

The Health Benefits of Himalayan Salt



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Introduction

Hi, my name is Gianfranco Simone. I'm extremely passionate about [Himalayan Salt](#). I fell in love with natural holistic medicine and became health conscious at a young age probably because my mother was health conscious as well. But, unfortunately she was not aware that using table salt was bad for our health. Instead she thought that TOO MUCH table salt was bad, and was unaware of the health consequences of using this kind of salt.

It wasn't until recently that I found out all about table salt and was disturbed at what I read. Some companies that sell these products are fully aware that the process that has been applied to the sea salt to convert it into table salt is extremely bad for us and eventually will harm us, in one way or the other.

The reason why I put this e-book together is because I wanted people to know the facts about salt and the health risk they were exposed if they don't change their diets and routines (specially their salt intake). Once I started researching and finding out all the natural ways on how [Himalayan salt](#) can be used for our health benefits, I was amazed! It is natural and organic, right from the earth and it has so many desirable qualities. Read on to find out how [Himalayan salt](#) can help with diabetes, blood pressure, asthma, allergies, just to name a few.

I encourage you to read the entire e-book as it reveals a lot of information you might not be aware of. If you're interested in a specific topic, I have created an index so you can skip right to what really interests you. After you read this e-book, I'm sure you'll want to do some adjustments in your daily diet, as did I.

Be well,

Gianfranco Simone

Learn Why Standard Table Salt is Destroying Your Health



So many people are not aware that common table salt is in fact packed with various forms of chemicals as well as sugar. Commonly sold table salt consists of 97.5% sodium chloride and 2.5% chemical compounds such as iodine as well as absorbents, and sugar. Table salt is in addition dried at more than 1,200° Fahrenheit, a procedure that destroys the majority of the organic chemical structures of natural sea salt. Salt, while essential for life as we know it, could be harmful when used in this particular chemical form.

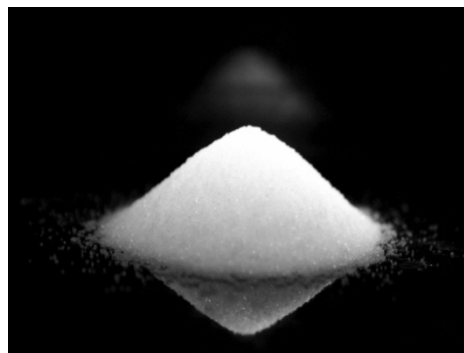
The actual table as well as cooking salt found in the majority of households, restaurants, and all sorts of processed foods, is definitely empty from any nutritional value. It truly is lacking in the valuable minerals, which make salt healthy for all of us. After refinement, sea salt is simply sodium chloride, an artificial chemical type of salt, which our system basically recognizes as a dangerous harmful invader!

Whenever we consume this kind of salt, our system can't dispose of it in a natural, healthy way. This can result in swelling of the skin, bloating and hypertension over time.

In addition, refined salt crystals are also energetically dead, since their crystals have been entirely isolated from one another. To help our system process chemical table salt, it requires incredible amounts of energy in order to maintain our entire body at its optimum liquid balance. This produces an unnecessary burdening of the elimination systems within our body. H₂O is additionally taken off several other body cells within the system so that they can counteract the abnormal sodium chloride.

Research has revealed that for every single gram of table salt that your system can't process, your entire body will use around 20 times the volume of cellular water in order to counteract the sodium chloride in chemically-treated salt. This leads to bloating, dimply skin, rheumatism, arthritis, gout, as well as kidney and gall bladder stones. With the understanding that the average American eats about 5,000 mg of sodium chloride each day, it really is obvious that the problem is significant and requires resolution.

Deciding to use [Himalayan Salt](#) as a replacement will have a massive influence on your overall health and well-being.



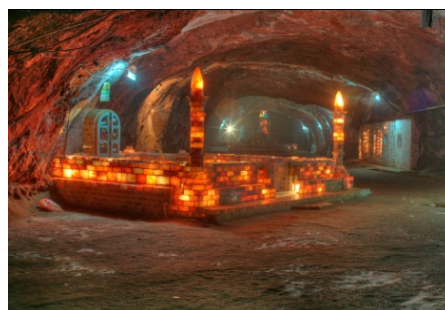
Himalayan Crystal Salt Also Known As Rock Salt from Pakistan



[Himalayan Salt](#) started being offered by numerous businesses in Europe, United States, and Australia during the early twenty-first century. [Himalayan Salt](#) is excavated in the Khewra Salt Mines, the second biggest salt mine on this planet, situated in Khewra, Jhelum District, Punjab, Pakistan, about 300 kilometers from the Himalayas, about one hundred sixty kilometres from Islamabad, and two hundred and sixty kilometers from Lahore.

[Himalayan Salt](#) occasionally occurs in a scarlet or pinkish shade, and some deposits having an off-white to translucent shade. It is regularly used for cooking much like typical table salt, brine, and bath goods. Usually, [Himalayan Salt](#) is utilized in the same manner as everyday table salt. They are used as bath salts, and also for cooking purposes.

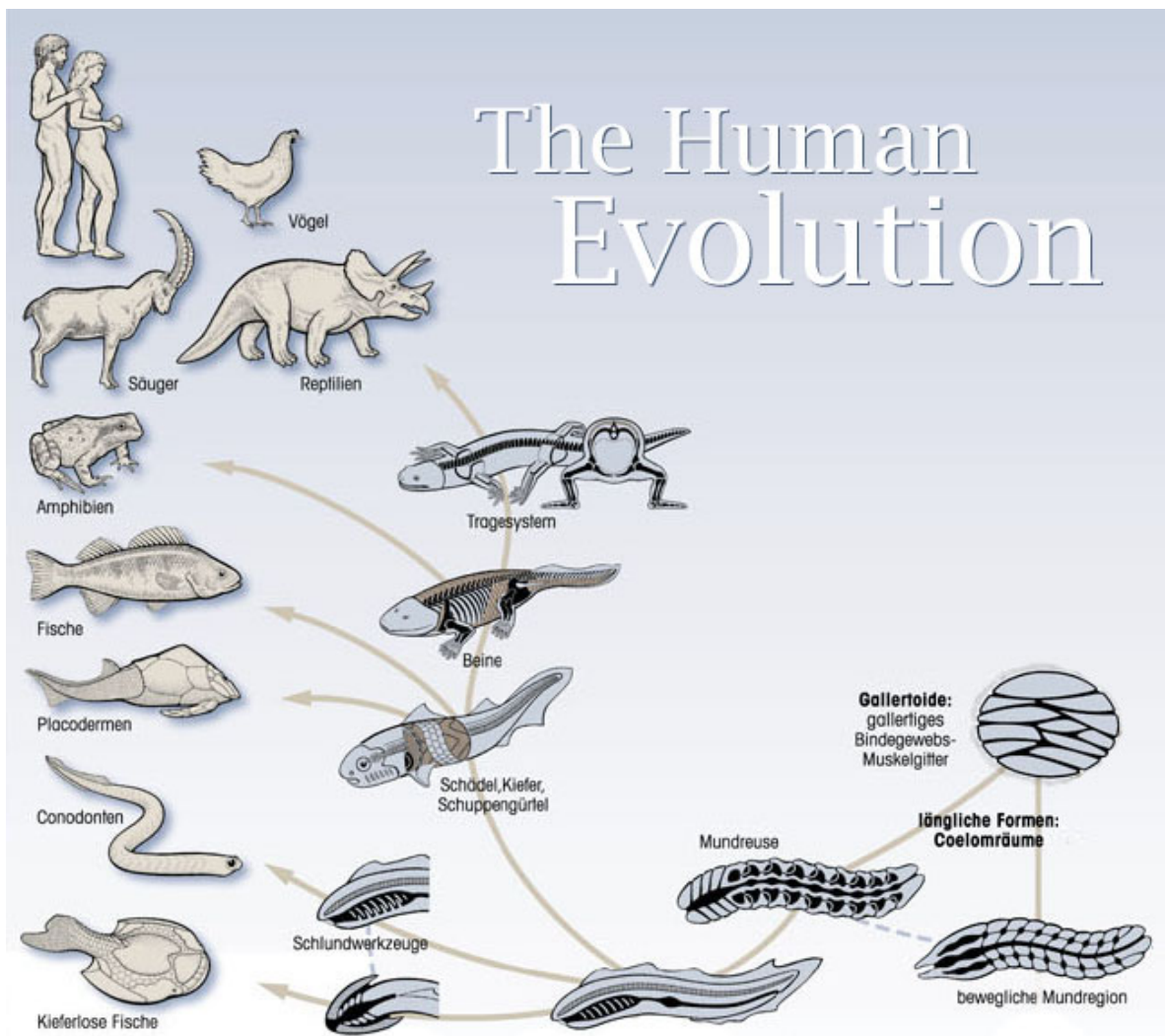
These days, large crystal rocks can also be utilized as Salt lamps. A salt lamp is a lamp chiseled from a more substantial salt crystal, often colored, with an incandescent light bulb or a candle inside. The lamps provide an appealing glow and tend to be appropriate for use as nightlights or for background mood lighting. The largest manufacturers of this product are situated close to the source in Pakistan, with Poland and Iran also providing variations.



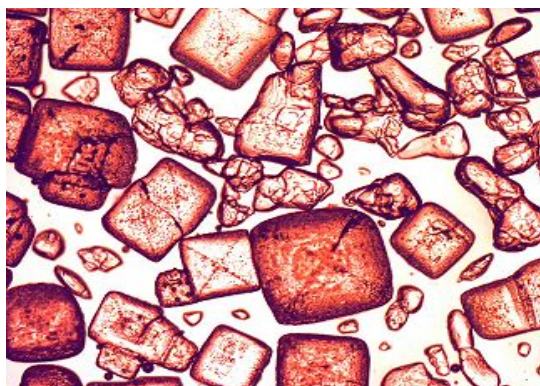
Himalayan Salt Features & Origins

Essentially the most substantial and unadulterated salts that has been discovered by man is [Himalayan Salt](#). It was initially widespread about 250 million years ago when the sunrays condensed the early ocean bodies. [Himalayan Salt](#) is all natural and practically ideal for the body, mainly because it provides exactly the same structure as the salt from the most ancient sea; the sea from where our species evolved.

The salt is unchanged. That implies that it has nutrients and minerals which are present in, and required by, the body. A combination of [Himalayan Salt](#) with high quality filtered or spring water is referred to as "[Sole](#)" as well as brine water.



What is a Himalayan Salt Crystal?



Pink Himalayan Salt – Microscopic View

This salt descends from a period when the planet earth was a perfect ecosystem. This crystal salt develops from a low-lying region in the foothills of the Himalayas and has been proven to contain 84 minerals essential to human life. With its exceptional characteristics, this salt is an absolute ocean of energy! The massive pressure associated with the buckling of the Earth's crust within the Himalayan mountain range triggered the development of perfectly structured crystal grids within the salt much like those of gemstones, from a bio-energetically standpoint.

It is believed that the higher the transparency and the more neutral the crystal shade, the higher the clarity of the [Himalayan Salt](#). In this way, it is similar to diamonds.

[Himalayan Salt](#) is organic, clean, fresh, unadulterated, uncontaminated, and it has zero impurities. It assists in maintaining the water content inside our bodies which results in a strong pH balance in our cells, specifically in our brain cells.

[Himalayan Salt](#) assists in managing blood sugar levels and slowing down the progress of aging. This wonder salt can also be important for the transmission of hydroelectric energy which can be present in the cells of our body. It likewise enables superb amalgamation of nutrients in the digestive tract and it enhance respiratory and sinus health.

[Himalayan Salt](#) will also help your body by assisting in the regulation of electrolytes. This assists in homeostasis and helps to create harmony in the human body. [Himalayan Salt](#) has even more health benefits: salt can be included in bath water for a comforting as well as soothing bath, rebuilding the radiance of the epidermis.

This is the more detailed listing of all of the elements that your body requires, and have been proven to be contained in the [Himalayan Salt](#) are: hydrogen, lithium, iron, beryllium, boron, carbon, nitrogen, oxygen, fluoride, sodium, magnesium, aluminum, osmium, iridium, platinum, gold, mercury, thallium, lead, bismuth, polonium, astatine, francium, radium, actinium, silicon, phosphorus, sulfur, chloride, calcium, scandium, titanium, vanadium, chromium, manganese, cobalt, nickel, copper, zinc, gallium, germanium, arsenic, selenium, bromine, rubidium, strontium, yttrium, zirconium, niobium, molybdenum, barium, lanthanum, cerium, praseodymium, samarium, europium, gadolinium, terbium, dysprosium, ruthenium, rhodium, palladium, silver, cadmium, indium, tin, antimony, tellurium, iodine, cesium, holmium, erbium, thulium, ytterbium, lutetium, hafnium, tantalum, tungsten, rhenium, thorium, protactinium, uranium, neptunium, and plutonium.

As you can see this is not your ordinary table salt.
This Is One of Mother Nature's Best Creations!

What is Sole? The Water of Life



Exactly where did life initially originate from? - Answer: From the ocean. All the power required to produce life is enclosed within the water from the ocean, a water and salt solution which many of us call [Sole](#) (pronounced so-lay). All the life forms on planet earth today blossomed from the ocean. It is a process that even today is reflected in the development of a human fetus within the womb. From the day of conceiving onwards, the embryo passes through all the phases of evolutionary growth. Fish-like gills develop soon after five weeks, and then gradually recede. Within this period, two hundred and fifty million years of

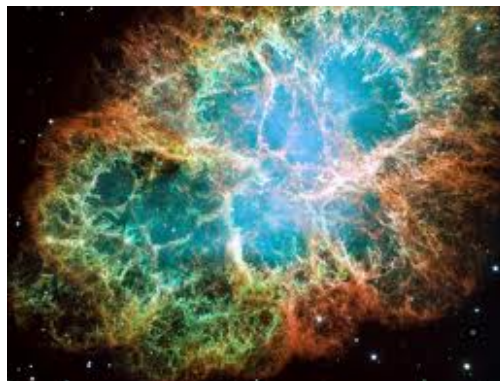
development are re-enacted - an individual cell evolves into a knowledgeable human being. And where does this unique life begin? In a [Sole](#), i.e. within the amniotic fluid at a temperature of 98.6°F inside the womb, a fluid that is a 1% water and salt solution (1 part salt, 100 parts water). The term [Sole](#) has its origins from the word "soul". The fact is, in ancient times the Celts believed [Sole](#) symbolized the soul, being the actual fluid from where all of us are born.

Salt is the mediator in between Energy and Matter. The definition of salt derives from the Latin word, Sal. In earlier period, the Roman soldiers were paid with salt. The Latin word salarium; which means a payment earned in salt, is the root of the word salary. The word sal is synonymous with its root origin, sol, yet again synonymous with the [Sole](#), Latin for Sun or Sunrays. Mythologically, and from definition, [sole](#) implies "liquid sunlight," the liquid materialization of the Sun's Energy enclosed into the geometric structure of a cube, able of creating and sustaining life. This fundamentally explains the origin of life on Earth; from the [Sole](#) of the primal oceans. Surprisingly, human blood consists of the exact same salty solution as those of the primal sea; which is, a liquid composed of h₂O and salt. In addition, it has the same concentration as existed during those times when life left the primal sea. This particular salty water streams through more than 56,000 miles of waterways and blood vessels throughout our organism with the forces of gravity and levity and controls and balances each individual function of our body. There can be no thoughts or actions without the presence of salt in the body.



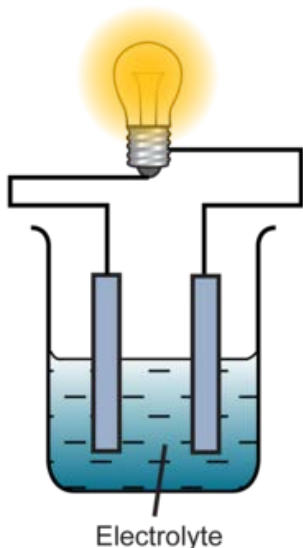
[Sole](#) is a versatile, physical manifestation of pure light energy; it is the essential mineral infusion for the body. You can restore electrolytes and balance your energy simply and naturally by drinking one teaspoon of [Sole](#) solution every day. The [Sole](#) is an outstanding product for balancing the pH levels in the body. With the [Sole](#), you can also eliminate heavy metals including lead, mercury, arsenic, amalgam as well as calcium since the crystal salt is able to break-up their molecular structures.

