

## **"The many uses of Himalayan Salt and the "Sole" Solution"**

### **Why use Himalayan Salt?**

"Common table salt is actually 97.5% sodium chloride and 2.5% chemicals such as moisture absorbents and iodine. Dried at over 1.200 degrees Fahrenheit, the excessive heat alters the natural chemical structure of the salt causing the potential for a myriad of health problems in your body." - Dr Joseph Mercola

"...all of us have in our veins the exact same percentage of salt in our blood that exists in the ocean, and, therefore, we have salt in our blood, in our sweat, in our tears. We are tied to the ocean." - John F Kennedy

Salt consumption for health is considered by the orthodoxy to be 'irresponsible' and 'dangerous', yet, so far as proper research has shown, the only danger to the public lies in common table salt, an industrial poison, which has been refined from Nature's storehouse to remove all elements but sodium chloride, then fortified with iodine and various fillers for the supermarket shelves. Some say we ended up with this particular compound due to industry's colossal use of it. Whatever the reason, table salt is not real 'salt' as the ancients knew it and its dangers are well touted:

- It destabilises blood pressure
- Can cause cellulite, kidney stones and rheumatism
- Upsets your fluid balance
- Acts as a diuretic (expels water from cells)
- Thereby a cell-toxin
- Contains the endocrine disrupters, fluoride and iodine
- Contains fillers such as calcium carbonate and aluminum hydroxide, the latter aluminium implicated in Alzheimer's Disease

Some PR job to convince the world we need it! Yet, as we're about to find out, 'salt' is essential for the body's systems. Farmers know if they don't put out the salt licks for their cattle, they die.

This is real salt as Nature intended, not the truncated, worse than useless mess made of it in the refining process.

Enter saltpan salt, sea salt, Celtic salt, **and the pink Dalek of all salts, Himalayan crystallized saltt, or 'white gold' as it's come to be known (light pink gold, actually)**. Far from being the over 'hyped, 'luxury' saltt scorned by the media, leading Internet physician, **Dr Joseph Mercola, declares that this mother of all salts:**

- Regulates the water content throughout your body
- Balances excess acidity from your cells, particularly your brain cells
- Balances your blood sugar levels and helps reduce your aging rate
- Assists in the generation of hydroelectric energy in cells in your body and absorption of food particles through your intestinal tract
- Helps clear mucus plugs and phlegm from your lungs - particularly useful in asthma and cystic fibrosis
- Acts as a strong natural antihistamine to help clear up congestion in your sinuses
- Prevents varicose veins and spider veins on your legs and thighs
- Stabilizes irregular heartbeats - in conjunction with water, (salt) is actually essential for the regulation of blood pressure

Sea salt is sometimes used by those who wish to safeguard their health. The problem is, while sea salt is heavily mineralized, it can also contain industrial poisons cast into the oceans over the years. For that reason more pristine salts are often preferred - hence today's preference for the Himalayan variety.

Sea salt naturally contains mineral elements that the body needs. Some of these elements are needed in trace amounts. Unrefined sea salt is a better choice of salt than other types of salt on the market. For instance, ordinary table salt has been stripped of its companion elements and contains additive elements such as aluminum silicate to keep it powdery and porous. Aluminum is a very toxic element in our nervous system. It is implicated as one of the primary causes of Alzheimer's disease.

The color of Himalayan Saltt Chunks vary from translucent and colorless to beautiful shades of light pink to darker red.

## Salt of the Ancients

Hendel and Ferrieira write: 'Upon close examination, we find that the human body is made primarily of water and salt. Natural crystal salt contains all the elements of which the human body is comprised.

...Our ancestors were already aware of the crucial necessity of salt, Wherever they found salt they guarded it like a treasure. Later in history, salt was called white gold and was the subject of political power plays, which oftentimes resulted in war. Roman soldiers were actually paid with salt, which is reflected in the word salary'. Salt was more important for survival than gold.'

Salt is a vital substance for the survival of all living creatures, particularly humans, and especially people with asthma, allergies and autoimmune disease.

Salt is a 'medication' that has been used by healers throughout the ages. In certain cultures, it is worth its weight in gold and is, in fact, exchanged weight for weight for gold. In desert countries, people know that salt intake is their insurance for survival. To these people, salt mines are synonymous with gold mines.

After many hears of salt being bad-mouthed by ignorant health professionals and their media parrots, the importance of salt as a dietary supplement is once again being acknowledged and recognized. I was one of the early voices bringing about this change. - Dr Batmanghelidj

*Himalayan Salt is mined from an unpolluted source; salt seams that run through the Himalayan Mountains. The sea bed was pushed into the mountains millions of years ago, when they were formed.*

*Himalayan Salt has the finest crystallized molecule of any salt due to the millions of years of extreme pressure it has endured. Due to the molecule of Himalayan salt, our body can easily absorb it's minerals & iodine and eliminate the Sodium Chloride. Himalayan Salt is famous for being naturally focalized with 84 minerals & iodine. Himalayan Salt Chunks are the perfect choice for making a brine solution/Sole solution.*

***Saltt and water together is essential for a healthy body.***

### How much Salt do you need?

As a rough rule of thumb, you need about 3 grams of salt - a half-teaspoon- for every 10 glasses of water, or a quarter teaspoon per litre of water. You should take salt throughout the day. If you exercise and sweat, you need more salt. In these climates, salt makes the difference between survival and better health and heat exhaustion and death.

