“salt is born of the purest parents, the sun and the sea”---Pythagoras

Solay Gourmet
Pure Himalayan Crystal Salt – A Sea of Good Health

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Why We Import Only Fair Trade Solay Gourmet Himalayan Salt

Containing all of the 84 elements found in your body, the benefits of Natural Himalayan Crystal Salt is vital to good health. The salts unique structure vibrates energy and its minerals and trace elements are so small your cells can easily absorb them.

Crystal Salt's assortment of elements form a compound in which each molecule is interconnected. This allows the vibration component of the 84 trace elements in the salt to be in sync with each other and adds to its ability to promote a healthy balance.

84 BODY HELPERS-Naturally occurring, not added

Calcium – It is vital for building strong bones and teeth.

Hydrogen - Essential to the production of the body's principal energy source, adenosine triphosphate (ATP). This element is the source of protons necessary for ATP production.

Phosphorus - It is found in every cell of the body, but mainly in the bones and teeth. Phosphorus
also helps form DNA and RNA, catalyzes B-complex vitamins, and is involved in cellular communication and numerous enzymatic reactions. It also helps produce energy and increase endurance.

**Nitrogen** - Plays an important role in digestion of food and growth

**Oxygen** - Oxygen breaks down sugars into carbon dioxide and water. Highly metabolically active tissues such as the brain, kidney, and heart, require large amounts of chemical energy to maintain normal function. Oxygen and glucose are the sources.

**Carbon** - The carbon atom is perfect to build big biological molecules. The carbon atom can be thought of as a basic building block.

**Sodium** - Helps maintain the body's fluid balance in and out the cells. In so doing it regulates the body's acid-base balance. It also helps transport carbon dioxide, and plays a role in muscle contraction and nerve transmission. In addition, sodium is involved in the production of hydrochloric acid, and helps transport amino acids into the bloodstream to all the cells of the body.

***Naturally Occurring Fluoride*** - Essential for healthy bone and tooth formation as it helps the body retain calcium.

There are two types of fluoride. One, Calcium Fluoride, is an element that occurs as a natural process over time within the earth’s soil, rock, and water areas. This is the fluoride that originally was claimed as a deterrent against tooth decay. Wikipedia notes that while all other fluorides are dangerous for human consumption, calcium fluoride is not. And it’s Calcium Fluoride that would be in any unrefined salt analysis.

The other fluoride, Sodium Fluoride, is a synthetic, poisonous fluoride. It has been used as rat poison. It’s a waste by-product of the aluminum industry, fertilizer industry, and nuclear industry. It’s their way of picking up a lot of easy bucks by selling it to municipalities for their water supplies instead of suffering the expense of getting rid of it. That's the stuff that’s been going into our water supplies, causing health problems, and assisting in the dumbing down of America. Either the dentists didn't distinguish between those two, or perhaps they didn't even know there were two types of fluoride.-Dr David Brownstein

**Chromium** - An essential component of glucose tolerance factor (GTF), which enhances insulin function, making it essential for proper carbohydrate metabolism and regulating blood sugar levels. By improving how glucose is transported into the cells, chromium and GTF are also important for energy production. Research suggests that chromium may also be useful for regulating body cholesterol levels.

**Cadmium** - It is thought to be involved with metabolic activities.

**Palladium** - serves primarily as a transport mechanism to significantly improve the uptake of lipoic acid, while also having an effect on the electrical potential of the cell.

**Aluminum** - It is now thought to be involved in the action of a small number of enzymes.

**Nickel** - Some scientists believe that nickel affects hormones, cell membranes, and chemicals called enzymes.

**Arsenic** - It is thought to be necessary for the functioning of the nervous system and for people to grow properly.

**Silicon** – Used with calcium to grow and maintain strong bones. It is also important to the formation of connective tissues such as ligaments and tendons. Silicon is also important for the growth of hair, skin, and fingernails.

**Vanadium** – Involved with helping the body convert some foods into energy. This element is also thought to help bones and teeth form properly.
Lanthanum - A natural mineral that works by holding on phosphate from the diet so that it can pass out of your body.

Gallium - Inhibits the body’s production of a major chemical messenger called interleukin-6 beta that promotes inflammation.

Rubidium - The human body tends to treat Rb+ ions as if they were potassium ions, and therefore concentrates rubidium in the body's electrolytic fluid.

Indium - May enhance the absorption of all other minerals in a healthful matter. It may also help the healthy mineralization of organs.

Cobalt – As well as being a component of cobalamin (vitamin B12), it plays an essential role in the production of red blood cells, and is involved in a number of enzymatic reactions.

