

The Differences Between Salts

TABLE SALT is an industrial toxic salt. It is so called "chemically cleaned" and heated at 1200 degrees. This divides and isolates the sodium-chloride bond, which turns the salt into a foreign substance to the body. This, along with the addition of toxic chemicals like fluoride and iodine, is a major cause of high blood pressure as well as a whole host of other health issues.

SEA SALT OR CELTIC SALT has some minerals still present; from 15 to 70 minerals depending on the source, but is much less effective because of pollution in the waters from which it comes. Almost 90% of all sea salt is "refined" or heated. This destroys the electrolytic energy and cross-bonding of the mineral salts. Also the addition of silicon dioxide or other anti-caking agents take this salt further from the realm of pure and raw.

HIMALAYAN CRYSTAL SALT was created 250 million years ago when the Earth's plates collided and formed the Himalayan mountains. This trapped the salt, and the tectonic pressure created the crystalline structure unique to this salt alone. It has been preserved, untouched under the base of the Himalayan mountains for millions of years. It has never seen any pollutants and therefore you get to experience it in its raw and pure form. It is never heated or treated in any way. Complete with all 84 minerals found in our bodies, these minerals carry an active electric charge, energizing and harmonizing our bodies on a cellular level. It is the only salt on the planet that when looked at under an electron microscope reveals a perfect crystalline structure. This salt is alive, and it came from the same primordial ocean that we seem to have originated in.

The benefits of natural Himalayan Crystal Salt are impressive containing all of the 84 trace minerals found in our bodies:

The **Gourmet Himalayan salt** is very healthy to eat! This salt is very different from "table salt", or "sea salt". (Please see "*The Difference Between Salts*" handout), Sodium regulates blood pressure and water retention in our bodies, and is responsible for cell to cell communication in the body. However it is critical that we consume the form of sodium our body can recognize and easily absorb, utilize, and eliminate. The Himalayan salt is the most natural raw, mineral abundant sodium source known to man, and has been used for centuries by Kings and Queens.

Balancing our bodies in so many ways, the **Sole Solution** is a great way to ingest the Himalayan salt every morning. Firstly, this brings us to a healthy PH, on a cellular level, thus ensuring we do not run too acidic. With energetically alive electrolytes, the Sole Solution can reduce and eliminate chronic muscle cramping and dehydration. It balances the blood pressure and water retention of our bodies. It helps us to absorb nutrients better in our intestinal tract, and the Himalayan salt carries the resonant frequency of our blood, thus giving us our vibration back. It is the carrier, the conduit for electricity to travel in our body. This is hydroelectric energy on a cellular level. Hydrating and energizing our bodies at their foundation.

By soaking either in the tub, or just a foot soak, the **Himalayan Bath salt** will detoxify your body by pulling toxins out through the skin. In particular the Himalayan salt is especially efficient at removing heavy metals, and killing bacteria and fungus. By soaking you will also be absorbing the 84 trace minerals into your cells very effectively. This actually hydrates the skin, leaving it soft and healthy.

By using a **Salt Inhaler** you can benefit from the microscopic salt particles being in the air and cleansing your entire respiratory system. This healing modality is known as speleo-therapy, and is very popular in Europe, where it has been used for thousands of years. People who suffer from any breathing difficulty are amazed at how much the inhaler helps them to breath better. It does work well in conjunction with a neti pot.

The **Himalayan salt lamps** are a beautiful way to clean the air of dust, pollens, molds, fungus, and odors. They do this by creating negatively charged ions into the air. This is also helpful for people who have breathing difficulties, especially allergies. Plants grow better, animals don't fight as much, and we are naturally happier in environments rich in negative ions. Our technologies; computers, cell phones, microwaves, T.V.s, fluorescent lights, etc... all emit positive ions, which wreak havoc on cell to cell communication in the body. The lamps are one way to offset some of this invisible air pollution.