**Warning!** You must at the same time not overdo salt. You must observe the ratio of salt and water needs of the body. You must always make sure you drink enough water to wash the excess salt out of the body. If your weight suddenly goes up in one day, you have taken too much salt. Hold back on salt intake for one day and drink plenty of water to increase your urine output and get rid of your swelling.

**Those in heart failure - or kidney failure requiring dialysis - MUST consult with their doctors before increasing salt intake.**

It is also important to drink a lot of clean water every day!

### How much water should you drink?

Drink water any time you feel thirst, even in the middle of a meal. Remember, children need water for cell growth. Naturally, smaller children need less water than grown-ups. A rough rule of thumb of how much water a person needs is half one's body weight in ounces of water every day. A 60-pound/27kg child then will need about 30oz/850gms of water (approx 4 x 8 oz glasses). Some children might need 3/4 of their body weight in ounces of water. They will also need to take some extra salt.

As we age, we lose our thirst sensation and do not recognize our bodies are thirsty. Chronic dehydration in the elderly can cause heart and kidney damage. Those with heart problems and kidney disease, and who are under treatment, should increase their water intake slowly and, if possible, under the supervision of the physician. Urine production should increase with additional water intake. If within two full days, there is no indication of more urine being produced, a physician should be consulted. The colour of urine in a dehydrated person (who is not taking B vitamins that can colour the urine) is dark yellow to orange. In a better hydrated person, the urine is lighter in colour.

Children and adults who get asthma attacks with exercise and strenuous effort should always remember to drink water before they begin exercising and to stop drinking caffeine-containing sodas. They should also take some salt before exercise - salt will increase stamina during exercise. They should reduce their orange juice intake (if more than two glasses). Because of its high potassium content, orange juice in large quantities can predispose a sufferer to an asthma attack. The water needs of the body cannot be fully replaced by juices or other potassium-containing beverages. The same applies to milk. It is safer to add a little salt to the orange juice to balance the sodium/potassium intake when one wants to drink orange juice.

**Note** - My introduction is taken from the writings of F. Batmanghelidj MD & Phillip Day, from their book - The essential guide to Water and Salt. Their book is available through my Salt Trading website and is an excellent source of information on how to naturally and simply heal the body with water & salt. [www.salt.com.au](http://www.salt.com.au)

### **Making the Salt Sole Solution**

There is value in taking salt as a Salt Sole Solution. The salt is already saturated, and the water is already charged. Energy and mineral deposits released from the salt are quickly and easily absorbed into the bloodstream and cell. The energy component stores in the body for 24 hours. Taken every day 'Salt Sole' maintains an optimum opportunity for a healthy body.

***Preparation of Sole*** - Fill jar of chunks with good, clean spring water or filtered tap water to cover salt chunks. When the water can no longer dissolve any more salt, the salt crystals will sit at the bottom of the jar without dissolving. (Takes approx. 4 hours) At this point the solution will have become saturated at 26%, and ready to use as a Salt Sole Solution. The 26% concentration will remain stable. Refill with water as required until the Salt diminishes.

***Recommendation*** - Every morning take 1 - 2 teaspoon of Salt Sole (one teaspoon of Sole equals just 1/4 teaspoon of salt) with a glass of water on an empty stomach. Best to wait 10 minutes before eating or drinking anything . Naturally, drink lots of water throughout the day.

### By drinking Sole everyday it may:

- **Balance & Restore Your Energy** - Replacing Electrolytes with the natural energy stored in the crystals.
- **Balance the pH Factor** of your Body. The Sole harmonizes the alkaline/acidity balance in the body
- **Help with Skin Diseases** by cleaning from inside out.
- **Get Rid of Heavy Metals** such as Lead, Mercury, Arsenic, Amalgam and Calcium because the Crystal Salt is able to break up their Molecular Structures.
- **Can lower the Craving for Addictive Desires.**

You may also notice significant changes in respiratory, circulatory, organ, connective tissue and nervous system functions. Also, increased quality of sleep, energy and concentration levels, brain activity, weight loss, enhanced consciousness and noticeable hair and nail growth.

### Targeting health with Salt

- **Taking Saltt Sole as a saturated mineral solution, replenishing minerals to the cell**

Crystallized inside the matrix structure of Himalayan Saltt is 84 ionic minerals, with a molecule small enough to penetrate the human cells. When combined with good quality artesian or spring water, in the form of Sole (so-lay), the body can easily assimilate and metabolize the concentrated salty solution. Used daily it is extremely valuable to help balance and restore body functions and replenish minerals to the cell.