Whenever water and salt connect, the negative poles from the water molecules encircle the positive ions in the salt and the negative ions in the salt are enclosed by the positive polarized particles of the water molecules. This modifies the geometric structure of the water and the salt, and produces something absolutely new, a third dimension: [Sole](#). The water no longer is water and the salt no longer salt. The elements have separated themselves from their restrictions, abandoned their polarities because of the resonant effects, and achieved a higher kind of energy. Only through this process of reaching greater levels of consciousness, are we able to relinquish our polarities and return back into the oneness of all elements. This is precisely what transpires whenever water and salt meet again after 250,000,000 year. The ability of the water to give up its unique identity, in exchange, liberates the salt from its manifested identity-to overcome the forces of the grid work and to split the sodium from chloride. Both elements are ionized, which frees their stored energy.



The functions of sodium:

The special qualities of salt allow for it to control functions within our bodies. Osmosis, the foundation of cell metabolic process, is controlled specifically by the concentration of salt within the cells. Salt plays a part in all of our bodily activities. Every thought, every motion, all of our actions are steered by our brains together with the neurological system and the nerve and neurones are only able to transfer signals when elements found in salt (such as potassium and sodium) are present.



How Does Salt Conductivity Work?

The conductivity of salt can be simply proven by the following experiment: each side of a electric circuit which has been broken and to which a light bulb continues to be attached, are held in sterilized water. The light bulb is not going to light up as water will not conduct electricity. Now, add a little salt into the water and then the light bulb will light up instantly. This is how we are able to visualize the function of salt within the human organism: only once enough salt is available can our bodies perform correctly.

Making a Brine “Sole” Solution (So-lay) - Step by Step Instructions

Note: The concentrated Sole solution is the starting point for many of the applications described within this E-Book.

Step 1.

We all know that salt dissolves in water but were you aware that if you continue to keep adding salt to a glass of water you'll reach a point when the water will get saturated with salt? Did you also know that once the water gets saturated with salt that the salt will lay on the bottom of the glass without dissolving anymore? And this is what [Himalayan Crystal Salt Sole](#) is, super-saturated, salty water. Here's how you can make it.



Place 1 inch of [Himalayan Crystal Salt](#) stones inside a glass jar ideally one with a wooden, cork or plastic lid. Avoid using a metal lead or a metal spoon. These materials will minimize the benefits of the [Sole](#). Add 2-3 inches of fine quality artesian or spring water (Fiji water is good too), over the stones, totally covering the crystals with water. Let it sit overnight.

Step 2.

If every one of the salt crystals has dissolved, include a couple more salt crystals into the water. Your [Himalayan Crystal Salt Sole](#) is ready once the water becomes 100 % saturated with salt and can't dissolve any more crystals. There should always be salt crystals left inside the jar. When you use up the [Himalayan Crystal Salt Sole](#), over time, add more water and more salt until the water is once more saturated. Keep in mind, there should always be un-dissolved salt crystals at the base of the jar. This is your proof that your water is completely saturated with salt.



How Much Sole Should I drink?

Holistic Health Experts recommend one teaspoon of “[Sole](#)” mixed with one glass of water every morning on empty stomach.

You will receive the biophysical aspect of the salt, which is the frequency pattern of the crystal salt and also the biochemical aspect of the salt which containing all the essential minerals and trace elements vital to humans. The body can only hold the frequency pattern of the crystal salt “[Sole](#)” for about 24hrs. For that reason, we only take the [Sole](#) once each day on an empty stomach. Individuals on Dialysis, or suffering from high blood pressure, should generally use very little salt.

One teaspoon of [Sole](#) contains 478 mg of Sodium - That's equivalent to 20% of the USDA's recommended daily allowance of 2,500 mg.

The Concentration of Sole

Sole = A completely saturated solution of water and [Himalayan Crystal Salt](#). The water will become saturated with salt once the water cannot dissolve more salt. At this stage, the salt crystals reside un-dissolved on the bottom of the jar, showing that the solution has attained its saturation limit. The water has become completely saturated with salt. And this is what we tend to call Sole or Brine solution (So-lay)

Sole Solution = whenever we talk about a Sole solution or brine solution (So-lay) we speak of a diluted quantity of the concentrated Sole in water. Whenever we consume the Sole mix with water, we produce a Sole solution. Numerous therapeutic application found in here require a Sole solution.

For Example:

- A 1% Sole solution is 1 part Sole and 99 parts water
- A 5% Sole solution is 5 parts Sole and 95 parts water
- A n 8% Sole solution is 8 parts Sole and 92 parts water, and so on

How to Make Various Concentrations of Sole Solution for Various Applications

How to Make Various Concentrations of Sole Solution for Various Applications

Percentage of Solution	Amount of Crystal Salt	Amount of Water	Application
1% Sole Solution	1/2 tsp. (2g)	200ml Water	For Eyes & Nose
	2 tsps. (10g)	1000ml Water	For Inhalation
	1 Kilo (2.2 lbs.)	100 liter / bath tub	For Sole Bathing
2% Sole Solution	4 tsps. (20g)	1000ml Water	For Inhalation
	2 Kilos (4.5 lbs.)	100 liter / bath tub	For Sole Bathing
3% Sole Solution	6 tsps. (30g)	1000ml Water	For Inhalation
	3 Kilos (6.6 lbs.)	100 liters / bath tub	For Sole Bathing
10% Sole Solution	6 tsps. (100g)	1000ml Water	For Partial Bathing
	12 tsps (200g)	2000ml water	For Partial Bathing

Promoting Consistent pH Harmony within the Cells and Brain

The pH Balance Benefits of Himalayan Salt Crystals

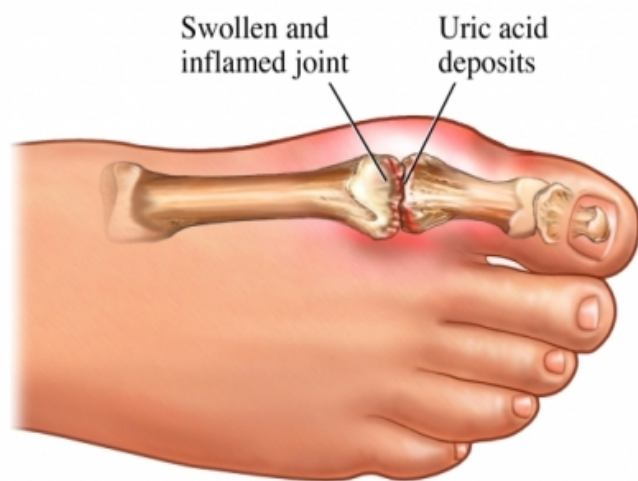
The majority of us grab the container of salt off the shelf in the supermarket without even giving it a thought. We have used it all our lives. Salt is salt. Right? Wrong.

Many people grab a saltshaker and sprinkle salt all over their meals prior to having tasted it. Several taste and put a lot more salt on it as a habit rather than for taste.

So what? Our standard table salt is principally sodium chloride instead of salt. It's been chemically cleaned in ovens so incredibly hot that the chemical composition has been changed and it can be unhealthy for our bodies. It must provide us with the majority of the minerals our bodies need for good functioning but the cleansing procedure has eradicated the majority of them.

The consequence of eating standard table salt is the formation of overly acidic edema, or excessive fluids within the body tissue. That's the reason why physicians tell us to avoid salt. What we ended up consuming rather than natural salt packed with crucial minerals is actually sodium chloride. In its attempt to control and remove the excessive sodium chloride, your body

produces excessive uric acid and the outcome could be the creation of new crystals which are lodged directly inside your bones and joints. Short-term result can be inflamed ankles, elevated hypertension and cellulite. The long-term consequences are different kinds of joint disease, gout and kidney and gall bladder stones might appear.



Fortunately it's not necessary to use this kind of unnatural, mineral-free salt. Natural products are obtainable which will improve the taste of your food and still provide the appropriate minerals at the same time.

One organic salt product is Natural [Himalayan Crystal Salt](http://authentichimalayansalt.com/) (available online from <http://authentichimalayansalt.com/>). Originated from the sun-induced evaporation of the primeval sea during a period when the planet was a perfect ecosystem. 250 million years later, after extreme pressure and heat coming from tectonic plate activity, the Himalayan Mountains were formed and also the salt crystallized. It's the most natural type of salt available on the planet today and possesses 84 all-natural elements important to human life.

It's got a fantastic, soothing salty flavor and has an array of overall health benefits for the human body. In first place on this list of benefits is the recovery of the body's normal pH balance. Your body has an acid-alkaline percentage known as the pH or acid-base homeostasis, an equilibrium in between positively charged ions which are acid-forming and negatively charged ions, which are alkaline-forming.

If the pH levels keep on being out of balance for extended durations, your body is affected without you actually being conscious of it during the time. Many years later the outcome of continuous acidosis or alkalosis will appear in the form of arthritis, persistent tiredness, diabetes, hormonal imbalances, weakened body defense mechanism, osteoporosis, and excessive weight along with other chronic problems. The uses of [Himalayan Crystal Salt](#) will help maintain your pH in harmony as well as help you prevent these kinds of severe health conditions later in life.

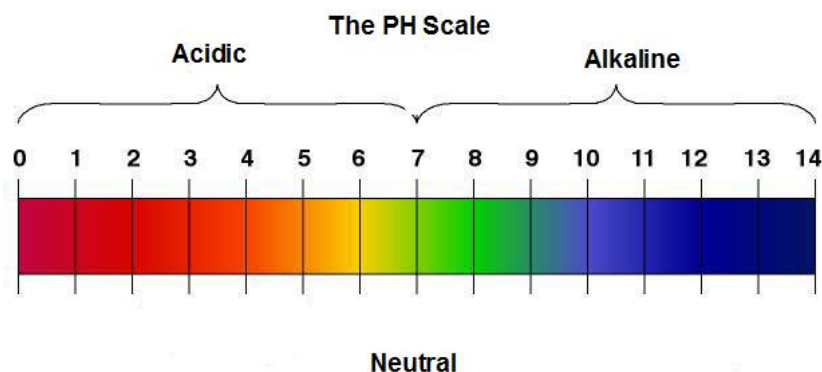
Furthermore, [Himalayan Crystal Salt](#) replenishes electrolytes within your body. Electrolytes are electrically loaded and even function as conductor for electrical signals that are essential for biologic functions through the entire body. These types of electrolytes aren't obtained in table salt.

With the overall economy going down the drain many of us are actually rediscovering what's important to us - loved ones, friends, community as well as health. We're returning to experiencing the simple things. Starting to live in balance is often as easy as the salt you choose to flavor your food.



Important Information about pH Balance: The Inner pH from the Body Is One of the Important Aspects in Maintaining Organic and Natural Balance

The scale that is utilized with regard to measuring the pH, or hydrogen ion concentration is from 0 to 14, with 7 being the actual neutral stage. Therefore, an Alkaline Body pH signifies that the actual pH of the blood is higher than 7 considering the perfect pH being 7.35. Over and above this particular range ... the body activity is no longer optimum and also the metabolic rate may be out of balance.



Metabolic sub products as well as our diet affect the actual pH of the body. Thus, the pH balance is immediately impacted by various types of foods that many of us consume along with the central mechanisms associated with their processing. Several foods that are acid in their structure may become alkalinizing following metabolization, e.g. lemons. Consequently, it is important to become more consciously alert to the effect that numerous food groups as well as our own eating habits have on the internal environment of the entire body.

An acid body = oxidation = decay

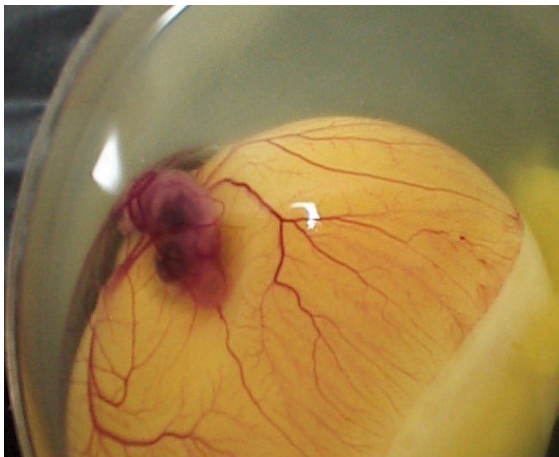
- Extreme level of acidity causes several disorders such as:
- Weakening of the epidermis, hair, nails, the teeth
- Deterioration of the digestive system
- Excitability of the central nervous system, sciatic nerve pain
- Propensity to depressive illness
- Muscle spasms and cramping
- Improves the likelihood of infections
- Persistent fatigue
- Obstructions of particular minerals which become inaccessible

The essential component matrix inside our universe is ... Hydrogen. Thus, the chance of Hydrogen (pH Alkaline) is a primary factor in our Gene-Assist and ReGene-Assist. An alkaline environment within the body ... helps the physical, Etheric and Subtle Bodies to draw in, maintain as well as support the light Encoded Signals which are essential to connect the Harmonic Keynotes for the optimum functioning of the human biology and the Transformational Process.

Simple Details about Life and Alkaline pH

The EGG ... We took a free range chicken egg and calculated it's pH:

- The white of the egg possesses a pH of 9
- The yoke of the egg cell possesses a pH of 6.5



Egg Embryo

Now, isn't this revealing? How is that?

The white from the egg having a pH of 9 provides a shielding cloak protecting the yolk from harmful bacteria, viruses, and fungus. While it's composition, bearing the Hydrogen Matrix, brings to fruition and takes part in the countless cells forming the body of the newborn chicken.

Much like the egg once the fluids of the human body are preserved at an Alkaline it shields the body from harmful bacteria, viruses and fungus as well as providing forth the Life-Giving Form of the hexagonal geometry (the six pointed star) inherent within the Hydrogen.

The Hydrogen Matrix - The etymology of Hydrogen discloses 2 words:

Hydro - meaning Water

Gen - (from Greek means Genês) = Born

So Hydrogen = "Born From Water"

Which reflects the embryonic and birthing process of most species. The Hydrogen Matrix (Alkaline ph) ... is the bringer and defender of life ... it bears the Life-Giving Form.

Your body is actually 75% water - which is H₂O. Meaning that there's two atoms of hydrogen and one of oxygen inside a Trinitized relationship. Thus, you will find two times as many hydrogen atoms as oxygen enclosed within a water molecule. Whenever we think about the etymology of oxygen we have now the examples below:

Oxy/Oxi = Acid = burning/combustion

Gen = Genes = Born

So Oxygen = "Burning of the new born genes"

As a result, an Acidic ph collapses the regular performance of the biological systems producing degenerative conditions in the human body and rendering an open environment for chronic in-harmonies.

Elements Affecting Body pH Levels

The next elements will have a great affect on the ph Level of the body:

Acidic Foods - Including junk food, meats, grains, greens, the majority of fruits, processed salt, sugar, condiments (pickles, ketchup, etc.), soft drinks etc. have a ph between 2.8 to 5.5 which is highly acidic.

Alkaline Foods - Almonds, all cantaloupes, unprocessed honey, plant pollen, maple syrup, figs, dates, natural yogurt, cheese as well as dairies, earth vegetables, apricots, avocados, coconut, grapes, molasses, raisins and lemon are typically alkaline forming foods.

Emotions - The Alkaline Level of your body will also be significantly affected by how you feel. Memorable, pleased, love-filled thoughts often produce alkaline-forming chemical reactions within the body. However, emotions that are filled up with frustration, worry, envy, dislike, etc. create acidic-forming chemical reaction within your body.

Here is a quick guideline concerning the ph of numerous manufactured and all-natural foods. All these pH factors could possibly fluctuate based on manufacturers and techniques involving production accordingly, allow a variance factor of +/- .2

	pH
Canned Spaghetti & Meatballs	4.3
Canned Corn	5.7
Canned Pink Salmon	6.0
Canned Vegetable Soup	4.1
Canned Lentils	5.6
Canned Brown Beans	5.5
Baby Food Vegetable Chicken	5.8
Baby Food Custard	5.5
Baby Food Peaches	3.6
Most Salad Dressings	3 to 3.5
Spaghetti Sauce	3.5 to 4.5
All Meats	5 to 5.5
All Greens and Grains	5.8 to 6.2
Bananas	4.6
Raspberries	2.6
Tomatoes	3.5 to 3.8
Milk Homogenized	6.6
Soya Milk	6.4
Colas and Most Soft Drinks	1.8 to 2.5
Root Beer	3.8 to 4.5
Grape/Cranberry Juice	1.7
Wine	2.1 to 3
Most Fast Foods – Burgers & Hot Dogs	5 to 5.5
Pizza (average)	3 to 4
Cookies, Biscuits, Pastries	4 to 5.5
Corn Chips, Cheezies, Munches	4 to 5.5
Note: most fruits and greens turn alkaline in the body	

Furthermore, 99% of the unhealthy food as well as fast foods, munchies, soft drinks, etc, possess General Vitality, which is from 100 to 250 with some reaching 400. In comparison with fresh organic vegetables that have General Vitality levels in the 2,000 plus range having a Life Force 150 to 200 points above the General Vitality. Commercially grown produces possess a General Vitality range from 400 to 1200 the reading is less regarding seedless and genetically tampered produce.

