is highly recommended to improve the blood circulation of the body. Its cold temperature activates our heart and improves the entire circulatory system in general.

**Strengthens joints and bones.** The simple fact of getting into the water already causes positive effects on our body. Having to balance, for example, helps strengthen muscles and joints. The iodine found in the sea breeze is a natural bactericide that helps eliminate infections, especially those related to the respiratory and eye systems. Therefore, we could say that living near the sea is good for strengthening our immune system.

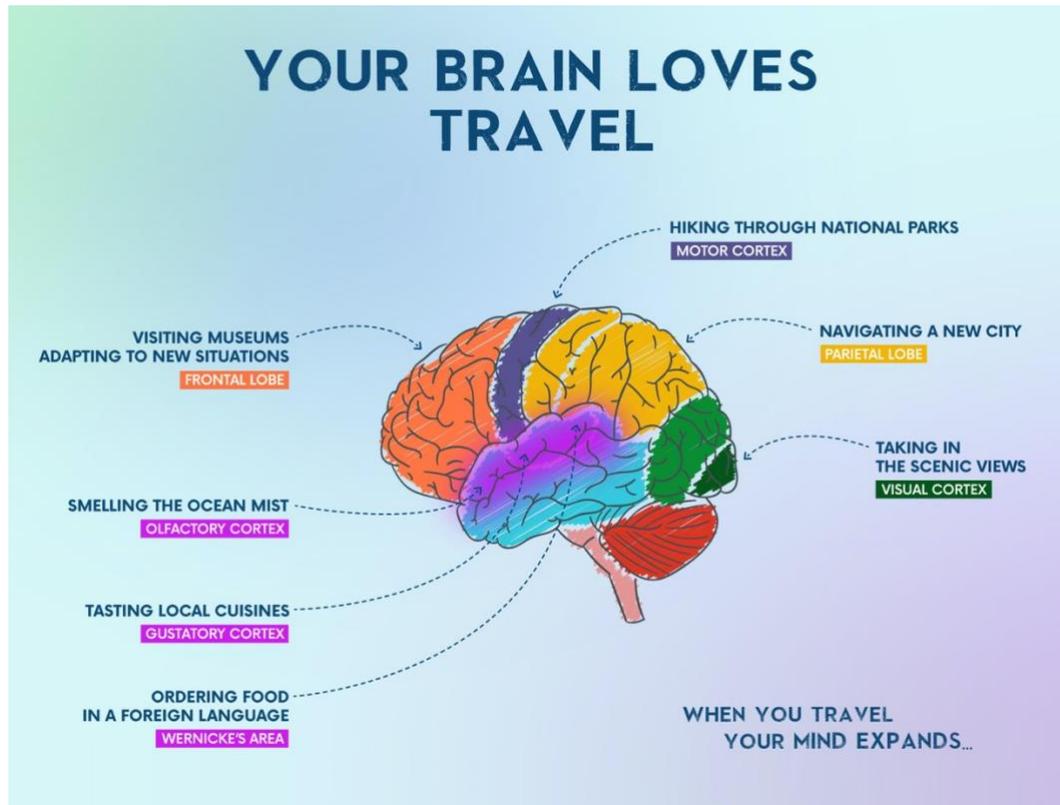
**Prevents fluid retention.** Having better blood circulation is closely related to the sea. Helps heal the skin.

**The salts present in the sea favor the healing of superficial wounds.** It also goes very well to treat acne and other skin problems. Living near the sea is not only pleasant for our eyes, but it is also beneficial for our bodies and our heads. It is not surprising then that when we are stressed, sitting in front of the sea for a few moments calms us down. They are not only sensations, but the sea really has this healing and reassuring power that is so necessary in our day-to-day life.