Copper - It aids in the manufacture of collagen and hemoglobin, and, along with iron, is necessary for the synthesis of oxygen in red blood cells. It also acts as an antioxidant, increases iron absorption, and serves as a catalyst for a variety of enzymatic reactions.

Iodine - Essential for healthy thyroid function due to the role it plays in the production of thyroid hormones. In this role, it helps regulate metabolism and energy production in the body, as well as cellular oxidation. Since thyroid hormones plays a role in all body functions, iodine is of vital importance to overall health.

Iron – Its primary function is the manufacture of hemoglobin, which is integral to the transport of oxygen throughout the body. Iron is also essential for healthy immune function and energy production.

Manganese - Essential for proper brain function and the overall health of the nervous system. It also helps metabolize proteins and carbohydrates, and is required for cholesterol and fatty acid synthesis, as well as collagen formation.

Molybdenum - Necessary for the body's proper utilization of iron, and aids in metabolizing carbohydrates. It also helps the body detoxify potentially toxic sulfites commonly used to preserve food. Molybdenum is an essential trace element with low potential for toxicity.

Selenium - An important antioxidant capable of performing many of the same antioxidant functions as vitamin E, including protecting cellular membranes from free radical damage, and minimizing the risk of cardiovascular disease. Selenium also aids liver function, assists in the manufacture of proteins, helps neutralize heavy metals and other toxic substances, and acts as an anti-carcinogen.

Sulphur - A necessary nutrient for collagen formation, and is involved in the synthesis of protein. Sulfur helps maintain the health of hair, skin, and nails. It also plays a role in a number of enzymatic reactions, and contributes to the process of cellular respiration.

Zinc - Necessary for the proper function of over 200 enzymatic reactions in the body. It also acts as a potent antioxidant and detoxifier, and is essential for growth and development, healthy body tissues, regulation of insulin, and proper immune function. As well, zinc plays a vital role in cellular membrane structure and function, and helps maintain adequate levels of vitamin A in the body.

Magnesium - acts as a muscle relaxant in the body, and is involved in hundreds of enzymatic reactions. Magnesium is an important nutrient for the heart, especially in preventing spasms of the coronary arteries, which can cause heart attacks. It is also needed for energy production, the
maintenance and repair of cells, healthy cell division, proper nerve transmission, hormone regulation, and the metabolism of proteins and nucleic acids.

**Chloride** - An essential part of hydrochloric acid (HCl), a vital stomach digestive acid, and also plays a role in regulating the body's acid-balance. It is also useful in helping the liver eliminate toxins, and for transporting carbon dioxide to the lungs for excretion.

**Lithium** - Enhances moods and alters the electrolyte balance in the brain.

**Beryllium** - Supplies both the body's need for oxygenation and for vital trace nutrients to feed the cells.

**Boron** – Influences calcium and magnesium metabolism. Boron is thought to be useful to increase muscle mass, increase muscle strength, maintain bone density, improve calcium absorption, and decrease body fat.

**Copper** - Helps your body utilize iron, reduces tissue damage, and is important in helping the body form strong connective tissues

**Chromium** - Enhances the effects of insulin, a hormone necessary for metabolism and storage of protein and carbohydrates.

**Zinc** - is important for normal growth, sexual development, strong immunity, and wound healing.

**Germanium** - Attaches itself to oxygen molecules making our bodies more effective at getting oxygen to the tissues in our body. The increased supply of oxygen in our bodies helps to improve our immune system. It also helps the body excrete harmful toxins.

**Trace Minerals: Working Together For Optimum Health**

bromine, antimony, silver, ruthenium, rhodium tellurium, scandium, titanium, cesium, barium, lanthanum, cerium, praseodymium, samarium, europium, gadolinium, terbium, dysprosium, holmium, erbium, thulium, ytterbium, lutetium, hafnium, tantalum, tungsten, rhenium, osmium, iridium, platinum, gold, mercury, thallium, lead, bismuth, polonium, astatine, francium, radium, actinium, thorium, protactinium, rubidium, strontium, yttrium, zirconium, niobium uranium, tin, neptunium and plutonium.

The ions of the trace minerals function by maintaining the body system at a cellular level. They promote balanced electrolytes, maintain your body in homeostasis, maintain fluids, and replenish your supply of electrolytes when you perspire excessively. As well, these trace minerals perform a number of other important functions: help regulate body water content, absorption of food particles through the intestinal tract, assisting in the generation of hydroelectric energy in cells in your body, promoting vascular health, regulating your sleep, and promoting a healthy pH balance in your cells, mainly your brain cells.