The Life Force (calculated in units of White Light Potential) for organic un-tampered fresh natural and organic produce is usually an average of 100 points greater than the General Vitality. For genetically tampered and seedless produce the Life Force may read less than the General Vitality by 100 points or so. For processed, canned along with other fast foods the Life Force is going to be below the General Vitality by 70 to 120 points on average.

These food types include an array of people's diets and so are for most parts of their own everyday reality. Be one a vegan or a meat lover the actual acidic conditions within your body tend to be widespread. Now, whenever we add to all of this the different forms of acidic water which are ingested (distilled, de-ionized, reverse osmosis, super filtered, etc.) can it be any wonder that the body system can be subject to all kinds of diseases.



Himalayan Salt Helps Maintain Superb Blood Sugar Health



The Essential Element Meant for Balancing Glucose Levels in People with Diabetes

One of [Himalayan Crystal Salt](#) natural benefits includes an extraordinary capacity to balance glucose levels within diabetics. Diabetes mellitus is a group of metabolic diseases characterized by high glucose levels that result from a deficiency in insulin production, its action, or both.

You might have heard that in hospitals, doctors will give patients having extremely high blood sugar an IV of sodium chloride to help reduce their blood glucose levels to normal. Essentially, whenever salt intake increased, regular blood glucose was reduced and vice versa. Whenever [Himalayan Salt](#) is consumed, it's

absorbed into the circulatory system and activates the movement of water from the cells to the blood by osmotic pressure, therefore improving blood volume as well as causing the kidneys to flush out the excess sugar in the blood. Nevertheless, careful monitoring of blood pressure levels is crucial since you don't want it to exceed the upper limit as it might put the individual in danger of heart disease as well as other complications.

This highlights the truth that [Himalayan Crystal Salt](#) can be valuable in regulating blood sugar levels. This is especially true considering the fact that [Himalayan Crystal Salt](#) possesses an entirely different list of biologic qualities when compared with table salt or iodized salt. This can be a crucial difference simply because salt continues to be stereotyped as bad for your health. It must also be mentioned that about 75% of the salt in the typical American diet will come in the form of table salt. This might be a sign that it's high time to switch towards the usage of [Himalayan Crystal Salt](#) since it has been proven over and over to be the superior form of salt with a myriad of health benefits kept in each and every granule.

A research was initially conducted wherein one group was given 2 grams of salt while the other group was given a placebo. The outcome stated the individuals who ingested the small quantity of salt had a glycemic response that was 8 % less than the individuals who had taken the placebo. This means that some salt is useful for diabetics; nevertheless it is all about identifying just how much salt should be taken.

In the U.S., the Food and Drug Administration didn't issue a recommendation; it simply referred readers to Nutritional Guidelines for US Citizens 2005. The guideline implies that Americans should ingest less than 2,300 milligrams of sodium, which is equivalent to 5.8 grams of salt per day. This guideline, together with additional scientific tests can firmly determine the essential role of [Himalayan Crystal Salt](#) in balancing glucose levels among diabetics.

There are 2 principal types of diabetes: Type 1 diabetes, or insulin shots dependent diabetes mellitus (IDDM), results from the pancreas malfunction to secrete insulin. Most patients having this type take insulin shots. The other one is Type 2 diabetes, or non-insulin dependent diabetes mellitus (NIDDM), which results from insulin resistance, a disorder in which cells are not able to use insulin correctly.

In having Type I or Type II diabetes, sugar as well as salt is well known to complicate the condition, as a result strict diets are observed by diabetics. A strict diet indicates restraining salt content within the food ingested by people with diabetes. Nevertheless, you should remember that you would find various forms of salt for human consumption: unprocessed salt such as sea salt, processed salt or table salt, and iodized salt. [Himalayan Crystal Salt](#) is the organic form of salt and is also said to be a lot healthier when compared with iodized salt. It's also proven to assist in preventing diabetes because it aids with the intake of food from the intestinal tract as well as maintains normal blood sugar levels.

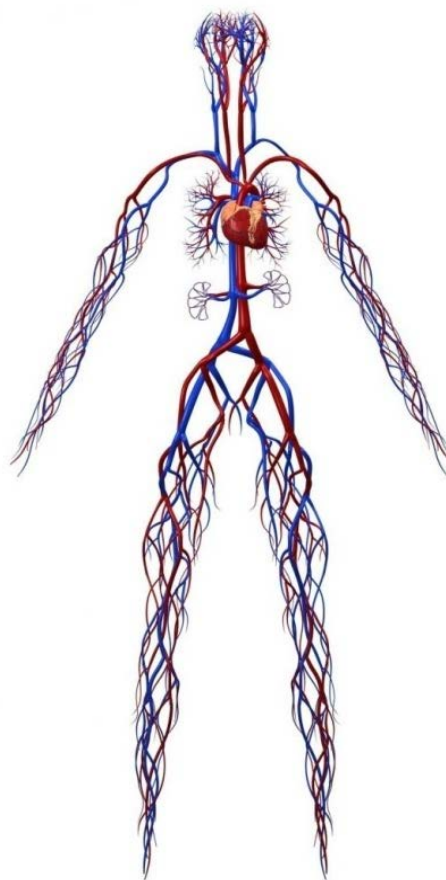


Himalayan Salt Aids Vascular Health

Crucial Minerals In Himalayan Crystal Salt Found To Enhance Vascular Health

Linus Pauling, winner of two Nobel Prizes once stated that individuals could easily trace every single illness, every condition, and every ailment to a mineral deficiency. Accurate enough given that minerals are generally part of our daily diet, for this reason the term dietary minerals. These are chemical components essential for the human body to keep up optimal health. Dietary professionals' state that the necessities for nutritional minerals are fulfilled simply having a conventional well balanced diet. Any deficiency of these essential minerals can distress biochemical reactions in the body.

Among the structures within the body vulnerable to a lack or overabundance of minerals are the blood vessels. Vascular health doesn't principally focus on the heart, it primarily involves the large network of arteries, veins and capillary vessels that course all through the body as they provide the cellular material with food and oxygen. They are also in control of the transport of body wastes to excretory organs to avoid them from building up and intoxicating the body. Regrettably, family genes, eating habits, life-style and environmental factors may change the integrity of blood vessels, resulting to various vascular-related conditions such as coronary artery disease, varicosities and peripheral vascular diseases.



These days, the majority of us should consider mineral dietary supplements as we progressively ingest unhealthy food, which make minerals and other nutrients more and more difficult for our bodies to absorb. One way, if not the simplest way to obtain all of the essential minerals should be to integrate [Himalayan Crystal Salt](#) in our diet. These salt crystals from the Himalayas are often called 'salt diamonds' or 'white gold' due to their purity as well as a truckload of health rewards. Moreover, the actual [Himalayan Crystal Salt](#) contains at least 84 essential and trace minerals which our bodies require on a regular basis. Among these are generally potassium, iron, phosphorus, chloride, sodium, calcium, magnesium, zinc, manganese, copper, iodine, selenium and molybdenum. All these are important to our body simply because they have known biologic functions.

As you have seen, [Himalayan Crystal Salt](#) is much more than simply the normal table salt (sodium and chloride), it includes a wide array of minerals (mentioned in page 8). In fact, aside from the noble gases, all of the organic elements of the periodic table can be obtained from [Himalayan Crystal Salt](#). Therefore, its content has organic and natural minerals as well as trace elements that are located in the human body.

Having said all these, it is quite obvious that the specific minerals, which promote vascular health, happen to be absolutely obtained in the [Himalayan Crystal Salt](#), especially the dietary minerals stated earlier. Strangely enough, the blood that runs through the vascular channels consists mainly of water and you know what? ...Salt! Remember, the human body mostly is made up of h2o as well as salt. So, the need for salt can't ever be compromised and there's no refined or processed salt anywhere that could be as good as [Himalayan Crystal Salt](#).

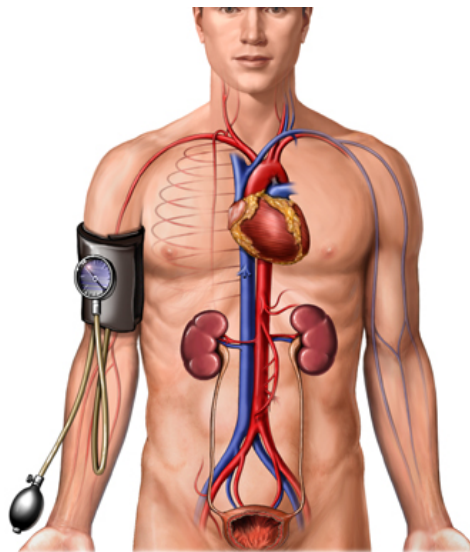


In Conjunction with Water, it is Vital for Blood Pressure Regulation

Blood Pressure Defined

Blood pressure is divided into 2 areas, systolic and diastolic. Systolic is the pressure of the heart beating. Diastolic is the pressure of the heart as well as vessels filling up. When blood pressure level figures are written out, as in “120/80,” the 120 is the systolic pressure and 80 is the diastolic pressure. Standard blood pressure level is now regarded as a systolic pressure below 120, and a diastolic pressure below 80. If your numbers tend to be consistently greater than these following several visits to your health care specialist, you might have possibly pre-hypertension or high blood pressure levels.

Arteries which are maintained young through proper diet and exercise are usually more flexible and unclogged. Blood flows through them easily and without much effort. Nevertheless, as we grow older, our blood vessels become more vulnerable to plaque build-up (due to diets high in saturated fat and sedentary lifestyles) and don’t “flex” as well under pressure. The result is faster blood flow, constantly. In the long run, this damages heart tissue, arteries, kidney and other major organs.



Factors which affect blood pressure levels are heart rate, variations in blood volume and also the contraction and dilation of arteries. A change in any one of these aspects, offering the other 2 continue to be stable, will certainly have an immediate impact on blood pressure levels. Blood pressure regulation is reached via the dilation as well as constriction of arteries (vasodilation, vasoconstriction) and also the control of blood volume as well as heart rate. A healthy cardiovascular system might be preserved by means of regular aerobic fitness exercise such as: jogging, running, riding a bicycle, skiing, playing golf or swimming.

Other actors that have been associated with hypertension include obesity; diabetes; stress; insufficient intake of potassium, calcium, and magnesium; lack of physical activity; and chronic alcohol consumption.

How to Reduce High Blood Pressure

The reasons for hypertension aren't always clear. Nevertheless, there are lifestyle factors that play a role in high blood pressure that one could change:

Weight-loss: increase your lean body mass and eliminate the fat, particularly the fat around your midsection.

Exercise: hearts in bodies that get frequent exercise remain healthy and fit, as with every other muscle.

Salt: try to lessen your salt intake, and use healthier salt such as [Himalayan Crystal Salt](#) as it contains the necessary minerals to preserve a health heart + other vital minerals which support several bodily functions.

Alcohol and tobacco use: moderate your alcohol intake, and if you smoke - stop



Himalayan Salt Helps to Control the Water Levels in the Human Body, Managing them for Proper Functioning

[Himalayan Salt](#) sustains optimum levels of h₂o as well as delivers necessary and important minerals to get adequate performance of numerous processes and bodily organs.

Overall Body Water Percentage

Roughly 50 - 65% of the bodyweight in a healthy individual is h₂o. This takes on an important role to help one remain healthy through:

- Controlling body temperature
- Eliminating waste products within the body
- Transporting vitamins and minerals, oxygen, enzymes, hormones along with glucose to the body cells
- Transporting away unhealthy toxins and metabolic waste materials from the body cells for elimination
- Padding joints as well as strengthening muscle tissue
- Supplying healthy moisture to skin as well as other tissues

An individual continuously loses h₂o throughout the day by way of perspiration, urine and respiration. The volume of h₂o a person loses depends upon variables like physical demands and climate conditions. Additional factors affecting one's body water level include sickness, medications, hormone changes as well as inadequate nourishment.

Being thirsty isn't the ideal sign of dehydration, because the thirst mechanism only starts when you're actually slightly dehydrated. Beginning signs and symptoms of dehydration normally include reduced energy or tiredness, headaches and lightheadedness.

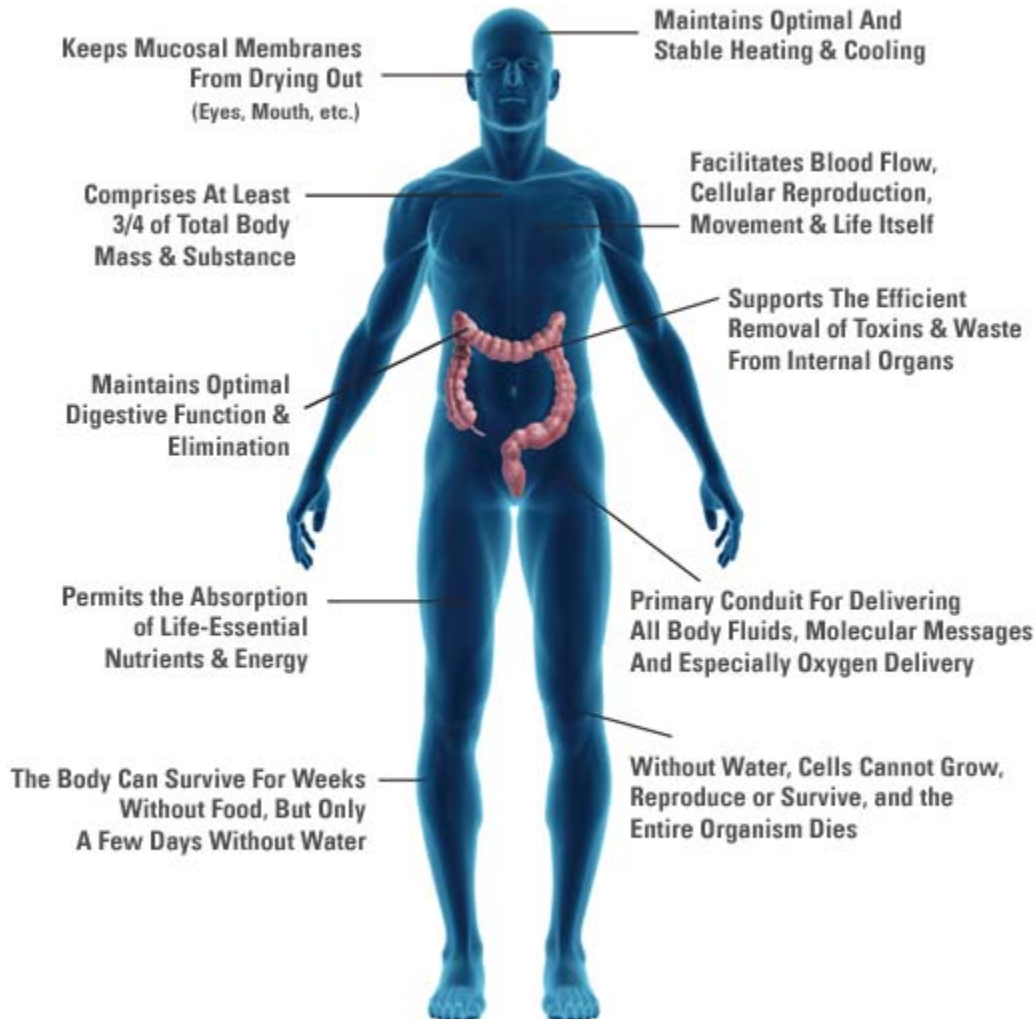
Some other warning signs are:

- Darkish colored urine that might have an odor, and/or infrequent urination
- Dry lips, mouth, and/or skin
- Nausea or vomiting
- Bowel irregularity
- Elevated temperature



Tanita Body Fat Monitors

Determining the right balance of water consumption will make sure the body performs effectively, can make you feel healthier plus more alert and may decrease the chance of serious medical problems. Remaining correctly hydrated also will make sure you are performing at your very best, enabling you to exercise much more. The new Total Body Water Percentage feature on specific Tanita Body Fat Monitors will assist you to stay inside the healthy total body h₂o levels.



Healthy Total Body Water Percentage (TBW%)

Typical total body water percentage levels for a healthy adult are:

- Women: 45 - 60%
- Men: 50 - 65%

With regard to Athletes, the figure is roughly 5% over these averages, because they will likely have higher muscular mass. Skeletal muscle tissue consists of more water compared to fat (adipose) tissue.

Currently there aren't any verified standards pertaining to overweight/obese individuals, even though the total body water percentage will certainly drop down below the typical healthy ranges. The total amount can vary with respect to the degree of extra body fat.