- At the end of the 19th century, René Quinton, a French researcher, discovered that the composition of seawater is very similar to the medium in which our cells develop. That is, the components of seawater are very similar to our plasma (blood).
- Quinton developed a scientific theory about marine therapy, in which it is determined that diseases are, in fact, an intoxication of the internal environment at the cellular level. For the cells to carry out their functions correctly, they must enjoy a balanced internal environment



to prevent the organs from deteriorating. And that internal medium (plasma) is analogous to sea water.



The chart above shows how the brain's cognitive abilities get stimuli from traveling to new places, smelling the ocean mist, and engaging in new outdoor activities. Cruise ships, yacht charters and beach days make positive changes in a person's mind and overall health, especially when traveling to another town or country. [How traveling changes your brain](#) has been the subject of many articles including the one by the portal Adventures.com.

Sosua Catamaran is exploring the benefits of the ocean in people's health and mind, and the Dominican Republic as the topmost Caribbean wellness destination. Private and collective yacht charters in the island take the visitors to an eco-friendly, ocean loving experience that lets people interact with reef fish, integrating nature and creating awareness.



A study by the South African College of Applied Psychology [published in 2017](#) added more insight into the subject:

- Staring at the ocean changes our brain waves' frequency and puts us into a mild meditative state.
- Listening to the waves activates the parasympathetic nervous system, which makes us more relaxed.
- In addition, the negative ions in the sea breeze have a mood-boosting effect.
- Long associated with feelings of peace and calm, blue color has also been shown to enhance creativity.
- Sea water, detoxifies, oxygenates, alkalizes and nourishes your body.

If we take into account that diseases develop in acidic environments, it will be easy for us to understand that seawater, with alkaline properties, works as an alkalizer for our body, which can help us prevent diseases.

That is, by drinking seawater, our body detoxifies, oxygenates, alkalizes, nourishes and restores. Among the benefits of drinking seawater, we can highlight the following:

- It helps our body to process food better, avoiding heavy digestions.
- Helps in the absorption of nutrients through the intestinal tract.
- Eliminates excess acidity from the cells of the body.
- Regulates blood pressure (mixed with fresh water).
- Helps cell regeneration.
- Cleans the lungs of mucus.
- Helps eliminate colds and congestion.
- Provides hardness to the bones (salt deficiency, or consuming refined salt, is one of the main causes of osteoporosis).
- Regulates sleep.

## Salt: Essential Ingredient

Sea salt is a basic ingredient in our lives. Most of the time we consider that its use is limited to the food area, but sea salt is also part of various industries, as it is an element of great versatility and has many properties that provide health benefits.



To begin with, it must be established that the properties of sea salt are very diverse, since this mineral is of natural origin and does not go through major chemical processes, which ensures that its properties are preserved.

The properties of sea salt are notable within the scope of our health, largely due to its contribution of minerals.

But there are also people who have superstitions about salt, and attribute spiritual and supernatural properties to it, such as the ability to protect us against ghosts or evil spirits. Hence, we throw salt over our shoulders when we drop it or that salt can cause us bad or good luck.

On the other hand, the same physical constitution of sea salt allows it to be used in many ways.

Some of the properties of sea salt are:

Properties of sea salt for its physical qualities

#### 1) Composition

Salt or sodium chloride (NaCl) -its scientific name- is an element that is composed mainly of sodium and chlorine, but also has the presence of other minerals. These trace elements enrich the composition of the salt and provide it with various health benefits.

#### 2) Natural origin

Sea salt, as its name indicates, is that which comes from sea water. It is a natural product that is extracted by the solar evaporation method, which ensures that its beneficial properties are preserved.

The ocean is made up mostly of chlorine and sodium, but after these, magnesium is also abundant in seawater, almost in the same proportions as chlorine. Apart from these, there is also a wide variety of mineral elements, among which are:

Sulfur.

Calcium.

Potassium.

Bromine.

Strontium.

Boron.

Fluorine.

In total, seawater has about 80 trace elements in its composition. This means that sea salt is full of traces of these minerals and can offer its benefits to the human body.

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