**Salt as Nature Intended**

The Crystal Salt from the Himalayas does not harm your body. With powerful effective feedback loops regulating the absorption process, it is difficult to absorb too much crystal salt. Natural crystal salt always promotes a healthy balance and does not contribute to high blood pressure like table salt. When it comes to the role of natural salt, nothing matches Himalayan Crystal Salt.

**Himalayan Sea Salt versus White Table Salt**  Salt is salt... right?
Learn the difference between commercial salt and natural, organic, gourmet Himalayan sea salt crystal. Most people buy iodized salt from the grocery store and don't think a thing about it. They don't realize that good Himalayan sea salt can help give them good health, while refined salt can create some health risks.

Salt comes from the sea. It may have been laid down centuries ago in salt deposits, or it may have been dehydrated from pure seawater. Grocery store salt is different from salt from natural sources. It has been heated—up to 1200° F.—and refined to remove most of the natural elements. Grocery store salt is mostly chemical sodium chloride, while natural Himalayan sea salt has up to 84 natural minerals in it.

Your body craves natural salt. In fact, your blood actually contains 0.9% salt, which maintains the delicate balance of sodium throughout your body. Just about every system in your body needs good Himalayan sea salt to make it work. It is especially important for your nervous system, but every body structure absolutely requires it. The National Academy of Sciences advises that we consume at least 500 mg. of sodium a day to maintain good health. How much a person actually needs varies quite a bit, depending on their genetics and daily routine.

Popular diets say you should reduce or even eliminate dietary salt for good health, especially for cardiovascular disease. However, studies from Scotland, Finland and the United States showed little or no correlation between reducing your salt intake and reducing coronary heart disease. Perhaps refined table salt, which can act like a poison in your body, can be more of a risk. But the research is undeniable: reducing or eliminating dietary salt is basically wrong. Your body absolutely requires salt, but it has to be the right kind. Pure, natural unrefined Himalayan Crystal Salt is such a salt. It gives you the healthy nutrients you need, in a form your body can use. It is pink because of the natural minerals in it! Gourmets say Himalayan sea salt tastes fantastic, with a richness you may have never tasted before from grocery store salt.

Natural health practitioners are convinced that good Himalayan crystal sea salt can improve your health. It keeps you safe and healthy during exercise; in fact, high-altitude hikers make sure they get enough so they don’t go into hyperthermia. Taking adequate dietary salt has improved and even eliminated Chronic Fatigue Syndrome. Hypertension and stomach cancer have been linked to salt imbalance from improper dietary intake. Cystic fibrosis has been linked to improper salt metabolism. Expectant mothers are always advised to take enough salt in order to help create a healthy infant.

If you’ve never tried good Himalayan sea salt, you are going to be amazed at how good it tastes and how affordable it is. You may also be surprised at how quickly your health improves from using good, natural, organic Himalayan sea salt. Try our sample first if you need more convincing.

From the Compelling Book, Water&Salt - The Essence of Life by Dr. Barbara Hendel, MD and Peter Ferreira

What is Himalayan Crystal Salt?

When we speak of Himalayan Crystal Salt, we are referring to only one specific crystal salt, the “Original”, coming from one specific location in the Himalayan Mountain of Pakistan and has been the subject of comprehensive medical research as written about in the book Water&Salt - The
Essence of Life, by Dr. Barbara Hendel, MD and Peter Ferreira. Original Himalayan Crystal Salt is more than sodium and chloride. Original Himalayan Crystal Salt can actually be viewed as food. When we speak of this salt, and as we scrutinize its properties, we mean salt in its original form: holistic, wholesome, unaltered, natural salt, as it has crystallized in the Earth over millions of years. Himalayan Crystal Salt contains all the elements of which the human body is comprised. From the periodic table of elements we are familiar with 94 natural elements (stable as well as unstable). Apart from inert gases, all of these elements (84) can be found in crystal salt. Hence, crystal salt contains all natural minerals and trace elements that are found in the human body. We perceive crystal salt as being the totality of all natural elements. This may not be entirely correct according to chemistry; however we will continue to use the term crystal salt in this context. The number of the respective elements contained in the crystal salt is biophysically irrelevant to this study.

The Meaning of the Word Salt

The word salt comes from the Latin term sal, which again comes from the word sol. Sol is synonymous with the "sole," the water and salt solution and is the Latin word for sun. Mythologically, and from its definition, sole means "liquid sunlight," the liquid materialization of the sun’s energy, liquid light energy, bound into a geometrical structure, capable of creating and sustaining life. This literally explains where life on Earth came from: from the sole of the primal oceans.