- **Fueling hydroelectric energy**

Water & Saltt is used to make electricity inside the cells to energize the intricate functions that keep the cells alive and productive. In this energy-generating process, the appropriate minerals are also relocated to balance the osmotic ratio between the outside and inside of the cells.

At the cell membrane, the osmotic flow of water can also generate 'hydroelectric' energy (voltage gradient) that is stored in the energy pools in form of ATP (adenosine triphosphate) and

GTP (guanosine triphosphate) and used for elemental (cation) exchanges, particularly in neurotransmission. ATP is a chemical source of energy in the body, so is GTP. Sole (water & salt) is vital for the generation of hydroelectric energy in all of the cells in the body. It is used for local power generation at the sites of energy need by the cells.

- **Blood Pressure**

Sole is valuable for balancing sugar levels, for stabilizing blood pressure, and stabilizing irregular heartbeats. Contrary to the misconception that salt causes high blood pressure, salt is actually essential for the regulation of blood pressure - in conjunction with water. Naturally, the proportions of salt taken are critical. A low-salt diet with high water intake will, in some people, actually cause the blood pressure to rise. As a secondary complication, it can also cause asthma-like shortness of breath. The logic is simple. If you drink water and do not take salt, the water will not stay in the blood circulation adequately to completely fill all the blood vessels. In some, this will cause fainting, and in others, it will cause tightening of the arteries- and eventually constriction of bronchioles in the lungs- to the point of registering a rise in blood pressure, complicated by breathlessness. One or two glasses of water and some salt- a little of it on the tongue- will quickly and efficiently quieten a racing and 'thumping' heart, and in the long run, will reduce the blood pressure and cure breathlessness.

- **Alkalize the body**

Sole can harmonize the alkaline/acidity balance in the body. Salt is vital for the kidneys to clear excess acidity and pass the acidity into the urine. Without sufficient salt in the body, the body will become increasingly acidic.

Salt is vital for extracting excess acidity from inside the cells, particularly the brain cells. If you don't want Alzheimer's disease, don't go salt-free, and don't let them put you on diuretic medications for long!

- **Making the structure of bones firm** - 27% of the body's salt is in the bones
- **For preventing varicose veins and spider veins** on the legs and thighs
- **For the prevention of muscle cramps** Salt is essential for the prevention of cramps.

- **Sleep Regulation**

Salt is vital for sleep regulation. It is a natural hypnotic. If you drink a full glass of water, then put a few grains of salt on your tongue, and let it stay there, you will fall into a natural, deep sleep. Don't use salt on your tongue unless you also drink water. Repeated use of salt by itself might cause nose bleeds.

- **Doing a salt purge for a colon cleanse**

This article written by Richard A Bowen, is the best explanation of the benefits of a salt cleanse I have seen so I have shared here, his entire article.

### **Salt Water Purge Is God's Miracle For Constipation & Detoxification**

By: Richard A. Bowen Source: <http://www.healthtruthrevealed.com> August 12, 2007

### **Salt Water Purge Helps Keep You Healthy — For Pennies A Week!**

The search has been ongoing: How to purge the body of toxins efficiently, effectively, and economically. Now you can do it yourself.

This simple salt water purge expunges and eliminates toxins from your body super efficiently, at home, in private, for literally pennies a week, without having to schedule a visit to the spa, without having to spend a small fortune on colonics, herbal cleansers, laxatives, manipulations, and massage.

Developed by a Johns Hopkins University Hospital doctor in the 1920's and described in a prominent medical journal at the time, its effectiveness and down-home practicality eventually lost out to more exotic, extravagant, expensive, and usually less effective methods. Today, thousands are using it to help battle unwise food choices and their resulting toxic build up. In addition, the "salt water" can also effectively eliminate poisons that we take in unintentionally from the air and water.

### **Nutrition and an Inwardly Clean Body**

While many holistic doctors are beginning to acknowledge the positive results of supplying the body with whole, natural foods, and while this is a definite step toward better health and long life, without the body being able to absorb nutrition properly, wholesome food cannot supply the nutrition it is supposed to. For this, the inner parts of the body through which nutrition is absorbed must be clean.



Although fasting, herbal cleansers, natural laxatives, and colonics can be effective for inner cleansing; this purge cleans the entire alimentary canal from mouth to anus. (Colonics, although similar in some respects, clean only the colon.) Additionally, this salt water cleanser, after it has cleaned the alimentary canal, begins to clean at the cellular level, removing toxins and wastes that may have accumulated in and around the cells. Thus, the body can absorb nutrition from the food, and the cells can absorb the nutrition from the body.

## **FAQ's**

Before learning about the details, let's address two frequently asked questions.

"Isn't salt bad for you?" The salt water solution is the same specific gravity (the same salt content) as the rest of the saline based fluids of the body. It therefore passes out of the alimentary canal without being absorbed or retained.

Furthermore, once the system is clean and balanced, using a little salt to flavor your food will do no harm because the body is functioning properly, eliminating wastes, and absorbing nutrition as it should. As a result, the body can easily process salt along with other minerals and vitamins.