H2o - The Building Blocks to a Healthy Body

Until fairly recent, the majority of medical-related theory was based upon the premise that the 20% of one's body that's solid tissue is really what decided our health and wellness. The explanation for this premise is the fact that the majority of outward warning signs of disease and sickness tend to be found within solid tissues. It had been believed that the 80% of one's body that is fluid simply helped the framework regarding bone and organ tissue. Today we now recognize the exact opposite to be correct; the liquids, which circulate throughout the body, are actually what establish the degree of health and well-being. [Our body is actually a water mechanism, made to operate mainly on water and minerals.](#) By weight, bodies are approximately 72% water, 8% chemical substances, and 20% bone and solid tissue. Coming from the simplest viewpoint, it's a common sense formula: if we're comprised of 72% ordinary h2o, it follows that; actual quality of h2o we drink can have an extremely dramatic result on our general state of wellness. Every single healing and life providing procedure that occurs in the body occurs because of water!



Within the past 10 years, medical-related scientific research has started to pay attention to the incredible healing capability the human body provides and just how much this ability is dependent upon water. The human body automatically aims to remain healthy and young; every element operates in remarkable harmony to be able to mend broken bones, regenerate and replace damaged tissues, as well as go after and eliminate hostile organisms. Within each one of these amazing procedures there exists a single basic element...WATER!



Human blood, the primary substance of one's existence, is actually more than 83% water and moves all through the body, disbursing nutritional requirements, much needed oxygen, in addition to antibodies when needed.

To enable your blood to correctly execute its numerous crucial duties, your body needs to be adequately hydrated with "healthy water." An insufficient consumption of water (or drinking water laced with pollutants) will cause the qualities of the blood to alter and adversely impact essentially all elements regarding our overall health.

The human brain is actually more than 75% water and regulates every single process, which occurs within the body.

The brain is continuously transmitting and obtaining electronic signals through the entire neurological system manage control, it's, in truth, simply a complex system of little waterways.

The actual liquid within our nervous system is composed almost totally of water and minerals.

Microscopic messengers known as transporter proteins and travel at the speed of light to transport life-giving signals to each and every cell and organ in the body. Like all communication networks, the purity of the service provider, the nervous system, impacts the speed and clarity of the transmission. When the liquid within the nervous system is laced with traces of chemicals and/or heavy metals such as lead, the effect is a postponed and distorted



transmission. Numerous experts currently believe, as well as several research studies reveal, that the distortion of these signals could be the real cause of several neurological system disorders such as Attention Deficit Disorder, Chronic Fatigue Syndrome, Alzheimer's disease, anxiety, and depression. It's been well documented that the clearness of these signals has a significant impact on our own ability to cope with stress as well as our degree of coordination. Given the critical role that water performs in the human brain and neurological system, its high quality might well be the most fundamental and critical answer to a healthy long life.

Our own energy level is definitely influenced mainly by our intake of H_2O . It's been medically proven that merely a 5% decrease in human body fluids will result in a 25% to 30% decrease in energy in the majority of individuals; a 15% decline leads to death! Additionally, it is approximated that greater than 2/3 of all individuals don't consume adequate H_2O and experience some degree of dehydration. As a result a significant portion of the human population functions at just 70 to 75% of their ability, or perhaps less. Regrettably, the majority of people choose stimulants such as caffeine and sugar to improve his or her energy level, instead of drinking more H_2O , which happens to be exactly what the body requires to generate natural energy. Caffeine, alcohol, and sugar are all strong diuretics, which in fact make the human body, lose water, causing a additional loss of natural energy production and consequently resulting in a reliance on artificial energy.

Most of the body's energy arrives from the compound known as ATP, **Adenosine-Tri-Phosphate**, which is produced in the course of the movement of water through the cell membrane to create hydroelectric energy. ATP will then be saved in energy pools and be utilized as chemical energy throughout our body. Appropriate mineral content of the body fluids as well as the absence of pollutants produce the correct environment for this natural energy production.

The human body is really a complicated Hydro Generator, utilizing the elements of nature in becoming the miraculous machine it was supposed to be. The purity of the H_2O people consume significantly influences our strength and energy levels. Whenever a harmful chemical (chlorine included) gets inside the body, it has to then burn some of the strength and energy to help reduce and repair damages created by that toxin. H_2O is additionally what the liver utilizes to process fat into usable energy. Ingesting a great deal of clean, chemical-free H_2O accelerates the metabolic process and enables the body to absorb nutrients better, leading to improved strength and energy.

The body's detoxing system is possibly the single most vital aspect to the best possible overall health. Additionally it is the main process, which depends most heavily on an excess consumption of clean water. All of us have heard that we need to drink no less than 8 servings of h₂o every day. But bear in mind, drinking the minimum can only help preserve the minimum degree of wellness. The body uses at the least 8 servings of h₂o every day under regular, fairly passive activity to keep fundamental bodily processes such as digestion, temperature control, joint lubrication, and skin hydration. Each and every time we breathe out, blink our eyes, or make any type of motion whatsoever, we burn up a portion of the available water in our system. Even the continual beating of our heart is a water using procedure. We're constantly using up the available water within our body. To ensure that our body properly performs the important job of filtering and eliminating contaminants, we need to drink an amount of h₂o higher than the minimum. The greater the h₂o excess, the greater the body is able to eliminate itself of all the factors, which promote disease and aging. This is a magnificently basic process, which can create a huge difference in the level of wellness we achieve and maintain. Yet, we must allow it to occur simply by drinking a great deal of clean, healthy water!



Note: A healthier suggestion with regard to h₂o intake would be a minimum of 10-12 servings daily, with ideal advantages attained at 14-16 servings daily. (Caffeinated or sweetened drinks shouldn't be counted in ones h₂o intake, because they essentially make the body excrete water.)

It's probably the greatest overall health improvement routine you could develop plus it's so easy: drink a glass of h₂o every 1 to 2 hours. Test it: drink a minimum of 10 servings of h₂o daily for 1 week; you may be surprised at exactly how much better you're feeling!

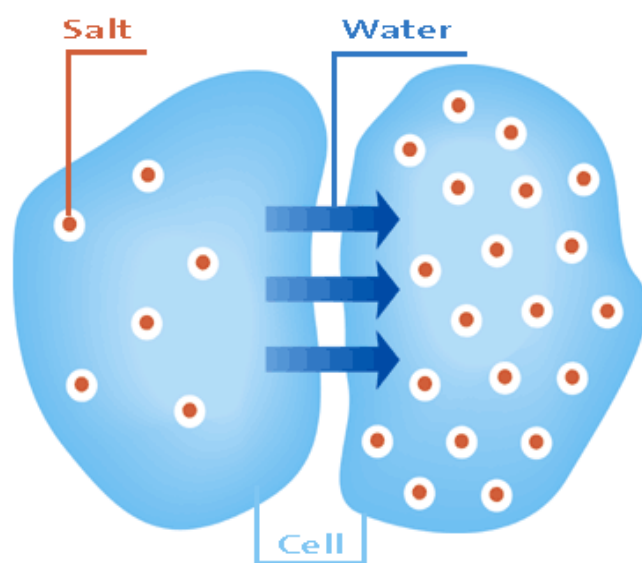
Every bit as essential as amount is to correct detoxification so is quality. When we drink h₂o, which already includes traces of harsh chemicals, such as chlorine or some of the other 2100 various artificial chemicals, which have already been found in our water supplies, then this h₂o doesn't have exactly the same capability to pick up and take away chemical toxins from our body. Drinking water that's free of toxins will take on and get rid of contaminants, which find their way into our bodies by some other way. We're regularly subjected to as well as consume a multitude of damaging chemicals. From the foods all of us consume (containing artificial preservatives, colors, and pesticide residue) to the clothing we wear (which often have traces of laundry and/or dry cleaning chemicals which can be absorbed through the skin) exposes all of us to harmful toxins. The air we breathe as well as practically everything we touch contains possibly damaging chemicals, which can be taken in by our bodies. It's difficult, if not impossible, to preserve the cleanliness of the air we breathe, the things we touch and the foods we eat. This particular fact simply makes the purity of one's h₂o much more crucial. The h₂o level of quality is the only portion of our individual surroundings that we can simply and effectively regulate. By having a plentiful consumption of clean, healthy h₂o, we enable our bodies to carry out each of the healing processes it's naturally capable of.

During this era of fast food, synthetic medicines, and complicated lifestyles, people often neglect the obvious facts. Your body is a water machine, carrying out an incredible number of life-giving jobs with each and every passing second. In every one of these synchronized miracles there exists a single primary component: WATER!

Studying the human body can easily result in a mind-boggling admiration and respect for the creator. Always keeping your body clean internally isn't just essential for health and well-being; it's also a great action associated with gratitude regarding such a marvelous gift: LIFE!

What Is Osmosis?

Osmosis is the passage of water from a region of high water concentration through a membrane to a region of low water concentration. It is the movement of water from an area of low solute content to an area of high solute content. In our bodies, water moves continuously in and out of the cells. The elements form the solutes that pass in and out of the cells. The elements are: Sodium, Potassium, Magnesium and Calcium. All of these elements are found in the [Himalayan Crystal Salt](http://www.AuthenticHimalayanSalt.com). These elements, also known as electrolytes, support the efficiency of osmoregulation to occur within the cells. Osmoregulation is the body's natural maintenance of water levels in and out of our cells. Also the minerals and trace elements in [Himalayan Crystal Salt](http://www.AuthenticHimalayanSalt.com) are bound in colloidal form. Simply put; this colloidal form allows easy, immediate absorption into the body making it the a perfect source of electrolytes.



Himalayan Salt Soap Aids in Lessening the Everyday Aging Process

Efficiency of the Himalayan Salt Soap:

[Himalayan Salt](#) possesses a purifying and rejuvenating effect on your sensitive skin. It aids in clearing up skin problems that include acne, eczema, as well as skin psoriasis. Studies have indicated that individuals with chronic obstructive respiratory disease and bronchial asthma show a reduction in disease causing microorganisms. At the same time, it may help clear away the excessive mucus, regulates the immune system, delivers anti-bacteriological and anti-inflammatory relief, and is also an excellent anti-aging therapy.



[Himalayan Salt Soap](#) reaches the greatest influence in conjunction with [Himalayan Salt](#) steam sauna at a temperature of 104° F and humidity 60-75%. This unusual and highly effective combination lightly detoxifies your skin, possess a strong impact on the circulation of blood as well as efficiently tighten up your skin tone.

How to use:

Before massaging the [Himalayan Salt Soap](#) into your entire body you need to have a shower using warm water 85-90° F, lasting 20-25 seconds to help you open the pores of your skin. Basic spreading: cleansing soap is applied to moist skin in a thin layer (like a film), applying to the face, the entire abdominal cavity and chest, subsequently along the spinal column to the flank and also the neck part, of course, if necessary, the joint parts as well as outer thighs.

Generally if the skin discomfort has persistent character – the first seven days apply soap outside (eczema, psoriasis, herpes, allergies, acne, pimples, etc.) to additionally lubricate the affected zones smear veins locally, apply a layer of salt but don't rinse off and take a shower the following morning. If it prickles rinse it with water, after that apply a layer of massaging salt on the skin throughout the therapy twice.

Himalayan bath salts can enhance the consistency, strength and appearance of the epidermis, combat bloating, promote sinus health, avoid muscle cramps and tenderness, regulate sleep, reduce tension as well as support your libido. It is crucial that you purchase the salts in their 100 % pure, organic form to experience each one of these benefits.

Softer, Smoother Skin:

You almost certainly have experienced at least one from the following: dry, flaky skin, greasy skin, or “combination” skin – just about all prone to conditions including acne or dandruff. As you get older, you may become aware of a loss of flexibility or even “tightness” of the epidermis, leading to wrinkles and fine lines. In an attempt to reverse most of these rather unpleasant

effects, you buy costly lotions and creams – investing 100's of dollars on treatment options that deliver solely empty promises, not really results.

Bathing in organic [Himalayan Salt](#) can be a low-cost skincare solution that isn't only pleasant, it's also very efficient. The salt is instantly absorbed into your epidermis, cleansing and purifying your skin pores from the inside out, leaving you with a healthy, younger glow. Bathing in salt also plumps up the skin, filling out wrinkles and fine lines. The highly effective cleansing qualities of organic [Himalayan Salt](#) break down dangerous build up and harmful toxins that lead to a boring, lifeless appearance along with irregular pigmentation. After bathing in [Himalayan Salt](#) water, you will emerge with epidermis that's soft, gentle, as well as flexible to touch.

Limitations: So far we've not found any kind of negative effects.

Application of the cleaning soap on face and the body:



Acne, the skin disease characterized by inflammation of the skin and formation of whiteheads, blackheads, and pimples, usually forms on the face, neck, chest, upper back, shoulders, and arms. These parts of the body are highly susceptible to acne because they have the highest concentrations of sebaceous glands. When these sebaceous glands are stimulated by a hormone called androgen, these glands go into hyper mode and start producing excess oil (sebum). The excess oil is supposed to be expelled through the skin's pores but sometimes, pores can be blocked by hair follicles, dead skin, and other debris. This debris, combined with the excess oil, can further block skin pores and consequently cause acne.

Due to its components, [Himalayan Salt Soap](#) massaging increases the release of harmful substances along with harmful toxins from your entire body. Additionally, it stimulates the secretion of excess water from the skin and ligament, which helps prevent the collection of harmful substances and cellulite, therefore the pores and skin become stronger, softer, more firm, much smoother and healthier naturally.

Using organic [Himalayan Salt](#) revitalizes your body with calcium, magnesium, and potassium.

Since it increases the circulation of blood, [Himalayan Salt Soap](#) softens rough and chapped skin on hands, elbows, and feet and also may serve as a fantastic treatment for support in strengthening the walls of venous vessels.

Specifications:

Sodium: - 98.35% **Magnesium:** – .07% **Iron:** - .0006% **Moisture:** - .026% **Insoluble:** - .77%

Himalayan Salt Helps Prevent Cellulite, in Comparison with Table Salt and Sea Salt



In case you have recently been displeased with the look associated with crumpled spots of fatty skin on your thighs and tummy or any other areas of the body below the waistline, and you also are in fact a woman in her thirties or forties, it's most likely that you've made your acquaintance with a condition of the skin generally known as cellulite.

Fortunately it's categorized as a mild problem yet it's infamously hard to remedy. Really the only helpful solutions capable of making a long lasting effect are the ones, which deal with the actual causes of the trouble - typically the eating and life-style patterns which deny a body important nutritional vitamins and promote the appearance of cellulite and various other skin conditions.

Although the link between cellulite development and cigarette smoking is certainly one, which not many are likely to be shocked to find out about, the relationships between cellulite and a fundamental

part of one's regular diet regime is much less visible. Sodium is very important in the preparation of numerous foods and it's also often put on independently to cooked food.

The significance of sodium to our well-being has actually been well-known ever since ancient times when Roman soldiers were given their wages in salt - thus the English term salary. It's difficult to acknowledge the reality that sodium consumption can additionally have an adverse effect on skin condition.

Cellulite isn't just an external dilemma. Even though it disturbs most women immensely, it's also wise to be "grateful" for cellulite. Have you figured out exactly why? Because cellulite indicates that there are actually actions that you need to take slightly varied and/or a bit improved pertaining to your body.

You must be grateful considering that cellulite isn't a disease or sickness but it's an indication that circulation in the body is slow. This is often a result of not enough exercising or not following a proper diet or perhaps it could be hormone imbalances too.

Sea Salt vs. Table Salt and Cellulite

Improper sodium consumption may lead to cellulite. An excessive amount of table salt, which is not simply salt that you sprinkle your meals with, but additionally the excessive sodium, which is already in prepared food products, will certainly slow a person's metabolic rate down.

Reduced metabolic rate can result in putting on weight and regrettably allows harmful toxins to stack up. Cellulite is only one means of exhibiting that you've got some toxic substances inside your body, which shouldn't be there.

Exactly what salts should you use and just how much? Will it really make any difference? Is Sea Salt any better compared to Table salt?

Is Sea salt is Better than Table salt in Order to Reduce Cellulite?

With regards to cellulite, generally it doesn't make a difference. Sea Salt could be a little bit healthier however; you need to check the product labels!

Sea salt may include a few extra minerals (1% extra) such as iron, magnesium, sulfur simply because sea salt has gone through a tiny bit less processing.



Anti-Caking

Table salt has gone through additional chemical treatment and therefore it contains absolutely no minerals whatsoever. Also water pollution is a huge concern and may weaken sea salt health benefits in the near future. Generally iodine is put onto both salts.

Table salt as well as sea salt include an anti-caking ingredient. Anti-caking agents aren't right for you when you wish to eliminate your cellulite. Such anti-caking agents cause the salt to remain fine and powdery and are shown under category E number: E 535, E551. Fundamentally this helps prevent salt from sticking together.

Standard table salt holds h2o inside the tissues, which results in water retention along with cellulite. After you substitute normal table salt with highly structured [Himalayan Salt](#), the excess h2o inside your body will be emitted. Furthermore, whenever utilized in a bath, [Himalayan Salt](#) works well for the actual removal of impurities caught in your skin's pores.