The Celtic word for salt, “hall” has the same roots as the German word heilig meaning “holy” which also comes from the word heil meaning "whole." Further, hall also signifies sound (German schall). The schall is a sound with a long hall, which means echo or reverberation in German, involving vibration. If we knew of these correlations today, we would be asking our neighbor at the table to “Please pass me some vibration,” rather than “Please pass me some salt." We have to ask, “Were the Celts conscious of the fact that salt contained all the frequency patterns of the elements?” And, that “hall” was the basic vibration for “heil” (German “health”)/“wholesomeness”? They definitely knew how to cure illnesses and rebalance the energy deficit in the body through “hall,” their salt. From an energetic, as well as from the biophysical point of view, an energy deficit can be balanced with salt, regardless of the missing frequency pattern, or the missing information/energy/life-force. Pure crystal salt is still geologically defined as “halite,” in which we can recognize the Celtic words “hall” for salt and “lit” for light. Loosely translated, crystal salt or halite means, light vibration.

Natural Himalayan sea crystal salt consists not only of two, but also of all natural elements. These are identical to the elements of which our bodies have been built and originally found existing in the “primal ocean” from where all life originated. Interesting enough, our blood is a sole, containing the same salty solution as that of the primal sea; that is, a fluid consisting of water and salt.

Salt — Mediator between Energy and Matter

Salt is that which remains after matter has dissolved and transformed into subtle matter. The founder of the Schüßler Salt Therapy, Dr. Wilhelm Schüßler, already proved, over 100 years ago, that the ashes remaining after a corpse is cremated are nothing but the salts of which the human body is made. The byproduct of the modern waste burning plants is salt. Needless to say, no one would want to eat this salt, but the fact remains, it is salt. Our prehistoric 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. Throughout Europe, the salt routes over which the white gold was transported emerged. The names of many German cities bear testimony to this time, with such names as: Salzgitter, Salzburg or Bad Salzuflen for instance. Also, names including the word “hall,” the Celtic word for salt, emerged, with city names like Bad Reichenhall, Friedrichshall and Hallein, indicating salt deposits at these locations.

The Structure of Salt

Similar to water, salt has its individual crystalline structure. In contrast to the structure of water, which is tetrahedral in shape, the grid structure of salt is cubic in form. This cube is constructed from light quanta, also called photons, which are pure light energy. The light/heat energy of the sun evaporated the primal oceans more than 250 million years ago and the energy expended for this dehydration is stored in the platonic body of the salt’s crystalline grid as potential energy. By adding water, the force of the grid can be overcome, so that the energy it holds is liberated. In this process, the elements within the crystal salt are ionized, allowing them to penetrate the body’s cells. This creates an ocean of energy, a powerful potential, waiting only to create and sustain life.

The Power of Salt to Transform

From a scientific point of view, salt has a very unique property. In contrast to all other crystalline structures, the atomic structure of salt is not molecular, but electrical. This fact is what makes salt so transformable. When we submerge a quartz crystal into water and remove it after 10 minutes, it is still the same quartz crystal. It did not change molecularly, though it has a crystalline structure. Although the crystal can give its energy, its frequency pattern into the surrounding water, which is effortlessly absorbed, the quartz crystal remains the same. The crystal is too rooted in matter to be dissolved or disassociated from its polarity.

When we submerge a crystal of salt into water, it dissolves, and the sole is created. **Sole is neither water nor salt. It is a higher energetic dimension than either the water or the salt alone.** When the sole evaporates, the salt is left behind. This transformability of salt ensures that it does not have to be metabolized in our body. Starch is transformed into sugar, protein into amino acids and fat into glycerin and acid. But salt remains salt. It is directly available to the cells in its ionized form as sole (so-lay). All other foods must be separated into their components in order for the body to make use of them. But salt always remains in its original form. It even accesses our brain directly.

No Thoughts and No Actions without Salt

**Even the simplest processes in our body need salt or its inherent elements in ionized form.** For example, it is the task of our nervous system to transmit the stimulation that has been recorded via sensory input to our brain, which in return passes this information back to our muscles in order for us to react to the respective stimuli. An electric potential occurs on the membrane wall of the cells when the positively charged potassium ions leave the cells and the positively charged sodium ions cannot enter due to their size. The outside becomes positively charged and the inside negatively charged. When a nerve cell is stimulated, its membrane suddenly becomes polar opposite and consequently is permeable for the sodium ions. In one-
thousandth of a second (1/1000th), the electrical potential is transformed and releases, with every nerve impulse, 90 mill volts of energy. The received stimuli are now being converted into thoughts and actions. Without the elements potassium and sodium in the salt, this process is not possible. Not even a single thought is possible, let alone an action, without their presence. Just the simple act of drinking a glass of water requires millions of instructions that come as impulses. In the beginning there is the thought. This thought is nothing but an electromagnetic frequency. The salt is responsible for enabling this frequency to transmit commands to the muscles and organs.