"Will elimination become dependent on this salt water cleanser?" No. If you use the salt water often, preferable every day, the waste elimination process in the body is given assistance, which is particularly important today when there are so many pollutants and contaminants in our air, water and soil. At any rate, should you stop using the salt water, your body will go back to eliminating waste as efficiently (or as inefficiently) as it did before. It's like wearing shoes: you can walk without them, but wearing them makes walking easier and safer.

## **Now for the details.**

### **Salt Water Ingredients and Instructions**

On a fasted stomach first thing in the morning, before eating or drinking anything, drink one quart of tepid water into which you have measured exactly two teaspoons of salt. The measurements must be exact. Measure the water into a measuring cup or a jug with a quart mark (.95 liter) clearly indicated; measure the salt by placing it into a measuring teaspoon and then leveling it off with the straight, back edge of a knife. Some teaspoons are full teaspoons when they are rounded. Be sure the teaspoon you are using is meant to be leveled off.

Drink the quart of salt water in about ten minutes. You do not have to "chug" it, but neither

should you sip it for a half hour. Stay near a bathroom, because a short time later the salt water will be eliminated through your bowels and colon carrying waste material with it.

### **The Gritty Details**

The salt water mixture has the same salt content as the other saline fluids in your body, like blood, tears and sweat, and therefore passes through it without being absorbed or retained. When the body recognizes the salt water as an extra “portion,” if you will, of waste eliminating fluid, it says, “Great. I think I will use it to help eliminate all this waste that is accumulating in here.” Once it dumps the waste matter into the salt water, it flows out of you mixed along with a lot of junk. After that waste is gone, which may take as long as a few months, the body starts cleaning on a cellular level.

The digestive tract is a pressurized system. The capacity of the stomach is about two cups (.47 liter) liquid. After drinking one-half of the quart of salt water (two cups), the pressure created in the stomach opens the valve between the stomach and small intestines. At this point the salt water flows into the small intestines and begins its cleaning work there. After drinking two more cups and finishing the quart, the further pressure from the additional two cups opens the valve between the small intestines and the large intestines, and the salt water begins its cleaning work in the large intestines. Eventually the water is eliminated through the colon, taking a lot of garbage with it.

The reason we want the digestive system to be clean is so that it can absorb nutrition. Nutrition from most food, after digestion, is absorbed into the blood stream , which are lined with small,\*through the walls of the small intestines hair-like brushes called villi. The spaces between the villi are where nutrition is absorbed. These spaces must be free of waste material in order for vitamins, minerals and nutrients to pass between them, through the intestinal walls and into the blood stream. When the salt water cleans out the spaces between the villi, nutrition can be absorbed as it should.

### **More FAQ's, More Answers**

“Should I take it every day?” Yes, if possible. In addition to promoting healing, most likely will find you have more energy, feel better, are less prone to many illnesses, including obesity.

“What if the salt water does not come out my colon?” It’s OK; it only means your kidneys need flushing. Keep taking it; eventually your kidneys will be flushed and it will start to work on your digestive tract.

“How long do I have to wait before I can eat breakfast?” Because it takes five minutes or less for the salt water to pass out of the stomach and into the small intestines, you can eat breakfast five minutes after finishing the quart of salt water.

I have been using the salt water purge every day for the past 27 years. I feel it is no coincidence that the last time I saw a doctor was...27 years ago.

The foregoing material is informational only; it is not intended as medical advice.

\* Most foods, protein, carbohydrates and starches, are digested and absorbed into the blood stream through the intestines. The exception is sugar. Both natural sugars like those in fruit, and unnatural refined sugars like those in candy bars and soda pop, are absorbed into the blood stream in the stomach.

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- **Reducing a double chin**

Salt is vital for reducing a double chin. When the body is short of salt, it means the body really is short of water. The salivary glands sense the salt shortage and are obligated to produce more saliva to lubricate the act of chewing and swallowing and also to supply the stomach with water that it needs for breaking down foods. Circulation to the salivary glands increases and the blood vessels become 'leaky' in order to supply the glands with more water to manufacture saliva. This 'leakiness' spills to areas beyond the glands themselves, causing increased bulk under the skin of the chin, the cheeks and into the neck.

- **Cholesterol**

Excess cholesterol formation is the result of dehydration. It is the dehydration that causes many different diseases and not the level of cholesterol in the circulation blood. It is therefore more prudent to attend to our daily water intake rather than to what foods we eat. With proper enzyme

activity, any food can be digested, including its cholesterol content. Anyone can reduce their cholesterol levels without too much anxiety about their food intake. All you have to do is drink more water before your meals. If you take regular daily walks, cholesterol levels will further reduce during the following months.

If increased water intake lowers cholesterol levels, only to rise again, make sure your body is not getting short of salt. The importance of this has already been explained. You should realise that cholesterol is the basic building block for most hormones in the human body. Naturally, a basic drive for increased hormone production will also raise the rate of cholesterol production.

- **Diabetes**

Salt is a vitally needed element in the treatment of diabetics. It helps balance the sugar levels in the blood and reduces the need for insulin in those who have to inject the chemical to regulate their blood sugar levels. Water and salt reduce the extent of secondary damage associated with diabetes.