Certain nations throughout Europe continue to market fine sea salt which has anti-caking agent category E 536= Potassium Ferro cyanide. E 536 is prohibited in the US. As it triggers low toxicity, decreases o2 transportation within the bloodstream, it may cause breathing troubles, lightheadedness or even headaches.

Is it possible to imagine? Look at the ingredients label on your salt right now and find out if the anti-caking agent is actually deemed OK.

LIST OF MINERAL SALTS, ANTI-CAKING AGENTS

Number	Name	Comments
500 E500	Sodium carbonates	<p>(i) Sodium carbonate is naturally occurring in alkaline waters, however it is also synthesised by the Solvay process or by electrolysis of sea water. Sodium carbonate is used as an acidity regulator, particularly in beer making. Excessive ingestion may result in stomach upset. Typical products include beer, baking, soft and fizzy drinks, medications. No known adverse effects in small quantities. May irritate the eyes and respiratory tract.</p> <p>(ii) Sodium hydrogen carbonate (Bicarbonate of soda) is used in food mainly as a raising agent, but also as a base. It is prepared synthetically.</p> <p>(iii) Sodium sesquicarbonate occurs naturally in saline waters, it is used as a base. No adverse effects are known.</p>
501 E501	Potassium carbonates	Mineral salt, adjusting and modifying agent. Used as gastric antacid and to replenish electrolytes in the body, cocoa, confectionary, custard powder and as for 500. No known adverse effects.
503	Ammonium carbonates	<p>(i) Ammonium carbonate</p> <p>(ii) Ammonium hydrogen carbonate</p> <p>Produced from ammonium sulphate and calcium carbonate, natural minerals. Mineral salt, adjusting and modifying agent. Irritant to mucous membranes, alters pH of urine and may cause loss of calcium and magnesium. Used in some medications, baked goods, baking powder, cocoa items confectionary, ice cream.</p>
504 E504	Magnesium carbonate	<p>(i) Magnesium carbonate - Mineral salt, anti-caking, adjusting, bleaching, modifying agent. Medically used as an antacid and laxative. Magnesium is used in the treatment of heart attack patients, and promotes the health of arteries, bones, nerves and teeth, low-sodium salt substitute, table salt. Other names: magnesium carbonate, magnesium (II) carbonate n-hydrate.</p> <p>(ii) Magnesium hydroxide carbonate (syn. Magnesium hydrogen carbonate) Magnesium hydrogen carbonate is used mainly as a buffer and anti-caking agent, but it is also used as an anti-bleaching agent. Typical products include sugar, salt, other granular foods.</p>
507 E507	Hydrochloric acid	HCl can be prepared commercially by the reaction of sulphuric acid with sodium chloride, or directly by reaction of hydrogen and chlorine gases; the reaction is very exothermic and takes place readily in sunlight or at elevated temperatures. The major use of HCl is in the manufacture of other chemicals, but other principle applications include metal pickling, gelatine, dyestuffs, casein,

		pharmaceuticals, synthetic rubber and metal chlorides manufacture. Large amounts of hydrochloric acid are used in effluent treatment and for the regeneration of ion exchange resins in water treatment. Produced in the stomach to aid digestion. May have teratogenic properties and may be carcinogenic when mixed with formaldehyde. Safe in small quantities. Mainly for the malting of beer, gelatine manufacture, cornflour. Other names: muriatic acid, chlorohydric acid.
508 E508	Potassium chloride	Mineral salt. Large quantities can cause gastric ulceration. Used as an electrolyte replenisher. Used in brewing, salt substitute, gelling agent, reduced sodium breads.
509 E509	Calcium chloride	Mineral salt, modifying agent, preservative, firming agent, sequestrant. Derived from brine. Used in jelly, cheese, and to keep canned fruit/vegetable firm.
510 E510	Ammonium chloride	Natural salt, part of sea salt and rock salt. Prepared from hydrochloric acid and ammonia. Should be avoided by people with impaired liver or kidney function. Acidity regulator, flavour and nutrient for yeast in yeast-fermented products such as flour products, bread, bread mixes, low sodium salt substitute.
511 E511	Magnesium chloride	Natural salt, part of sea salt and rock salt. Mineral salt, firming agent. Magnesium is an essential mineral. Used in foods and pharmaceuticals. Industrial grade not for human consumption. Can act as a laxative.
E513	Sulphuric acid	Sulphuric acid was manufactured by the lead-chamber process until the mid-1930s, but this process has now been replaced by the contact process, involving the catalytic oxidation of sulphur dioxide. The structure of sulphuric acid is considered to be a mixture of several rapidly interconverting equivalent forms. Typical products include beer. Banned in Australia. Has teratogenic properties. Avoid it.
514 E514	Sodium sulphates	Prepared from salt and sulphuric acid. Mineral salt, anti-caking agent for diluting colour powders in beer, biscuits, chewing gum, confectionary. May upset the body's water balance.
515 E515	Potassium sulphates	Mineral salt, anti-caking agent for beer, pharmaceuticals, salt substitute. No known adverse effects, but large doses can cause severe gastrointestinal bleeding, use sparingly.
516 E516	Calcium sulphate	Mineral salt occurs naturally in the form of gypsum, and may be used as a sequestrant in food as well as a buffer and firming agent. Artificial sweetener base, bleaching agent for bread rolls, flour, tinned tomatoes, soy tofu, dried egg, cheese products, tooth paste. Used in mortar, cement and plaster of Paris. Derived from limestone. No known adverse effects.
E517	Ammonium sulphate	White solid, used in water purification.
518 E518	Magnesium sulphate, Epsom salts	Prepared from magnesium salts and sulphuric acid. Natural mineral. Mineral salt, firming agent for medications, pharmaceuticals, nutrition supplements and infant formula as a

		mineral. Used in beer and a laxative. Dangerous to people with kidney problems and has teratogenic properties.
E519	Copper sulphate	Mineral salt, anti-caking agent which is manufactured but occurs naturally and used for making azo dyes. Fed to pigs to stimulate growth. A cumulative poison. Essential mineral for many body functions such as making blood and tissues to fighting infections. Naturally in meat, cereals, vegetables. Used in infant formula as a mineral supplement. NOT TO BE TAKEN ON ITS OWN.
E520	Aluminium sulphate	Natural mineral, from which the commercial product is purified. Aluminium sulphate is used to precipitate protein, for example during the beer brewing process. It also strengthens the structure of vegetables during processing. Found in Beer, pickled vegetables, proteins (deodorant, as anti-bacterial agent) Acceptable daily intake (ADI): None determined. Side effects: Aluminium inhibits the uptake of B-vitamins. It may also influence liver function in high concentrations. However with use of E520 the concentrations are too low.
E521	Aluminium sodium sulphate	Prepared from natural aluminium sulphate. It strengthens the structure of vegetables during processing. It is used as acidity regulator and bleaching agent in flour. Found in Flour, cheese, confectionary. Acceptable daily intake (ADI): None determined. Side effects: Aluminium inhibits the uptake of B-vitamins. It may also influence liver function in high concentrations. However with use of E521 the concentrations are too low.
E522	Aluminium potassium sulphate	Prepared from natural aluminium sulphate. It is used as acid source in baking powder for bakery products, baked at high temperature. It also stabilises colours. Used in Industrial baking powder. Acceptable daily intake (ADI): Up to 0,6 mg/kg bodyweight. Aluminium inhibits the uptake of B-vitamins. It may also influence liver function in high concentrations. However with use of E522 the concentrations are too low.
E523	Aluminium ammonium sulphate	Prepared from natural aluminium sulphate. It is used as acid source in baking powder for bakery products, baked at high temperature. It also stabilises colours. Used in Industrial baking powder. Acceptable daily intake (ADI): Up to 0,6 mg/kg bodyweight. Aluminium inhibits the uptake of B-vitamins. It may also influence liver function in high concentrations. However with use of E523 the concentrations are too low.
E524	Sodium hydroxide	Prepared from natural salt. Adjusting agent, base and colour solvent (caustic). Used in drain cleaners, cocoa products, sour cream, edible fats and oils, jam, tinned vegetables, glaze on pretzels, enhance the industrial peeling of fruits, to blacken olives and in the preparation of caramel. Banned in Australia. Avoid it.
E525	Potassium hydroxide	Mineral salt (caustic) used in cocoa products, cheese products, jam black olives. Banned in Australia, check imported foods. Avoid it.
526	Calcium	Mineral salt made from lime as a firming and neutralising agent

E526	hydroxide	used in making beer, soap and glazing pretzels, infant formula as a mineral, cocoa products, sour cream, edible fats and oils, jam, tinned vegetables. Strong alkali used as acidity regulator, for example in wine. A solution of calcium hydroxide can be used to preserve eggs. A solution of calcium hydroxide and sugar (1:3) is used to regulate the acidity in frozen products. In strengthens the structure of vegetables during processing. No adverse effects in small quantities.
527 E527	Ammonium hydroxide	Diluted household ammonia. Strong alkali used as acidity regulator. Also used for the production of caramel. Found in Egg and cocoa products, colours. Banned in Australia. Avoid it.
528 E528	Magnesium hydroxide	Mineral salt. Milk of magnesia. Strong alkali used as acidity regulator. Used in cheese to enhance rennet and stabilises the colour of vegetables during canning. Laxative in high concentration. Banned in Australia. Avoid it.
529 E529	Calcium oxide	Mineral salt prepared from chalk, used as adjusting and modifying agent used in bread, confectionary, sour cream, dairy products, tripe, tinned peas. Also used in the manufacture of sugar to remove impurities, in bakery products as stabiliser and as a nutrient for yeast. It is also used in the preparation of intestines for sausages (as cover, not filling). Safe in small quantities.
530 E530	Magnesium oxide	Prepared from several minerals. Alkali, neutraliser and anti-caking agent. It can be found in frozen dairy products, butter, canned peas, cocoa products, medications. Used as a medical laxative in high concentrations. Banned in Australia. Avoid it.
535 E535	Sodium ferrocyanide	Prepared from hydrogen ferrocyanide and sodium hydroxide. Crystal modifier, anti-caking agent. No adverse effects known for use in food. Use is very limited, partly due to the strong yellow colour.
536 E536	Potassium ferrocyanide	Prepared from hydrogen ferrocyanide and potassium hydroxide. Synthetic crystallising agent. Metal removal in wine, anti-caking agent, seasonings, spices. By-product of coal gas production; low toxicity, reduces oxygen transport in the blood, which in turn may cause breathing difficulties, dizziness or headache. Banned in the United States.
537	Ferrohexacyano manganate	Prepared from hydrogen manganocyanide and iron hydroxide. Used as anti-caking agent. Used in liquorice powder (salmiak). Acceptable daily intake (ADI): None determined. Side effects: None in the concentrations used. Can be used by all religious groups, vegetarians and vegans.
E538	Calcium ferrocyanide	Prepared from hydrogen ferrocyanide and calcium hydroxide. Used as anti-caking agent. Found in Low-sodium salt. Acceptable daily intake (ADI): Up to 25 mg/kg bodyweight. None in the concentrations used.
539	Sodium thiosulphate	Synthetic compound. Used as anti-oxidant, especially to inhibit browning in potato products. Acceptable daily intake (ADI): Up to 0,7 mg/kg bodyweight. Side effects:

		Thiosulphate is converted into sulphite and has similar side effects, see E221 . Can be used by all religious groups, vegetarians and vegans.
540 E540	Dicalcium diphosphate	Occurs naturally as monetite. Buffer, neutralising and raising agent in yeast products, dietary supplement. Banned in Australia. Avoid it.
541 E541	Sodium aluminium phosphate, acidic	(i) : Acid sodium aluminium phosphate (ii) : Alkaline sodium aluminium phosphate Synthetically produced from aluminium, phosphoric acid and sodium hydroxide. Acidity regulator, emulsifier used in baked goods, cheese products, confectionary, mince meat, frozen fish, stews. A risk to babies, elderly and people suffering from kidney and heart complaints. Aluminium impairs the calcium and phosphorous uptake by the body. Possible link to osteoporosis, Parkinson's and Alzheimer's disease. Avoid it.
541 E541	Sodium aluminium phosphate, alkaline	Banned in Australia. Avoid it. See Above.
542 E542	Bone phosphate, edible bone phosphate	Derived from steaming animal bones. Used as anti-caking agent, emulsifier and source of phosphorous in food supplements. Main use, however, is in cosmetics (such as tooth paste) Used in dried milk for coffee machines, cane sugar, and as filler in tablets. Cannot be used by vegans, vegetarians, Muslims, Jews or Hindus. The product is made of animal bones, such as from pigs and cattle.
E543	Calcium sodium polyphosphate	Produced from sodium phosphate and calcium phosphate from non-animal origin. Used as emulsifier and stabiliser. Found in Processed cheese, frozen bakery products Acceptable daily intake (ADI): Up to 70 mg/kg bodyweight. Polyphosphates may inhibit digestive enzymes in high concentrations.
544	Calcium polyphosphates	Produced by heating calcium phosphate. Emulsifier and stabiliser salts for use in foods mainly with dairy and cheese products in them, everything but fizzy drinks! May cause enzyme blocking in the digestive system and cause calcium phosphorous imbalance. Banned in Australia. Avoid it.
545	Ammonium polyphosphates	Produced by heating ammonium hydrogen phosphate. Emulsifier salts as for 544, plus chewing gum, beer, cider, herb teas, confectionary, processed nuts. Also used as nutrient for yeast and increases water binding properties. Banned in Australia. Avoid it. See 544
E550	Sodium silicate	(i) Sodium silicate (ii) Sodium metasilicate Produced by heating siliciumdioxide (quartz, sand) and sodiumcarbonate. Used as anti-caking agent, to preserve eggs, and to improve mechanical peeling of peaches. Also as a carrier for aromas. Found in Canned peaches, preserved eggs, vanilla

		powder. Acceptable daily intake (ADI): None determined. Side effects: None known
551 E551	Silicon dioxide	From sand or Quartz. No adverse effects are known in food use. Artificial sweetener, anti-caking agent, thickener and stabiliser in beer, confectionary, sausages, dried milk - huge range of foods.
552 E552	Calcium silicate	Derived from limestone and diatomaceous earth (the silicified skeletons of diatoms, a single celled plankton), antacid, glaze, polishing, release, dusting agent in chewing gum, coating agent on rice. No known adverse effects.
E553(a)	Magnesium silicates	(i) Magnesium silicate (ii) Magnesium trisilicate Produced from magnesium sulphate and sodium silicate or directly from minerals such as talcum, sepiolite and steatite Antacid, glaze, polish, release, anti-caking, dusting, coating agent. Avoid it. Banned in Australia.
E553(b)	Talc	Produced from magnesium sulphate and sodium silicate or directly from minerals such as talcum, sepiolite and steatite Has been linked to stomach cancer, typical products are polished rice, chocolate, confectionary, icing sugar, noodles, medicinal tablets.
554 E554	Sodium aluminium silicate	Produced from several natural minerals. Mineral salt, anti-caking agent. Used in salt, dried milk substitutes, egg mixes, sugar products and flours. Aluminium is known to cause placental problems in pregnancy and has been linked to Alzheimer's Parkinson's, bone loss.
E555	Potassium aluminium silicate	Produced from several natural minerals. Used as anti-caking agent. Found in dry products, but hardly used. Acceptable daily intake (ADI): None determined. Side effects: None known
556 E556	Calcium aluminium silicate	Produced from several natural minerals. Used as anti-caking agent. Used in dry products (milk), but hardly used. See 554
558 E558	Bentonite	No known adverse effects. A natural type of clay from volcanic origin. Decolouriser, filter medium, emulsifier and anti-caking agent. Used in pharmaceutical agents for external use, edible fats and oils, sugar, wine. Known to block skin pores.
559 E559	Aluminium silicate (Kaolin)	A fine usually white clay formed by the weathering of aluminous minerals (such as feldspar). No known adverse effects, except in large quantities can cause intestinal obstruction and tumours. Mineral salt, anti-caking agent used in medications and vending machine dried milk. Used in cosmetics, blocks skin pores.
570 E570	Stearic acid	Saturated fatty acid, possibly of pig origin, cascarilla bark extract or vegetable fats. Anti-caking agent in chewing gum, confectionary, butter or vanilla flavouring for drinks, artificial sweeteners.
572	Magnesium stearate	No known adverse effects in food use. Stabiliser, anti-caking and release agent, emulsifier for artificial sweeteners and confectionary. Inhalation of the powder is harmful.
E572	Magnesium	See 572. Emulsifier, Anti-caking agent

	stearate, calcium stearate	
E574	Gluconic acid	Gluconic acid occurs naturally in fruit, honey, kombucha tea and wine and is used as a food additive, an acidity regulator. It is also used in cleaning products where it helps cleaning up mineral deposits. It is a strong chelating agent, especially in alkaline solution. It chelates the cations of calcium, iron, aluminium, copper, and other heavy metals.
575 E575	Glucono delta-lactone	No known adverse effects in food. Food acid, artificial sweetener base, acidity regulator. Made from glucose. Stops 'stone' formation during manufacture with milk and beer. Found in gluten free food, processed meat, cheese.
E576	Sodium gluconate	Sodium salt of gluconic acid, E574. Synthetic. Picks up metal traces and holds them in the product. Dietary supplement and sequestrant found in baked goods, confectionary, soft, sports and fizzy drinks, processed meats, nutritional supplements, desserts. Banned in Australia. Avoid it.
577 E577	Potassium gluconate	Synthetic. Picks up metal traces and holds them in the product. No known adverse effects, mildly toxic by ingestion. Sequestrant, stabiliser. Used for treating hypokalemia (low levels of calcium). See 576.
578 E578	Calcium gluconate	Synthetic. Picks up metal traces and holds them in the product. No known adverse effects but may cause stomach upsets and heart problems. Firming agent and buffer, sequestrant, acidity regular, artificial sweetener base. Used medically to replenish calcium in the body. Is contained in a large range of products but meat and cheese, infant formula supplement.
579	Ferrous gluconate	Colour-retention agent; Iron salt of gluconic acid, E574.; used in olives, iron supplements (use sparingly). In small amounts it is safe but may cause gastrointestinal stress. Used in the treatment of iron deficiency anaemia. Restricted in the USA for colouring olives only as is known to cause death in children up to 24 months with only 1 - 2 grams! Acceptable daily intake (ADI): Up to 0,8 mg/kg bodyweight
E585	Ferrous lactate	Iron salt of lactic acid, E270. Iron supplement. Found in infant formula. Acceptable daily intake (ADI): Up to 0,8 mg/kg bodyweight. Side effects: None known. Lactic acid and lactates can be consumed by all religious groups, vegans and vegetarians. Although the name refers to milk, it is not made from milk and thus suitable for people with milk allergy or lactose intolerance.