The Conductivity of Salt

Most of us are familiar with experimenting with the conductivity of salt from science class. We attach two ends of an electric current to a light bulb and submerge it into a glass with distilled water. Because this water is not conductive, the bulb does not light up. But when we add a little bit of salt into the water, the bulb slowly starts to glow. It is the same with our body. When we lack the natural elements of the salt, we are suffering from a chronic loss, a chronic energy deficit, or deficit of information. Salt cannot be labeled as a medication, because that would imply that apples too were a medication. Salt is a core essential nutrient with exceptional abilities and qualities fundamental for keeping us alive. And we can find that which we are lacking, the respective frequency pattern, as well as the necessary bio-chemicals, in natural crystal salt.

White Gold to White Poison

As common as salt shakers are to our kitchens, so are the numbers of diseases associated with salt’s daily use. Life is not possible without salt. But our consumption of salt is killing us. Why is that? Because our regular table salt no longer has anything in common with the original crystal salt of which we’re talking about here. Salt nowadays is mainly sodium chloride and not salt. Natural crystal salt consists not only of two, but also of all natural elements. These are identical to the elements of which our bodies have been built and originally found existing in the “primal ocean” from where all life originated. Interesting enough, our blood is a sole, containing the same salty solution as that of the primal sea; that is, a fluid consisting of water and salt. It also has the same ratio of concentration as existed in the days when life left the primal sea. This sole flows through more than 56,000 miles of waterways and blood vessels throughout our organism with the forces of gravity and levity and regulates and balances the functions of our body.

How Salt Became Sodium Chloride

With the advent of industrial development, natural salt was “chemically cleaned” and reduced to the combination of sodium and chloride. Essential minerals and trace elements were removed as impurities. However, sodium chloride is an unnatural, isolated, unwholesome substance having nothing in common with salt. Similar to white, refined sugar, salt, once regarded as white gold, was converted into white poison. However, there is a higher reason for salt having been endowed with all the natural elements found in our bodies. Sodium chloride is an aggressive substance, which biochemically, is perpetually seeking an equalizing counterpart so that the body’s pH can always remain neutral. Sodium chloride needs its natural counterpart in order for it to produce its effect. The natural counterparts, such as potassium, calcium, magnesium and other minerals and trace elements, demonstrate, from a biophysical standpoint, specific frequency patterns. These patterns ensure the geometric structures in our body. When these structures are missing, we are without energy and are lifeless. Salt should not be used just to add flavor to our food, but for its vibration pattern, which is similar to our body!
The Consequences of Consuming Table Salt

The result of consuming common table salt is the formation of overly acidic edema, or excess fluid in the body tissue, which is also the cause of cellulite. That’s why doctors tell us to avoid salt. For every .035 ounces of sodium chloride that cannot be eliminated, the body uses 23 times (23x) the amount of its own cell water to neutralize the salt. If the sodium chloride is still too high, re-crystallization of the table salt occurs as the body uses available non-degradable animal proteins (as those found in milk), which also have no value and cannot be broken down and eliminated. The body uses these proteins to produce uric acid in order to get rid of the excess salt. As the body cannot dispose of uric acid, it binds itself with the sodium chloride to form new crystals that are deposited directly in the bones and joints. This is the cause of different kinds of rheumatism such as arthritis, gout, and kidney and gall bladder stones. This re-crystallization is the body’s band-aid solution for the cells and organs in order to protect the body from irreparable damage of irresponsible food intake. But in the long run, it poisons the system because those substances cannot be disposed of.

The Difference Between Rock Salt and Crystal Salt

The elements in rock salt are not integrated into the salt’s crystal grid, but cling to the outside surface and crevices of the crystalline structure. This is the fundamental difference between rock salt and crystal salt. A salt crystal manifests a superior structure. Due to this sublime form, the elements are biochemically available for our cells as are the individual frequencies or vibration patterns. Rock salt is a cheap alternative to table salt, and is at least a natural and wholesome product. Biochemically and biophysically however, it is of little importance to our organism.

We can only receive the resonant effects of the geometrical structure through the superior order or structure of a crystal and our cells can only absorb those elements that occur in an ional form. Only under considerable pressure considerable pressure can the elements be transformed into a specific size, making them ional, which enables them to pass through our cell wall. This is important because our cells can only absorb what is available organically or ionally. Therefore, we cannot absorb the minerals from mineral water as they’re not refined enough to penetrate our cell walls. And what doesn’t get into our cells cannot be metabolized. Therefore, the best calcium is useless if it cannot be available to the body’s cells. What we need is the organic, or ional state of an element, in perfect natural symbiosis with all its associated elements, in order for our organism to make any use of it.