- **Infections**

Salt Sole is perfect for cleaning infections and skin diseases. Salt kills bacteria.

- **Rashes, bites and stings**

Salt draws the moisture out of lesions caused by rashes, such as poison ivy. With bites or stings, salt reduces the swelling, which eases the itching sensation because the body's nerves fire less frequently. Here are three ways doctors say it can help reduce itching from bee stings, mosquito bites or poison ivy:

- **Make a compress:** Soak a cotton washcloth in cold water that has been mixed with Himalayan salt (two tablespoons per cup), then apply to the skin.
- **Create a paste:** Add a teaspoon of Himalayan salt to about a cup of hot water until it dissolves, chill the solution in the fridge for 20 minutes and apply to the skin. Note: Clean the skin and pat dry before applying the paste.
- **Take a salt bath:** Add two cups of Himalayan salt to the water in a standard-sized bathtub and soak for at least 12 minutes. The salt will dissolve quicker if you put it under the running water.

- **Pain relief**

Saltt Sole is vital to the operation of the nerve cells for our bodies communication and information processing. Saltt is a strong, natural antihistamine.

Fill a linen or cotton bag with saltt crystals and heat it in the oven to 50-60 degrees selcius. Put the heated bag directly on your aching joint or other sore body area for 20 min.

If you have joint pains in your hands and feet, you can also have a saltt bath. Water at body temperature (37C) is ideal for this bath.

- **Food absorption**

Saltt Sole is vital for absorption of food particles through the intestinal tract.

- **Eye Baths**

Regular eye baths carried out over a long period of time can improve vision defects associated with aging. Carry out an eye wash every morning and every evening before going to sleep. We recommend additional washes during the day if you are not wearing make-up.

Please ensure that you measure accurately, so that you get exactly 1 gram (1/4 tsp.) in 100 ml of water: this one percent ratio matches the concentration of salt in our tears and so it does not cause burning in the eye.

### Directions

- (1) Obtain a glass eye cup from a local retailer
- (2) Fill a measuring cup with exactly 100 ml (3.4 fluid ounces) of lukewarm water
- (3) Add 1 gram (1/4 tsp.) of Himalayan saltt to the water, stir until salt is dissolved
- (4) Remove any make-up from eyelashes and eyelids thoroughly
- (5) Pour the Saltt Sole solution into the eye cup
- (6) Tip your head forwards and hold the cup against your eye such that no water can escape
- (7) Tip your head backwards so that the sole solution is covering your eye

(8) Blink several times in order to spread the solution over the eye

(9) Keep the eye open and let it circle for several minutes

(10) Repeat the process with the other eye

### **Examples Of Use**

Dry eyes, Eyestrain (computer work), Environmental defence, Age-related vision concerns, Eye cleansing

- **Brushing Teeth**

For thousands of years, men and women from the Himalayas implemented **Himalayan salt t** as a technique of cleaning and strengthening their teeth, prevent cavities and avoiding gingivitis.

Most common tooth problems derive from an over acidic condition in the mouth and throat. The saltt will build up a pH neutral mouth flora and will help protect your tooth enamel.

**How to use:** Brush your teeth every morning with concentrated Saltt Sole solution. You can add baking soda to the Sole for additional benefits. Take a mouthful of the Sole & soda solution. Brush as usual with your toothbrush.

To Rinse: Rinse Sole through your teeth with the help of your tongue. Gargle with brine for about three minutes, then spit it out again.

Saltt contains a component called potassium that prevents the gums from bleeding. Combined with the various minerals and nutrients in Himalayan crystal saltt, you can find calcium: a mineral which fortifies as well as whitens your teeth. Applying pure Saltt Sole solution any time you brush your teeth won't just help make your teeth whiter and cleaner, it will make your breath fresher!

- **Throat gargle/ Mouth wash**

One of the fastest but very effective home remedies to make your own mouthwash is to dissolve one teaspoon of Himalayan Saltt in one cup of very warm water. The water should be as warm as you can take it because you have to gargle with it. Gargle with the saltt water. Repeat as often as necessary. Pure Saltt Sole Solution is ready to use as a general mouthwash or throat gargle.

- **Gum infections**

For those who have sore and bleeding gums, gargling 3 to 4 times every day using Himalayan salt and water solution ( Sole) might help. An infected tooth is usually agonizing and also makes your entire body hurt. Using Himalayan Salt Sole solution by swishing it through the aching tooth can help remove the pathogenic agents and eliminate bacteria and germs.

- **Bone Strength Enhancer**

Generally, peak bone mass is reached by both genders between the age of 25 and 35 years. With progressing age heavy toxins accumulate in the joints and eat away at our joints due to lack of minerals in the food supply, wrong food choices, lack of physical activity and dropping hormone levels. Our body becomes depleted of vital minerals and as a result our bones get demineralized. The consequences are weak and brittle bones, the joints become causing arthritis or bones that break easily. Bone loss as a skeletal disease is considered a silent disease because its condition is created over many years and in most cases is not diagnosed until a broken wrist, hip or leg occurs.