[Himalayan Salt](#) is 100% Organic and does not contain any of the elements mentioned above.

Himalayan Salt Helps Prevent Cavities



Dental Hygiene is probably the most important concerns in the personal hygiene and sanitation of a individuals body. Tartar, cavities and bad breath can be hard to manage even with today's modern dental treatments. Nonetheless, there is an alternative to popular dental hygiene which can be both economical as well as simple to use. Besides brushing your teeth with tooth paste, it's also possible to clean them with a brine formula. Brine solution is generally known as "[Sole](#)". This is a composition of distilled pure water and [Himalayan Crystal Salt](#). During thousands of years, men and women from the Himalayas implemented pure [Himalayan Salt](#) as a technique of cleaning and strengthening their teeth and avoiding gingivitis.

As an added benefit, [Himalayan Crystal Salt](#) contains a component called potassium that prevents the gums from bleeding (Bleeding Gums). And, combined with the various minerals and nutrients in [Himalayan Crystal Salt](#), you can find calcium: a mineral which fortifies as well as whitens your teeth. Applying pure brine solution any time you brush your teeth won't just help make your teeth whiter and cleaner, it will make your breath fresher!



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



Healing and Avoiding Foot Fungus Infections Organically

It's itchy, unpleasant and may be obtained just about any place: foot fungus, it's not enjoyable to cope with. Typically referred to as athlete's foot, it's due to the Ringworm fungi. It has been predicted that 70% of individuals in the United States experience a case of athlete's foot sometime throughout their lives. For most, the issue will be so minor that they won't have any idea it's there!

Reasons and the signs of Foot Fungus



Fungus grows fastest in wet, damp, warm and moist conditions and, as mentioned above, is attributed to the ringworm fungi. This makes fitness centers, swimming pools and bathhouses common places to pick up athlete's foot. As a protective measure, you may wear a set of flip-flops or other footwear you won't care getting wet, to act as a shield in between your feet and any potential fungus. As to why a number of people acquire athlete's foot and other do not it's up for discussion. Many people are simply weaker to fungal infections than others. It could be transmitted through the contact with other

people but cases of that occurring are unusual. Actually, we have seen numerous instances when a couple living with each other have shared the same bathtub for many years without the other contracting athlete's foot. You will know when you have it from the itchiness, burning and soreness which develop either on the bottom of your foot/feet, in your toe(s) or perhaps in between your toe(s) also known as moccasin type, interdigital sort or inflammatory form, respectively.

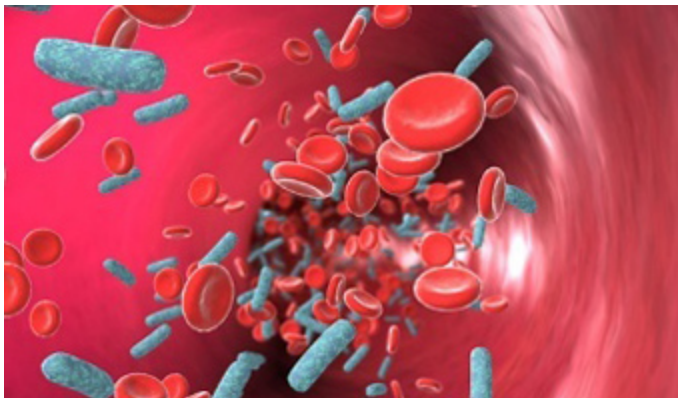
Dealing with Foot Fungus Infections

The conventional medication strategy for foot fungus is miconazole nitrate cream (at a concentration of 2%). This medication works by suppressing the synthesis of ergosterol, an essential element of the fungi cell wall. Regrettably, the miconazole ointment could be absorbed into the blood stream (albeit in small amounts and also depending on usage). While having a foreign element presented into your blood stream isn't the best thing to your body's defenses, miconazole is especially troublesome given that ergosterol is a provitamin. A provitamin is term for an element that your body can turn into a vitamin, in this instance vitamin D which is the key vitamin in defining your emotions and sleeping patterns. Miconazole is certainly not an element I would like in my system!

An additional athlete's foot remedy, and something which is far better for your health and wellbeing, is to use [Himalayan Crystal Salt](#). To apply the crystal salt to deal with your infection, simply make "Sole" a mixture with some [Himalayan Salt](#) and water and rub it to the affected regions. [Himalayan Salt](#) enables you to destroy fungus since it tends to absorb the humidity out

of things. Keep in mind, salt regulates the osmosis process within our systems via this same method. Dryness certainly is the rival #1 against fungi. Without a damp atmosphere, fungus simply cannot survive eradicating away the fungus!

Using [Himalayan Salt](#) for foot fungus also offers an additional benefit. It is not harmful if additional salt gets absorbed into your bloodstream unlike Miconazole, your system requires it either way. Yes, you will find individuals who consume a lot of salt, but that is iodine-filled table salt they are referring to. [Himalayan Crystal Salt](#) is another kind, a healthy Organic kind. Table salt is extremely bad for you and drains your body's water resources unlike [Himalayan Crystal Salt](#) which is filled with life vitality and also aids you to restore your body's natural balance of fluids, without water retention.



Salt for foot fungus is an excellent therapy choice for one more reason: it possesses anti-bacterial and antiviral qualities. Even though that may seem just like an antibiotic, it isn't. They've the same ends but an extremely different means. [Himalayan Crystal Salt](#) obtains its anti-bacterial attributes from the osmosis effect: whenever bacteria intakes salt it swells their cell walls and causes then to bloat. The more swollen the unhealthy bacteria are, the easier it is for the body's white blood cells to eliminate them, unlike prescription antibiotics which work by searching for every living microorganisms in your body and eliminating them.

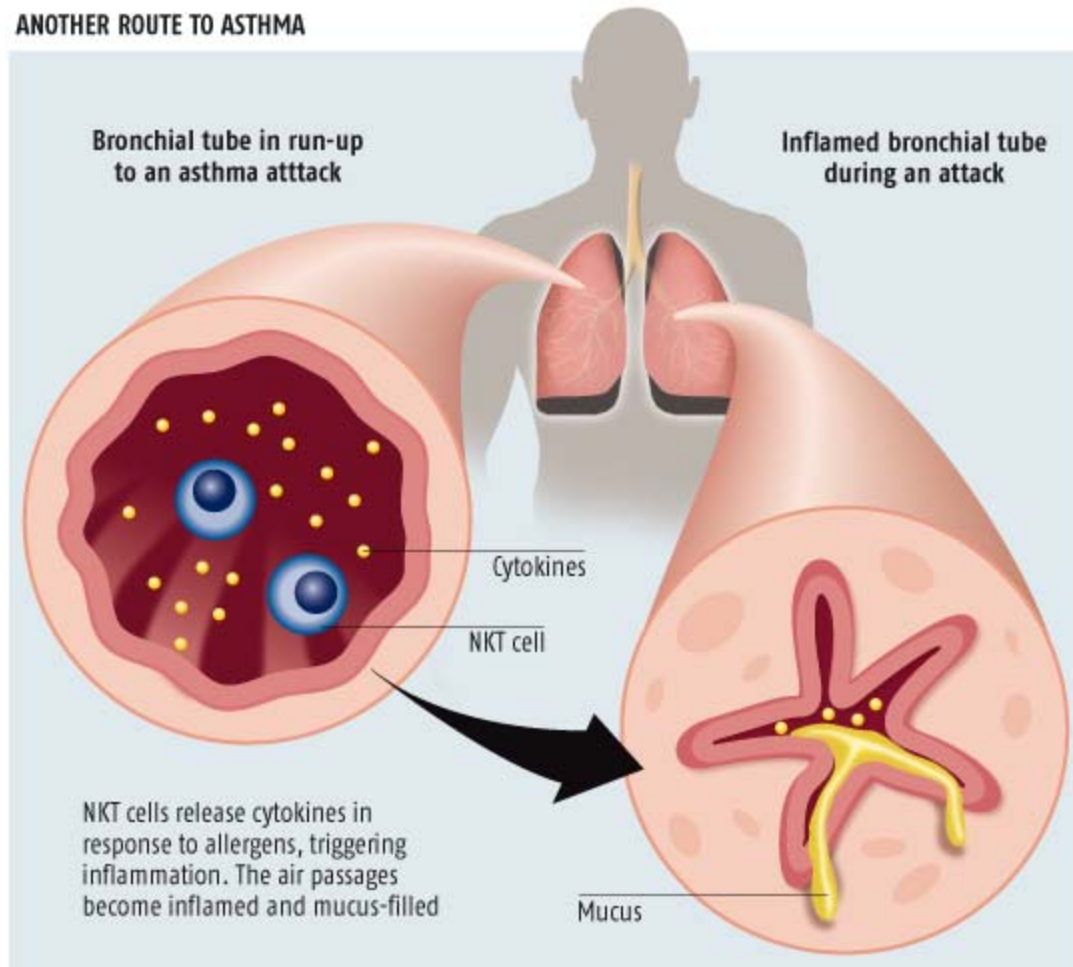
Whenever you've got itches, burning feet keep in mind that salt for fungus can be an excellent, organic therapy and is far better to your overall health than medicines. [Himalayan Crystal Salt](#) will have your feet also, you feeling better very quickly! And you will be dealing with and avoiding foot fungus infections naturally.



Himalayan Salt Helps to Maintain Healthy Respiratory Functions

Considering that the side effects of pollution in our environment appear to be entirely unavoidable, it seems reasonable that we should purify and take care of our respiratory system in the same way we cleanse and take care of our epidermis, hair, etc.

Serious respiratory disorder diseases including asthma, allergies, and bronchitis are typically connected with pollution. Since, as we are able to see that these illnesses have been greater in industrial countries. We have found that allergic illnesses are absolutely a prevalent as well as maximizing problem in American Society. Walker and Sheikh (2005) report that roughly 20% of the UK population (about 75% of these with asthma) experiences some type of rhinitis however the high number is greatest within teenagers and young adults. To be able to maintain our healthy living in this century, the benefits derived from ancient salt-cave therapies, well known in Eastern and Central European countries, could be harnessed in an original way to preserve ideal breathing function.





A device containing Halite mineral rock salt from Kwera salt Mines which have originated from Himalayan Salt Rang Mountain Pakistan. This is Pipe inhaler supplying a handy method to improve and maintain your breathing right from home. These have been utilized to effectively deal with all sorts of respiratory illnesses. Breathing via the Salt pipe will force air through the 20-22 million year old minerals. The beneficial effects which subsequently get through to each and every microscopic part of the respiratory system and may even affect breathing problems which can be a result of:

- Breathing difficulty
- Respiratory problems caused by smoking
- Sinus problem, Hay fever
- Chest infections
- Bronchial asthma, Allergies
- Persistent Cough and Sore throats

The actual Salt Cave treatment therapy is not really new. A Polish physician F. Bochowsky once described them in a book published in 1843 that said that salt miners hardly ever experienced respiratory illnesses. Since then, many people have visited several salt mines, caves and subterranean sanatorium in Pakistan Kwera salt mines Asthama resort, Prajd-Romania, Wieliczka (Poland), Solzbad (Austria), Parajd (Romania), Solotvino (Ukrainian Carpathians), and Nakhichevan (Azerbaijan) for treatment of breathing problems including asthma, swelling of lower and upper respiratory tracts, plus some allergy symptoms. At Prajd and Soltovino, thousands of men and women having trouble with respiratory illness have visited these cave every year because of the salty, disinfectant atmosphere within the mines is incredibly helpful for healing as well as reducing asthma and other respiratory illnesses. The practice of taking patients having respiratory diseases into salt mines for therapy gradually spread all through Eastern Europe. This is now a widespread as well as popular therapy in eastern and central Europe, but practically unknown anywhere else. This therapy is drug-free, non-invasive and enjoyable treatment that works extremely well to supplement or as an alternative to the conventional medications. Nevertheless, as a result of travel, transportation and other connected problems cave treatments can be very expensive, time-consuming and not easily accessible making the [Himalayan Salt](http://www.AuthenticHimalayanSalt.com.com) inhaler an excellent alternative.

'If Muhammad does not go to the mountain, the mountain will go to Muhammad' (Spanish proverbs) In this case is very accurate. The actual benefits of the mountain are being delivered to you from the other side of the world

Himalayan Salt Helps Lowering Incidence of Sinus Problems, and Promoting Over-all Sinus Health

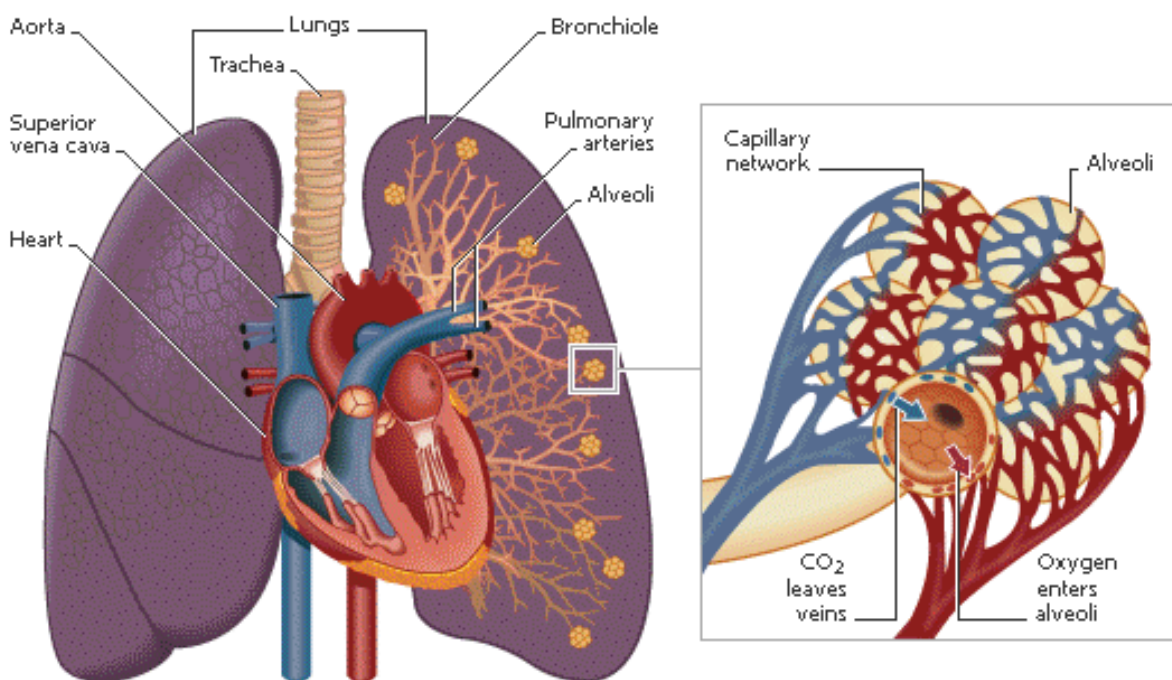
Mechanism of Himalayan Salt Therapy (Heliotherapy)

By far the handiest as well as cost effective method of practicing [Himalayan Salt](#) therapy is making use of Salt inhalers. Salt pipes improve the healing results of salt treatments utilized more than 2000 years in Himalayan Salt caves/mines.