Crystal Salt

Pure, natural crystal salt has been subjected to enormous pressure over millions of years. The pressure is responsible for creating the salt crystals. The higher the amount of pressure the more superior or excellent the state of order within the crystalline structure. Salt, for us, is foremost an information carrier and not a spice. For information to be absorbed into our cells, a crystalline structure is necessary. Chemically, a stone and a quartz crystal are both silicates. However, the vast difference in the amounts of pressure they were subjected to, distinguishes them. The quartz crystal embodies a perfect geometric form, a perfect state of order within its structure. The stone does not. Its elements are coarse, because it was not subjected to enough pressure to create a crystalline structure. Crystal salt layers wind through the mountain of salt, shimmering in transparent white, pinkish or reddish veins. Only with sufficient pressure was the salt of the salt
mountain transformed into crystal salt. The elements trapped within the crystal salt are in particles small enough to be able to penetrate the human cells and be metabolized.

The Healing Effect of Salt

For thousands of years salt has been known as a panacea. Alchemists called it "the fifth element"—besides water, earth, air, and fire—because its qualities were comparable only to ether, the actual fifth element. Why are we so drawn to the ocean? Because our subconscious mind instinctively wants to return to the specific vibrational state of the ocean from which we once emerged. This is where we can return to recharge our batteries and regenerate. It was only two-hundred-fifty years ago, with the advent of industrialization, that we initiated our disconnection from nature and her ways. Fortunately, we are witnessing a trend to return back to natural, holistic methods for living and caring for our body, including a shift back to utilizing natural salts in this process. People everywhere are reconsidering the healing effects of natural crystal salt. We can find it in skin care lotions and for use as bath salts, and it is even used in inhalation or cleansing treatments for illnesses of the respiratory system and for a variety of other indications.

The Neutralizing Effect of Salt

The healing properties of salt are also known in allopathic medicine. The largest and oldest salt works in Europe occupies the royal salt mine of Wieliczka, Poland, just 7.5 miles outside of Krakow. Here, a hospital was carved out of the expansive salt mountain, seven hundred forty feet below the surface, specifically for asthmatics and patients with lung disease and allergies. Several thousand patients have been successfully treated in this hospital. The healing rate is astonishingly over 90%. Recognition of the healing effects of salt chambers has influenced the construction of a similar underground spa located in the salt mine of Berchtesgaden in Germany.

The therapeutic benefits of long-term residency inside the healing salt chambers are allopathically acknowledged. The healing effects were originally thought to be related to the purity of the air within the mine’s chambers. But if it was only a question of the purity of the air, why was the air in the cave so healthy, and the air above-surface so unhealthy? One cause has been determined. Our houses are charged with electromagnetic devices, such as TVs, stereos, computers, microwave ovens and the basic electric currents running through our walls. And, when not at home, we hold cell phones to our ears while driving in our cars and walking through our daily lives. This electro-smog causes an excess of positively charged ions that disturb the balance between the positively and negatively charged particles. Further, it creates an excess positively charged, chemically unbound particles in the air. Only thirty seconds on a cell phone are enough to open up our blood-brain-barrier, a natural barrier that protects our brain from toxins, for eight hours. A Swedish study showed that ninety percent of the women who used a copper-T I.U.D. as their birth control method, while simultaneously using cell phones, developed uterine cancer; the cause being that the I.U.D. functioned as a transmitter and receiver of unnatural, dissonant vibrations.

What is Sole (Solay)

The Ancient Celtics believe that all life originated in the ocean, the "Sole" - Soul, the merging of two fundamental manifestations of conscious energy.
The mixture of water and crystal salt, called "sole" (so-lay), is the primordial soup of life, and the most flexible physical representation of pure solar and light energy. When water and this salt come together they create this new dimension, Sole. In German, the word sole, which is derived from the Latin word "sol", which means sun. Sole is nothing but the fluid materialization of sunlight. When water combines with salt the positive ions of the salt surround the negative ions of the water molecules and the negative ions of the salt surround the positive ions of the water molecules. The ions become hydrolyzed. In this process the geometrical structure of the salt and the water is changed and a totally new structure is formed, a third dimension. Water is no longer water and salt is not salt anymore. The crystalline structure of the sole is so profound that its vibration pattern lasts over 24 hours in our bodies. One teaspoon taken daily can restore your body’s energy deficit and rebalance your organ functions. This very small amount of sole has an incredibly positive effect on your whole body.