It is always better to prevent bone loss by using Himalayan salt in the daily diet because the salt contains eleven minerals which are important for healthy bones such as: Calcium, Magnesium, Manganese, Sulfur, Silicon, Zinc, Copper, Phosphorus, Iodine, Vanadium, and Fluoride. It is recommended to switch from table salt to Himalayan salt.

- **Psoriasis**

Treating your psoriasis at home – Every morning, on an empty stomach, drink a glass of water with 1tsp.of Salt Sole water. Drink 2-3 litres of spring water during the day. Take a salt bath 2 times a week for 10-20 minutes. Start with a 3% brine concentration ( 1.5 kilograms of pure Himalayan crystal salt deluded in a 1/2 bath tub). Gradually increase the concentration up to 8% with your next baths. The brine bath will not only moisture your skin but also help stop inflammations. A highly concentrated brine bath can be straining and gets more so with increasing temperature. Use a temperature that feels comfortable for you but not more than the body temperature of 37°C. You can achieve even greater effect by letting the sun dry you off. 5-10 minutes will be sufficient. The parts of the body that are more infected than others, like elbows and knees, can be massaged with the Salt Sole Solution or targeted with a salt bar.

- **Moon Rhythm Bathing** – Observations with the moon rhythm have shown that the best results can be achieved when taking a Saltt brine bath at the time of moon change.
- **Full Moon Bath** – On the day of the full moon the healing process of the body is at its peak as is its absorption potential. At full moon, the body will absorb the most minerals from the saltt bath. The mineral materials penetrate and are absorbed into the skin in the form of ions. Bio-energetic weak points are harmonized and the body's own energy flow is activated.
- **New Moon Bath** – At new moon, the body's capacity for detoxification is at its highest. This is a perfect time for a cleansing saltt bath. The saltwater bath has a de-slagging effect, similar to a four-day chamfering cure. Weight adjustment and decontamination of the body are supported.

***Application:*** For both moon rhythm baths, add 1 kg crystal saltts in a bathtub with enough water to dissolve the crystals, approx. 1 hour. After the saltt crystals are dissolved, fill the tub with warm bath water (approx. body temperature). Don't use any chemical substance in this special bath. Bathe 15 to 20 minutes in the brine. You can expect this saltwater bath to be exactly as floating in the original embryonic solution. After the bath do not towel or rub dry but let the skin air dry naturally.

- **Eliminate stores of heavy metals from the body**

Use Saltt Sole to cleanse the body of heavy metal build up. Himalayan Crystal Saltt is able to break up their molecular structures and eliminate from the body, heavy metals such as lead, mercury, amalgam, calcium and arsenic. Even animal proteins, which are difficult to break down and eliminate, will be eliminated through the urine due to the powerful properties of the ionized minerals contained in Himalayan Saltt.

- **Gargling for colds and sore throats**

Painful throat swelling and difficulty in eating and drinking are indicators that the throat is infected by either virus or bacteria. There is a lot of medicine on the market but one of the best, cheapest and most effective is to treat the infection with Saltt Sole solution. Himalayan crystal saltt can battle viruses, bacteria and fungi. Mix the 'Saltt Sole' with some warm water and use it for gargling to kill the infection.



- **Sinus**

Salt Inhalation – Heat water until boiling. Add the saltt 15 grams. for each 1 litre of water) and let it dissolve. Cover your head with a towel and inhale the vapors, keeping your face far enough away from the hot steam so as not to burn yourself.

- **Acne**

Taking a mixture of one teaspoon of Saltt Sole in a small glass of water every morning will provide nutrients and elements to the skin helping and preventing common skin conditions. Nevertheless as we age, skin can get dry, wrinkles appear and all kinds of skin problems show up.

Himalayan crystal saltt Sole balances the skin's acid mantle for regeneration and optimum healing of damaged cells. The saltt helps to increase circulation to the affected areas, detoxifying the skin so that minerals can be absorbed easily. It supplies the dermal cells with necessary nutrition and sufficient supply of minerals that are essential for optimum skin health such as: Zinc, Sulfur, Iodine and Chromium.

**Zinc** promotes a healthy immune system, the healing of wounds and tissues and helps prevent scarring. By regulating the activity of the oil glands it helps prevent acne.

**Sulfur** is a mineral without which we suffer from dry scalps, rashes, eczema and acne. It keeps skin clear and smooth.

**Iodine** increases oxygen consumption and the metabolic rate of the skin and therefore helps the healing of skin infections.

**Chromium** reduces skin infections and fights acne.

Simply dab the Saltt Sole Solution on the affected areas. Saltt Sole helps cleaning and detoxifying.

For larger areas use a bowl and soak the parts in it or take a Saltt Sole bath.

- **Arthritis / Gout**

On an empty stomach drink 1 tsp. of “Saltt Sole Solution”. Continue drinking good quality water throughout the day – at least 2 litres. Soak a bandage with pure Saltt Sole solution (26%) and apply it to your infected areas. Wrap with dry cloth bandage.