The Dry Salt Inhaler has [Himalayan Salt](#)/Halite salt crystals, created 20-22 million years ago at the heart of Miocene, from the famous Transylvanian Praid Salt Mine where professional medical stats support the claim that [Himalayan Salt](#) treatments increases the medical condition of individuals being affected by breathing illnesses by as much as 90%.

While using the inhaler, the [Himalayan Salt](#) crystals placed in the unit are absorbed by the humid air and the small particles – within the range of 0.1-2.5 microns:

- Penetrate directly into each and every corner of the respiratory system, the bronchi, bronchioles and alveoli and deposit upon the top of the cells. The [Himalayan Salt](#) micro particles eliminate microorganisms as well as germs, eliminating secretions.
- Natural [Himalayan Salt](#) particles possess a significant amount of negative charge. The healing influence of negative ions is: anti-inflammatory, anti-allergic, controlling the mineral metabolic rate of the body as well as cleansing the respiratory system.
- The inhaled [Himalayan Salt](#) particles, because of the hydrophilic characteristics, absorb the gluey mucous obstructing the air pipes. They unblock obstructions, reestablish the standard transfer of mucous and expand the air passage. Because of their non-steroid, anti-inflammatory qualities they provide an all-natural method of dealing with asthma.
- The [Himalayan Salt](#) micro particles humidify and liquidize the bronchial secretions inside the bronchial tree, which results in an alleviation of the bronchospasm.
- They clear out the sinus cavities from abnormal mucus expand the respiratory tract passageway inside the nasal area as well as the tubes of the sinuses, which in turn increases the drainage of the sinuses. The [Himalayan Salt](#) particles decrease discomfort producing coughing and sneezing.
- The inhaled [Himalayan Salt](#) micro particles provide an all-natural therapy when the alveoli* at the end of the bronchioles become blocked with mucous and bacteria and the alveoli are unable to grab sufficient oxygen, like the instances of emphysema, fibrosis, etc. Because of the blocking up of the alveoli through mucous, inhalation gets to be more and more complicated and fluid buildup within the lung area might result in respiratory failure.



- The micro particles of [Himalayan Salt](http://www.AuthenticHimalayanSalt.com.com) cleanse sticky secretions, eliminate toxins and by eliminating microbes and bacteria, they assist to recover the regular transportation of mucous. The salt crystals assist to relaxed, recover and restore swollen lungs. In the alveoli oxygen is fortified with the negative ions of the salt particles. Together with the oxygen then assimilated through the blood stream they will provide the purifying and cleansing benefits to each and every organ of the body.
- [Himalayan Salt](http://www.AuthenticHimalayanSalt.com.com) therapy treatment (HT) “kills pathogenic microorganisms throughout the respiratory tract (Chervinskaya and Zilber, 1995)...In turn, the body’s normal microflora repopulate the area and the removal of pathogens leads to a reduction in inflammation from the immune response. The numbers of immune cells are normalized, while both numbers and activation of alveolar macrophages* increase. The normalization in immune response explains much of HT’s action for treating asthma.” (K. J. Dillon, Close-to- Nature Medicine)

A crucial purpose of breathing process happens within the clusters of thin-walled incredibly tiny air sacs known as alveoli in which carbon dioxide from the cells and clean oxygen from the atmosphere are swapped. (Amazingly there are around three hundred million air sacs within the lungs, the surface region of a tennis court.) Alveolar macrophages are white-colored blood cells plus they are major players in the defense mechanisms to remove dangerous intruders for instance contagious microorganisms. Macrophages help eliminate microorganisms as well as tumor cells and play a crucial role in the protection of the lungs. By practically swallowing allergens debris and other intruders they will maintain clean air sacs.

Nasal Irrigation with Himalayan Salt Promotes Sinus Health

Reducing occurrence associated with sinus complications, as well as promoting over-all sinus health

Consider Cleansing Your Nose with Nasal Irrigation



Prior to reaching for costly over-the-counter or even prescription allergy solutions, you might want to attempt an affordable alternative treatment that has a tendency to work: nasal irrigation, or cleansing out your nasal area a few times daily with warm salt water. The majority of medical research on nasal irrigation with regard to allergic reactions is rather positive, and there is very little risk with little outlay of money for trying.

Spring symbolizes the start of plant pollen season, much like the same yellowish dust particles that coats your motor vehicle likewise fills your sinus pathways, leading to enough discomfort to induce a hypersensitive reaction. Nasal irrigation basically flushes away the particles that cause the allergic reactions.

Numerous scientific institutions, for example the Mayo Clinic, recommend the usage of nasal irrigation. The most up-to-date research appeared in January 2009, with all the 200 individuals in the research study revealing some relief associated with symptoms from twice daily irrigations.

Cleansing Your Nose with Nasal Irrigation

To attempt this, you can spend about \$2.00 on a bulb syringe. Or else you can acquire a neti pot, which usually looks like a little oil lamp, frequently utilized by yoga enthusiasts. Nasal irrigation is referred to as jala netti in the ancient Indian practice of Ayurveda

Sources: Live Science April 16, 2009

For those who have seasonal allergic reactions, Hay fever or persistent sinusitis, nasal irrigation is an easy and cheap application that can assist to alleviate your symptoms. Originating in the Ayurvedic medical tradition, nasal irrigation or “jala neti” has been utilized for thousands of years to assist in gently flushing away particles that cause allergies as well as sinus bacterial infections.

The purpose of cleansing your nose with Nasal Irrigation, which typically is made of an all-natural saline solution, is to reduce and sometimes clear away the persistent irritant so your body can be granted an opportunity to recover itself. Quite often antihistamines, antibiotics and even

surgical treatments are used to deal with these types of conditions but accomplish very little to relieve their underlying causes, nor their recurrence.

Alternatively, nasal irrigation has revealed much promise, not merely anecdotally but also in scientific studies. One up to date research in kids actually discovered that Nasal Irrigation considerably reduced signs while decreasing the need for prescription drugs such as steroid nasal sprays.



Neti Pot

Nasal irrigation is effective not simply for relief of symptoms whenever your allergies or sinuses are acting up, but in addition for routine “cleansing.”

Nasal irrigation has been part of yoga-Tai Chi health-oriented “cleansing rituals” for thousands of years, and enthusiasts make use of a neti pot (a small, teapot-like pot) to pour gradually salted warm water directly into one nostril and then let it run out from the other. Many will also purposely breathe out the water to further cleanse their sinus passages.

Research shows that utilizing saltwater nasal irrigation every day it helped to protect from the common cold.

Exactly why is Himalayan Salt Nasal Irrigation Beneficial to Your Sinuses and More?

Salt — in its natural form — has many healing qualities when consumed or even utilized as a soak. Not only are brine baths, which you may make at your home by adding plenty (about 2.6 pounds of salt for a 27-32 gallon tub) of organic, high quality salt such as [Himalayan Salt](#) in your bathwater, a terrific way to rejuvenate the body, but [Himalayan Salt](#) rooms are also expanding in popularity.

Salt room visitors relax inside the room for 30 minutes or perhaps an hour just to inhale the salty air. Historical reports say they’re good for anything from bronchial asthma to respiratory bacterial infections to stress.

Nasal irrigation, nevertheless, is likely beneficial not simply because of the healing effects of salt, but additionally due to the physical flushing which helps eliminate irritants.

If you are planning to implement salt in your nasal irrigation I recommend you stay away from standard processed salts and rather use our high quality [Himalayan Salt](#).

Cleansing Your Nose with Nasal Irrigation: How to Do it



Nasal irrigation takes a bit of getting used to, but when you understand the process you'll discover how easy it truly is. To start, you'll require:

- All organic [Himalayan Salt](#)
- Distilled water
- A Neti Pot
- Cloth or towel

The process, discussed beneath, might appear unconventional initially. Nevertheless, when mastered, you'll quickly understand exactly how favorable Nasal Irrigation is for sinus difficulties.

1. Obtain a practical container. The neti pot is especially fashioned with a spout that fits easily in one nostril. For alternatives use a bulb syringe, a compact flower irrigating pot or just a teacup.

2. Fill up the container with lukewarm salt water. Use a 1% [Sole](#) solution. Strained or sterilized water is most beneficial. **Exact measurements are:** 1% [Sole](#) solution 0.35 ounces of crystal salt in 3.4 ounces of lukewarm water

3. Have some tissues within easy reach for this following part. Over the sink, lean the head frontward so that you are looking straight down toward the sink. Place the spout into the right nostril. It is crucial that you inhale through your mouth. Turn the head to the right and allow water transfer to the right nostril and eave through the left nostril. Normally, you are going to feel the water as it moves through your sinuses.

It is okay if a portion of the water drains into your mouth. Just spit it out and adjust the lean of your head.

4. After utilizing a cup of water, do again the above procedure for the other nostril.

5. To complete, get rid of all remaining water by rapidly blowing air out both equally open nostrils 15 times on the sink. Prevent the urge to close off 1 nostril, because doing so might push water inside your Eustachian tube.

It is very important comply with each of the directions cautiously and carry on with the Nasal Irrigation routine until eventually all your signs and symptoms resolve. Nasal Irrigation therapy may take 3 to 6 months with regards to a persistent infection, so have patience. For serious issues such as seasonal allergies, carry out the Nasal Irrigation up to 4 times each day until your symptoms improve.

Regarding persistent issues like infections, it can be common to perform the Nasal Irrigation at least once a day and continue for several months.

Clearing Your Breathing Passages: How to Do it

Clear your breathing passages when you have a cold by adding [Himalayan salt](#) to boiling water and inhaling the steam. Put your head over the steam and cover with a towel to keep the steam enclosed in the area. Breathe the vapors for 10 to 15 minutes to clear minor congestion in the nose and breathing passages. This is not a substitute for medicines used to [treat](#) more severe breathing problems such as bronchitis or asthma. Continue to take those medications as directed by your physician. Steam breathing is a temporary technique for improving breathing. If your breathing does not improve, call a doctor immediately.



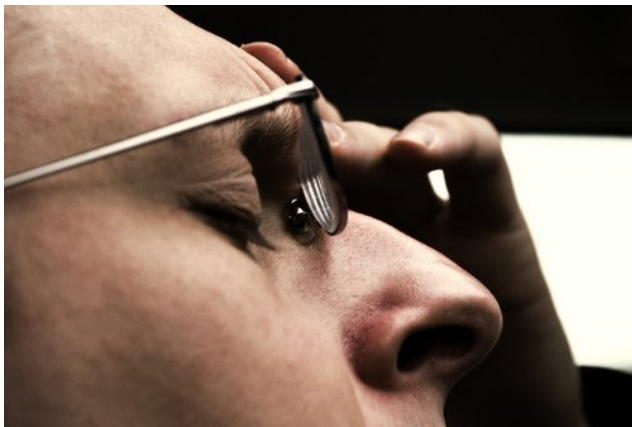
Use a 1% [Sole](#) solution = 2 table spoons of [Himalayan Crystal Salt](#) (10g) + 1000ml Water. You might use a 2% or 3% [Sole](#) solution depending to your needs.



Headaches: Causes, Symptoms and Ways to Prevent Them

Headaches are amongst the most frequent medical problem confronted by many people. They're, actually, more predominant today than in the past, taking in consideration the increased of stress in our lifestyles. There are numerous factors behind headaches: muscle stress, nasal infection, high blood pressure, dehydration and potassium deficiency to mention a few.

Muscle tension headaches originate from spasms in the muscles around the neck and facial area. These muscles stretch tendons from the neck and radiate discomfort upwards producing a headache. Due to the placement of nerves around the neck, pain related to these muscles will not be experienced in the actual muscles themselves but instead as a headache. Among the best methods to treat tension headaches is by filling up a bag with [Himalayan Crystal Salt](#) and setting it close to your neck. You will notice the benefits instantly as your mind starts to relax and you begin to calm down and unwind. Stress headaches could be triggered by your emotions therefore the energy balancing properties of [Himalayan Crystal Salt](#) will give you results rapidly and will gently put you in a state of relaxation, enabling the muscles to release and unwind in the process.



A sinus headache might be especially unpleasant and is the consequence of obstruction in the sinuses either from an infection or perhaps an allergen. Both will result in an inflammatory reaction and the production of mucous. All of that excess mucous results in a accumulation of pressure in the sinuses which forces on nerves in the face to cause a headache. Even though this kind of headache can be especially unpleasant, you will discover sinus headache relief by means of [Himalayan Crystal Salt](#). First, use a

combination of crystal salt and water to produce a 1% [Sole](#) solution and after that use that solution like a nasal rinse using a neti pot. The salt will assist cutting through and get rid of the mucous and, as an additional benefit, the anti-bacterial and antiviral attributes of the salt will assist to fight any existing infections. Proper use of a [Sole](#) will have you feeling better before you know it.

Dehydration, unlike high blood pressure, is an actual reason behind headaches in numerous people. Even though it isn't known for sure how dehydration leads to headaches, there exist some rumors. It's believed that a dehydration headache could be the results of your body attempting to preserve adequate fluid levels. Whenever the water in your body declines beneath a certain threshold, blood vessels in the brain thin and this constriction is believed to intensify the pain receptors in the lining that surrounds your brain. The brain itself cannot feel pain. The best remedy for a dehydration headache is avoidance: don't allow it to happen in the first place. This can be done by making sure you consume sufficient amounts of water during the day and by replacing fluid-robbing drinks such as coffee or any other caffeinated drinks with water or

sports drinks. Another approach to attempt is to drink a glass of water mixed with 2 teaspoons of brine solution every day.

Contrary to table salt, [Himalayan Crystal Salt](#) doesn't require your body to utilize water in order to process it. Quite the contrary, this process balances your body's fluid levels which assist to ensure you have enough proper level of fluids therefore preventing a potential headache.

Another advantage of drinking [Sole](#) is that it possesses electrolytes: low electrolyte levels are usually a significant contributing aspect to the degree of dehydration headaches.

Potassium insufficiency can significantly impact the human body. Potassium is the third most abundant in our body and performs an essential part in chemical responses with other minerals, for example sodium. Potassium is required by each individual cell in the body helping to eliminate toxic compounds, balances pH levels, control muscle movements and produces energy. Considering that list, it's not hard to discover how not enough potassium may affect the body negatively. The primary reason that low levels trigger headaches is due to symptom water retention. Too much water inside the tissues can result in tension headaches in certain areas of the body and pressure headaches (much like sinus headaches) around the face. Drinking one glass of water mixed with 1 teaspoon of [Sole](#) each day will provide you with all of the potassium you require to ensure you are never deficient. Using [Himalayan Crystal Salt](#) you will never experience a potassium deficiency headache again.

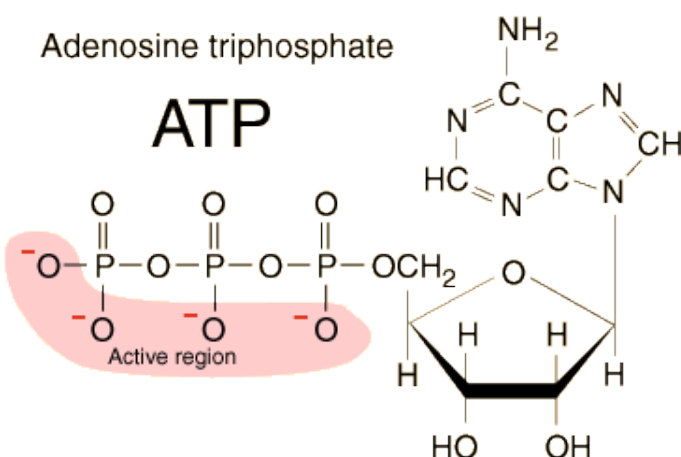
As we discussed, there are various kinds of headaches and symptoms. The most popular denominator among every one of them is that [Himalayan Crystal Salt](#) will help relieve them. Use it to your benefit and leave behind headaches.



Himalayan Salt Promotes Cellular Hydroelectric Energy Creation

One of many questions all of us ask new a customer is “How much water do you drink daily?” Since a 5 % decrease in water levels might cause exhaustion and memory loss, we had been duly perplexed whenever a client replied that he had not had a glass of drinking water in the last 4 years! His system was just like a cement block and had the texture of armor plating! He had nerve pain, muscles spasms plus disc deterioration to boot! Caffeine, green tea and fruit drinks were his beverages of choice - all very dehydrating!

A lot is often written and disputed about the incredible importance of hydration and re-hydration for the body's systems as well as organs. Nevertheless, water will serve many other crucial requirements within your body that aren't so well known.