Crystal Salt Promotes the Excretion of Animal Proteins

A further study showed some interesting allopathic results. All subjects in this study drank one-teaspoon of sole daily. After four weeks, the protein emission in the urine significantly increased for eighty percent of the one-hundred-twenty-three subjects. This shows that the energy pattern of the sole with its innate, natural antagonism towards the proteins, helps and supports the excretion of animal proteins that are difficult to break down. (This examination was done by Dr. med. Elisabeth Schenwitz-Josenhans.

AMA's campaign against salt fails to recognize health benefits of sea salt and trace minerals--Published July 18th, 2006

You may have heard the recent news that the AMA has publicly come out against excessive sodium consumption and salt in particular. Suddenly, the alternative health community is engaged in a whirlwind of debate on the topic. But wait, if salt is a major risk factor in heart and renal diseases, why is anyone upset?

Quite simply, the issue is that not all sources of sodium and salt are the same. As far as the body is concerned, there is no connection between the chemically-cleansed sodium chloride table salt you buy in the supermarket, which is added to virtually every processed food you buy, and the mineral rich organic sea salt available in health food stores. One can kill you; the other heals you. In fact, it's essential for life.

One point everyone can agree on is that the body needs sodium to function. It is the main component of the body's extra-cellular fluids, and it helps carry nutrients into the cells. Sodium also helps regulate other body functions, such as blood pressure and fluid volume, and works on the lining of blood vessels to keep the pressure balance normal.

Everyone can also agree that just like anything else, salt or sodium should not be consumed in excess. (But then again, that's true of water and oxygen as well.) Which brings us back to why the AMA came out with a warning: Americans are consuming ever higher amounts of sodium, up to 6,000 milligrams a day, instead of the recommended 500 to 2,000 milligrams per day. These high amounts, in a form that is unfriendly to the human body and with no ancillary mineral benefits, are what lead to serious health problems.
However, this is not necessarily the heart of the debate. The issue is that the AMA is against all forms of salt, which could threaten to obscure salt's importance and to confuse thoughtful consumers.

To further explain, standard table salt is highly refined, chemically cleansed, and unfriendly to the human body. Unrefined sea salt, on the other hand, is a naturally occurring complex of sodium chloride, which includes major minerals such as calcium and magnesium and a complete complement of essential trace minerals. This is the form of salt the body is designed to utilize – having been the salt of choice since humans first walked the earth. Refined table salt, on the other hand, is a modern invention, artificially designed to look white and pour easily. The human body doesn't like it.

**Blaming dietary sodium for high blood pressure is too simplistic; the real problem may be mineral deficiencies**

*by Dani Veracity*

In popular thought, disputing sodium's link to high blood pressure is equivalent to questioning whether the earth is round. However, some experts now believe that salt will not raise blood pressure in everyone, just in people who are "salt sensitive." Only 10 percent of the population is salt sensitive, according to BioMarkers by Professor William Evans and Dr. Irwin H. Rosenberg.

Of course, far more than 10 percent of us suffer from hypertension, meaning that if these experts are correct, salt intake cannot be the only factor contributing to America's high blood pressure epidemic. In fact, according to Gayle Reichler's book, Active Wellness, only half the people with hypertension have high blood pressure because of their salt intake, making cutting down on the amount of salt you eat a good step toward lower blood pressure, but not a cure-all.

Scientists are still unsure why some people's bodies respond to salt more drastically than others; however, most theories focus on sodium's in vivo interaction with potassium, magnesium and calcium. In fact, some experts believe that these nutrients play more of a role in these individuals' salt sensitivity than sodium itself. Deficiencies in these complementary minerals may actually be the larger culprit in hypertension.

"The problem is just as likely to be too little potassium, calcium and magnesium," emphasizes Alice Feinstein in Healing with Vitamins. Most experts agree that you would do well to consume sodium in balance with potassium in order to maintain healthy blood pressure, but they are still unsure about how this potassium mechanism works. Some experts believe that potassium lowers blood pressure by relaxing small blood vessels, while others think that it works by helping the body expel excess sodium and water.

Another interesting theory asserts that these people actually have hypertension because of calcium deficiency, rather than an excess of sodium. However, as Jean Carper explains in Food: Your Miracle Medicine, proponents of this theory have multiple theories about how it might operate:

"One theory is that such individuals retain water when they eat too much sodium, and that calcium acts like a natural diuretic to help kidneys release sodium and water, thus reducing blood pressure. Another, more complex explanation is that calcium works by preventing release of the parathyroid hormone that can raise blood pressure."
As is often the case with uncharted health territory, when it comes to the salt sensitivity explanation for hypertension, theories often pile upon theories. This isn't a bad thing; rather, it makes the intellectual environment ripe for new discoveries. On the other hand, it's important to remember that not all experts agree with the salt-sensitivity theory.