- **Flu and Fever Relief**

Flu and Fever Relief – Dip a clean cotton shirt in a 3% brine solution – 2 Tbls of crystal saltt diluted in 2 litre of water. Rinse the shirt thoroughly and put it on. Cover (wrap) yourself in a dry towel and lay in bed (covered with your blanket.) After about half an hour you will start sweating. *You can support the effect by drinking a cup of relaxing herbal tea. Stay in bed for 60 to 90 minutes.* Take off your shirt and shower. Treat yourself to an hour rest. This procedure is an excellent detoxification tool and activates the metabolism. The saltt brine shirt shows excellent results with flues with high temperatures. In such cases it is better than the brine bath.

- **Better Hydration - Put saltt in your water bottle**

Many people notice that no matter how much water they drink, they still feel dehydrated. This is due to the lack of healthy saltt inside the body. Adding Saltt Sole or Himalayan saltt crystals to your water satisfies thirst longer because the mineral content holds more of the water you drink within your body.

- **Saltt Spray for beachy hair**

To get beachy waves, nothing beats a great saltt spray. Most hair has some wave in it and this saltt spray will help bring out your natural waves. Add more saltt if you feel the spray needs more. You can also use less oil (or none) if you have super fine, oily hair.

**Preparation:** To make a bottle of saltt spray, take a spray bottle and mix in the following ingredients:

- 1 tablespoon of Himalayan Saltt
- 1 teaspoon of olive, extra virgin coconut or jojoba oil
- 3/4 cup of water

Mix and spray on damp hair. Scrunch with your hands as hair air dries, or use a hair dryer, scrunching hair in your palms as you dry from below.

- **To eliminate black energy**

I discovered an interesting article on this topic at:

<http://www.spiritualresearchfoundation.org/articles/id/spiritualresearch/spiritualhealing/saltwaterremedy>

- **Cooking with brine**

Saltt Sole can also be used as a “liquid saltt” for cooking and culinary uses.

- **Fibro Myalgia**

Searching for a way to help people with this symptom is how I found the Himalayan Saltt in 2005.

**Fibro Myalgia - the Symptom** – Merry – Go - Round type pain, from head to toe.

According to the dictionary, Myalgia means rheumatism – or arthritis of the muscles.

**The Cause** – Lymphatic blockage in the shoulders, ankles, lower back & Sacroiliac regions etc

Fibro Myalgia pain may also present itself in the neuro lymphatic points of the adjoining small intestine & kidney meridians.

This dis-ease is sometimes referred to as – arthritis of the muscles. It may be connected to a bladder malfunction. The bladder relies on the bladder meridian for its primary energy to operate in a natural manner.

It seems, blockages in lymph vessels do not allow the lymph fluid to carry out its duty of bringing – acidic and toxic wastes, it has gathered – to lymph glands and tonsils etc. In time, due to the stagnant acid hanging around these areas, these acids crystallise; hence the arthritic type pain in this region. Arthritis is crystallised Acid. Your body is capable of breaking down crystals of acid.

### **Research Suggests there are 3 Types of Fibro Myalgia.**

**Type A** – No Tonsils Factor. Fibro Myalgia A is the most common of the 3 types – about 90% of all cases- this is brought about by the absence of tonsils or disease/malfunction of the same. The lymph fluid is designed to gather acid & toxic wastes (catarrh) and eliminate them via the tonsils – as these organs are inactive, the catarrh moves onto (overloads) the next lymphatic vessel (bladder), hence, arthritis of the muscles type symptom, when the acids crystallize.

**Type B** – Metal in Teeth Factor. Type B is when the catarrh (electro-magnetic charged) is attracted via the metal (mercury Etc.) in teeth, bypassing the tonsils and moving onto (overloading) the bladder meridian.

**Type C** – Sex Operation Factor. Type C is when the problem arrives soon after a hysterectomy or vasectomy operation, the bypassing again overloads other lymphatic vessels, hence pain in the shoulder region (sex circulation meridian, lymphatic vessel – middle finger to chest).

**We suggest:**

- Disperse and Eliminate the Blockages.
- Overcompensate for the Malfunction.
- Maintain a Strong Energy (lymphatic) System so the body can easier eliminate acidic and toxic waste before it crystalises.

**Disperse and Eliminate the Blockages.** We use Acu Press Herbal Lotion to quickly target and disperse blockages. Begin with applying the lotion to your circuit breaker points. No.6 on the body chart. You will probably feel quite tender there. It is important to keep these points free from blockages. These points are likened to the wind up mechanism of a clock, only you are winding up your bodies energy flow. It also helps to open up the message bank to the brain, making the body more responsive to the treatment from the lotion. Now, begin the treatment. Apply lotion directly to the pain region, and then apply to the combination of Fibro Myalgia points on our body chart. The timing program we suggest for the quickest long term relief is – ***Every two hours for the first ten treatments (or 5 times for the first two days whether it is hurting or not. The idea is to target to disperse), then apply just twice a day until satisfaction is reached.***

**Overcompensate for the malfunction.** Don't put too much acidic forming food into the body. Find a good 80/20 diet and drink plenty of clean water. Everything that goes into the body must go out. Your body is already having trouble eliminating acid and toxic wastes. Be aware what work you are giving you body to do. It is easy for the body to work with 80% alkaline forming foods and 20% acid forming foods. Most of us have it the other way around. Arthritic Bombs in the making.