“There's no question about it: A great number of comparative studies of people who use no salt and those who use great quantities have proved that high salt equals high blood pressure,” writes Gary Null in his Complete Guide to Health and Nutrition.

Dr. William Castelli, director of the famous Framingham Heart Study, also cites demographic studies as support for the mainstream medical viewpoint that consuming excess sodium leads to hypertension, a perspective that some naturopaths also share. Furthermore, in Food Politics, Marion Nestle questions the ethical roots of some of the salt-sensitivity theory's proponents, pointing out some objectionable financial backing:

”There is reason to be concerned that lowering NaCl [salt] intake may have long-term metabolic risks that have not been fully identified . . . we do not have solid evidence that lower NaCl intake prospectively will prevent or control high blood pressure.”

However, the review in which this appears was funded in part by The Salt Institute, a trade association for the salt industry. This isn't to say that all experts who believe in salt sensitivity are funded by the salt industry. Like any theory, the salt sensitivity explanation for why some people have high blood pressure and others don't has both its proponents and opponents.

Did you Know?

Part of the process for refined salt, or commercial table salt, involves the use of aluminum, ferro cyanide and bleach. These are all toxic materials that your body takes in with refined, commercial salt. And because of that process, almost all the vital minerals that real, unrefined salt can offer are removed! One or two servings of refined salt won’t send you to the grave. But continued almost daily use will avail you to the perils of aluminum toxicity. Ferro cyanide is listed by the EPA as a toxic material for human consumption. You are probably aware of the hazards to human health of chlorine, which is used to bleach the salt.

Do I need Iodized Salt?

Regular consumer table salt, refined, sometimes has iodine added in order to promote thyroid health. Dr. Brownstein has devoted a good deal of his practice and research on thyroid and glandular health. He says there is less iodized salt now than before, and the amount of iodine in iodized salt is insufficient for optimum thyroid health anyway. Iodine is an important agent for glandular health, and it is also scarcely present in our food anymore. Unless you eat a lot of seafood and roll the dice with mercury!

Dr. Brownstein strongly advocates the use of unrefined, organic salt with iodine supplements, preferably a combination of potassium iodide and iodine. He maintains that these two dietary items contribute largely toward optimum endocrine health, which is vital for a strong immune system.
Testimonials:

"I am a health care practitioner, who was made ill by faulty mercury amalgam removal 15 years ago. Even though the removal was mandated by a holistic MD, the dentist considered the procedure a fad, and without merit. He did not use appropriate protocol, even with a very pregnant dental assistant helping him. Amalgam was drilled out of the left upper and lower teeth.

I quickly developed severe headache, uncontrollable tremors, which prevented my navigating a spoon of food into my mouth, aching kidneys, insomnia, etc. The kidney meridian runs through the knees, which became chronically swollen. The holistic MD intervened with 2x weekly high Vit C IV's with selenium. I have spent the intervening years trying to correct the residues of the mercury poisoning. Have made kombucha for years, taken chlorella, done IV chelation, seen doctors of Traditional Chinese Medicine for acupuncture and herbs. In short, I had not been idle, and all of the above had brought improvement.

Five months ago, I began taking 1 tsp. of the sole solution in water on arising, and was startled by apparent deep level detox of residual mercury. http://www.natural-salt-lamps.com/sole.html In the first week, I noticed dull headache; my kidneys felt uncomfortable. That subsided. By week 5, headache became unpleasant and entirely left sided. My left eye felt initially dry and granular; pain ran through it. Pain also in the left jaw, the teeth, and mastoid bone. The left eye became nearly swollen shut with a painful sty on the lower lid. The eye oozed for three weeks, and in the morning, the eyelashes were stuck together. As the sty drained and subsided, I noticed a rosier complexion, greater mental clarity, and well-being.

Now after 5 months of taking the sole', the swelling in the knees grows less. I had been athletic; that ability and inclination are returning. This detox took me by surprise. It was a bit difficult, but am sleeping deeply again, and symptoms dating from the time of the mercury poisoning are becoming notable by their absence. Thank you."---A New England nutritionist.

Special Thanks to:

Water and Salt, the Essence of Life, by Dr. Barbara Hendel, MD and Peter Ferreira
Mike Adams, News Target
Dr David Brownstein
Salt Institute, www.saltinstitute.org

For more information or Purchase your Solay Gourmet Himalayan Salt:
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