**Maintain a Strong Energy (lymphatic) System.** What fuels the body's energy system???? Salt & Water. Not processed salt from the supermarket. It is poison to the body, often stripped from minerals, bleached and anti caking agents added. Our body requires a natural sea salt rich in minerals. Water & Salt is our body's natural essence. (There are great books available to read on this topic). I did research on products available, and I am passionate and confident about suggesting the Himalayan Crystal Salt. The Himalayan Crystal Salt has a full spectrum of trace elements providing a mineral-rich solution in a naturally balanced concentration for optimal electrolyte replenishment. The salt has the most crystalline molecule of any salt, due to the compression under which it was formed over millions of years embedded in the largest mountains. It is necessary to replace any deficiency and maintain minerals into the blood stream and cellular level of the body.

At school we learn that Salt and Water combined together create an energetic charge. This is the very charge that fuels our body's electrolyte system. We make a Sole Solution (a typical salt & water brine solution) from chunks of Himalayan Crystal Salt. We use the chunks as the bigger the crystal the more energy still entrapped in the crystal. The suggested dosage is just 1or 2 teaspoon of Sole every morning, either with a glass of water or in a glass of water. The energy, from this solution, stores in the body for

24 hours so it suggested you take this solution around the same time every day. This charge fuels the energy system so our body can quicker and easier eliminate toxic and acidic waste.. This salt is very detoxing for the body so drink a lot of water throughout the day to help flush the system. The Himalayan Crystal Salt has are proved results of breaking down acidic buildup and heavy metals which may accumulate in the body. A breakdown of these to a finer molecule of heavy metals is necessary for the body to easier eliminate them.

Continue massaging your circuit breaker points with Acu Press Lotion. This helps to stimulate and maintain a strong lymphatic flow, in turn a quicker elimination. I choose to do this every morning for good maintenance as I personally have no tonsils.

From my experience and success from working with many other patients, this presents my suggested three steps to the recovery and maintenance against Fibro Myalgia.

Personally, I don't believe we should have to spend a lot of money for good health. Nature provides everything we need.

*Many Pain Free Days!*

Sharyn Cook

**Here are some ways to use our unrefined table textures.**

**Cooking /Seasoning-** Fine Ground, Granular or Crystal textures are available for table use.

**Body Scrubs** made with Himalayan Saltt as the exfoliate, are easy to make or available on our website: [www.saltt.com.au](http://www.saltt.com.au)

**Stop ticklish coughs** - put a saltt crystal under your tongue and suck on it. Your tickly cough will disappear

**Herb Saltt mixes & Saltt rubs** - Recipes are available on my website: [www.saltt.com.au](http://www.saltt.com.au)

*Himalayan Salt is Nutritious & Delicious...Try some today!*



**A good Idea!** - Don't waste your old table salt...use it up by killing the weeds with it :-))

I hope this accumulation of good information helps you in some way!

**Sharyn Cook**

### How I became a salt merchant

In 2005 I was working in a Natural Therapy business. I saw that the various pains and symptoms presented came back to the same basic weaknesses ... mineral deficiencies with a stagnant, over acidic lymphatic system.

I set out to find a product to do two things – fuel the lymphatic system and replenish minerals. My research led me to Himalayan Crystal Sea Salt. I discovered that Salt Chunks were used to make a mineral solution and ... surprisingly ... the energy released in the water/salt solution fuels the electrolyte system.

Water and salt ... Who would have thought? Unrefined Himalayan Crystal Salt has the finest molecule of any known salt and works to replenish cellular mineral deficiencies. When the salt crystals are saturated in water, the energy released fuels the body's electrolyte system. In turn this stimulates lymphatic flow (our bodies waste disposal system) to help the body's capability of healing itself. I do believe that only the body can heal the body.

Months of trials using the Sole solution with many clients proved that it was an extremely successful therapy. I believe we should not have to spend alot of money to achieve good health ... nature provides everything we need. Himalayan Crystal Salt seemed to fit the bill.

I have created a range of Himalayan Salt products for culinary and therapeutic use. Various salt textures are available in grinders and refill bags. A beautiful pamper is our body scrubs and body bars.

I have also added Pepper to the range, which helps to reduce confusion about Himalayan Crystal Salt being just for bathing! I discovered an Aussie Black Peppercorn grown in North Queensland. Silkwood Peppercorn now supplies my range with tasty, freshly dried peppercorns, always from the latest harvest. The range has four culinary textures and fresh green peppercorns when in season.

The range is quickly growing in popularity and is available at selected delicatessens, fresh fruit and vegetable stores, selected retail stores and quality markets. Current expansion is taking the Salt Trading range right across the country.

I love my business and know you will love the products!



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