One of these important functions concerns the muscles of the body. The incredible importance of h₂o in muscle tissue goes right down to the cellular level. Within the soft tissues of the body, water stands for about 75% of the overall amount of cellular structure. Outside of the cellular material, 94% of the blood as well as other fluids are water. Water has a tendency and a desire, to circulate from low concentration solutions to higher concentration solutions. This is what's called osmosis. Because of this process of osmosis, h₂o outside of the cell can easily circulate through the cell

membrane layers and into the actual cell itself. The primary difference in concentration involving the solutions on the inside and those outside the cell causes osmosis, which actually, produces hydroelectric energy within the cell. This particular energy is harnessed as Adenosine Triphosphate (ATP), the vitality fuel of the entire body.

ATP is extracted from the cellular material to produce, develop and partition brand new cells, as well as to secrete products from within the cell. This kind of energy fuel is additionally used to transfer data throughout the neurological system. Lack of hydration can then minimize our levels of energy as well as our muscles' capabilities to contract.

We understand that good general health can be simply assessed by how much energy we need to spend and in many individuals we have seen, it is drastically lacking! Never go out without that bottle of water in hand!

Food is primarily used to restore damaged areas and to overcome the overall deterioration of the body. Nevertheless the energy produced from your meals are much less than that produced by natural hydroelectrically-generated energy inside individual cellular material. The majority of the energy utilized by our body originates from just how much of hydroelectric energy is produced at the cell level. Clearly the body will be jeopardized should we find ourselves even a little bit dehydrated!

Nevertheless, other conditions will certainly occur if you experience lack of water flowing throughout the cell membrane to produce this hydroelectric energy. One such concern is the buildup of the level of acidity in the cells. Without having the existence of ample water, the cell cannot preserve the balance of alkalinity and acidity, known as pH and it becomes too acidic. As soon as the acidity reaches a certain level a chemical response takes place that can cause soreness producers known as kinins, together with their subordinates, called K agents. This result in the affected cells becoming painful with the intention to immobilize the area in order for the process of repair can begin.



This is a common occurrence within muscle tissue but possibly even more significant to the entire body are the intervertebral gaps in the spine. These 'discs' consist of approximately 80% water. The body tends to start its dehydration at about age twenty and these discs are sometimes a principal section of concern. If these discs come to be dehydrated then reduction of these gaps can take place, which can therefore result in spinal damage and nerve compression.

The water inside all these discs is known as bound water. Bound water as the name suggests water that is presently providing a purpose within the body. H₂O in the body also comes in a free state which means that it is readily available for a new job. When we stay hydrated, we are topping up our 'free' h₂o levels. Whenever we don't consume a sufficient amount of water on a regular basis then we don't possess a supply of water designed for serving important functions in the body, for example maintaining intervertebral gaps and creating hydroelectric energy in cells.

Now how much water is enough? One should drink anywhere between 1.5 – 4 quarts of water per day. The quantity mainly depends upon how big is the individual, their own life-style and their environment. Nevertheless alcohol, coffee and tea tend to force water out from the body, so they are classified as 'drying agents'. Having said this, it is very important to remember that consuming that much water decreases the body's salt levels because the amount of urine passed each day is very high therefore the quantity of salt passed is also very high. Since salt is used to push acid out of a cell, salt depletion could cause cramping. Consuming a good amount of mineral water as well as organic [Himalayan Salt](http://www.AuthenticHimalayanSalt.com.com) consumption in one's diet will help to avoid this issue.

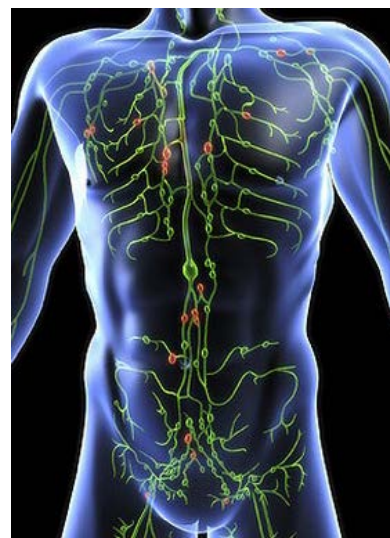
Naturally, consuming anywhere near this much water can appear to be a relatively challenging prospect. Instead of drinking out of a large 1.5 - 2 quarts bottle, it will help to consume out of a smaller bottle or glass and continue to refill it during the day.

Himalayan Salt Helps to Increased the Absorption of Minerals within the Intestinal Tract

How intestinal tract absorption works:

The epithelial cells that line the intestinal tract are closely mounted on one another at their lumen-facing border by tight junctions, which are somewhat impermeable to the majority of substances other than water. Consequently, the major reduction for the assimilation of most materials from the lumen into the bloodstream is the apical and basolateral membranes of these cells. Lipid-soluble substances can be transferred over the apical cell membranes by passive diffusion down their concentration gradient. The short- and medium-chain fatty acids, which derive from lipid food digestion inside the small intestinal tract, pass directly into the bloodstream. Nonetheless, the monoglycerides and long-chain fatty acids are resynthesized into triglycerides by the epithelial cells in the midgut and integrated into small spheres (chylomicrons), that are transferred over the basolateral membrane in the lymphatic system. Fat-soluble vitamins, long-chain alcohols, and other lipids also appear to be included in chylomicrons and to enter the lymphatic system.

The intestinal cell membranes are moderately impermeable to the passive diffusion of water-soluble monosaccharides, proteins, vitamin supplements, as well as minerals that represent a significant portion of the mandatory nutrients. All these nourishing substances are precisely transferred over the intestinal tract cell membranes by carrier-mediated transport. Membrane carriers combine with the nutrient at one membrane area and move it over the membrane for release to the opposite surface area. Some simply assist in the diffusion of an element down its concentration gradient; others are able of carrying nutrient towards its concentration gradient, which demands either a direct or indirect investment of cellular energy.



The metabolic procedures of the entire body demand a few different minerals. Some, such as iron, calcium, sodium, and chloride are essential in reasonably large amounts. Others including manganese and zinc are labeled trace minerals because they're needed in only much smaller amounts.

The nutrient that is needed in most significant quantity for digestive system, absorption, metabolism, and excretion of waste elements is water. Because it easily diffuses throughout the cell membranes down toward its concentration gradient, the net release or intake of water is dependent upon the net secretion or intake of all other substances. Sodium, chloride, and bicarbonate are the primary ions, which are contained, in the extra cellular bodily fluids which bathe the body cells of all vertebrates and that are transferred over cell membranes. Consequently, the transportation of those electrolytes is the primary driving force for the release or intake of water.

Himalayan Salt - Water Flush

There is a much more superior procedure for purifying the digestive tract devoid of the hazardous effects of traditional colonics and enemas. This technique will flush your entire digestive system, while colonics and enemas will simply reach the colon or a small part of it. Colonics may be costly and undesirable, while our saltwater technique is easy and can be performed anywhere, even when away from home.

The Saltwater Flush offers an inner bath for your entire body, drawing out harmful toxins mainly because it detoxifies your entire intestinal tract. Remember, it can do no harm at any time. The digestive pathways require a good cleansing, but do it naturally - the saltwater way.

Saltwater Flush:

2 level teaspoons fine Natural [Himalayan Salt](#)
1 quart lukewarm water

Put [Himalayan Salt](#) in quart jar. For optimum results, use Natural [Himalayan Salt](#), not ordinary iodized salt. Add water to jar and stir. Drink the entire quart of salt and water first thing in the morning. This should be taken on an empty stomach. A straw makes it much simpler to consume.

The salt and water won't separate but will remain intact in liquid form and thoroughly rinse out the entire tract in several hours. Several eliminations will likely take place. The saltwater contains the same unique gravity as the blood, therefore the kidneys can't pick-up the h2o and the blood can't pick-up the salt. This can be consumed as frequently as required for appropriate cleansing of the complete digestive tract. Use it on an empty stomach when you need help with elimination.



After consuming the salt water, lie on your right side for around 30 minutes. Following your 30 minutes, you are free to get up and go about your duties.

You'll have elimination in 1 to 2 hrs, although many people are a little different. Try not to pass gas, except using the toilet, mainly because it could be liquid coming through.

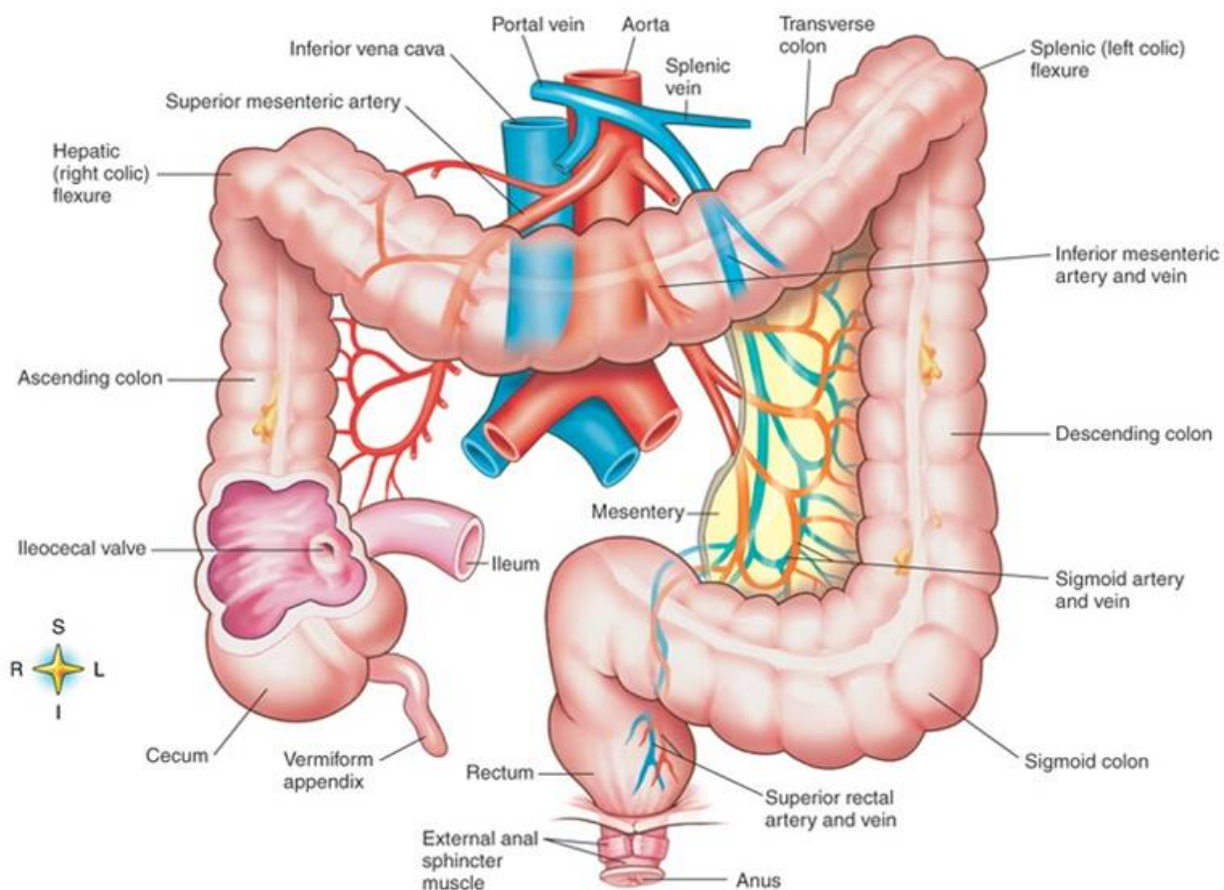
Why Himalayan Salt?

Salt has been utilized throughout the years like a preservative as well as to draw out harmful toxins. [Himalayan Salt](#) won't do harm whenever used in this way and definitely will sterilize and make it possible for the human body to repair itself. When you've got a wound on your arm that becomes infected, treating the arm in saltwater will extract out poisons. If you have damaged the intestinal tract with fissures or diverticulitis, (small pockets in colon) the salt will cleanse in a similar way.

How it Works

The exit of the digestive system into the smaller intestines is on the lower right hand side of the stomach. Whenever you consume the saltwater it flows to the bottom of the stomach area, below the opening. To have the saltwater go into the small intestine, you should tip the stomach like a teapot to ensure the saltwater flows through. That's why you will lay down on your right side.

When the saltwater is inside the smaller intestines, muscle contractions will carry it around the remaining way. In approximately one hour you'll be able to massage your left hand side of the lower abdominal area and hear fluids gurgling. They are fluids that have flowed into your large intestines pretty much ready for evacuation.



For additional help with eliminating, consider the herb laxative tea at nighttime in order to loosen, then your saltwater cleanse each morning to completely clean it out. If for some reason the saltwater can't be consumed in the morning, then at least consider more herb laxative tea upon waking.

Causes of Digestive Problems, Symptoms and Solutions

Digestion disorders will affect the majority of people at some stage in their lives. Inadequate diet is possibly the primary factor behind it, obviously, genetics play a role too. In spite of this, we can overcome the issue with good nutrition. The issue is the world has become so degraded that it could be challenging to get enough minerals and vitamins, and that's exactly what the body needs to preserve itself, in order to prevent difficulties like bad digestion. So what's the solution? [Himalayan Crystal Salt](#)! For those who have never tried using salt for digestion before then you should keep reading.



How Can You Tell if You Have a Digestive Disorder?

Signs range from, but aren't limited to: aches, bloating, exhaustion, nausea, ulcers and even canker sores. Keep in mind; these are just a few of the signs of digestive problems.

Cramps, Bloating and Indigestion: The root cause of such digestive disorders is partially digested food! Your body must break down whatever you eat or drink. It does this by means of mechanical force (mainly chewing) and digestive fluids (gastric acid and enzymes are the major ones). Whenever this specific procedure fails, you aren't able to process your food entirely and the digestive tract will fill with gas. This gas is what causes the bloated feeling you might have after consuming a particularly fatty meal, because fat is difficult to digest.

The primary causes associated with cramps and bloating are: not chewing your food enough and not enough gastric acid.

Not enough acid in your stomach means that the food cannot be digested properly but also indicates your body to keep particular valves open, letting gastric acid in where it shouldn't be, leading to indigestion. pH imbalances could also trigger your brain to send signals to your stomach instructing it to stop acid production entirely, adding more stress to the condition.

Good news! [Himalayan Crystal Salt](#) is In fact, one of the most effective remedies for indigestion available today. Your body uses salt to control its fluid intake through a function called osmosis

and osmosis immediately impacts the pH balance of your body. If you don't consume enough salt your body is unable to balance its own pH which may result in insufficient gastric acid. Treat this issue by making [Sole](#) by mixing 1 table spoon of [Himalayan Crystal Salt](#) to 1 quart of Fiji water and make it part of your daily diet.

Fatigue

Fatigue is a frequent indication that it's generally ignored. However chronic fatigue or fatigue right after eating can be a indication that you require some digestion assistance. If your body is unable to digest its food, you might experience your digestive tract full of gas but a far more severe side-effect is that you won't absorb many of the minerals and vitamins from the food you eat! The bad absorption of nutrients can be as a result of deficiency of gastric acid, but it may also be due to damage of the intestinal wall where we take in much of our vitamins and minerals into our blood stream. A damaged intestinal tract is not able to transform food into energy in an efficient manner which will make you sluggish and lethargic.



Whenever [Himalayan Salt](#) is ingested as a [Sole](#) solution, [Himalayan Crystal Salt](#) assists in several ways. First off, it assists your body recover its optimal pH which restores the digestive fluids back on track. Additionally, it provides your body with a portion of the minerals and vitamins which are not be capable to acquire from food. The vitamins and minerals in the [Himalayan Salt](#) are packaged in really small containers and never have to be broken down to be assimilated. Along with appropriate nutritional support your body will be well on its way to restoring itself and you'll soon saying hasta la vista to stomach aches.

Nausea

You feel nauseous whenever your body determines that there is something inside your stomach it must get out immediately. If you experience nausea after eating normal foods you might be encountering the signs of gastrointestinal difficulties. Traditional medicine lacks a solid reason behind the causes of reoccurring nausea but based on (naturopathy), it is an indication that your vital force has run out of equilibrium.



[Himalayan Crystal Salt](#), when consumed as "[Sole](#)", assists the body's vital force to re-stabilize. The energy contained in the [Himalayan Crystal Salt](#) supports the flow of energy within your body. It's hard to maintain a proper health without harmonizing your vital force and [Himalayan Crystal Salt](#) can assist you reach that goal.



Ulcers

Ulcers, often known as peptic ulcers, are acidic portions of the digestive system (G.I.) tract and tend to be linked to the *Helicobacter pylori* bacteria. They are often extremely distressing and are by far the most frequent illnesses of the digestive system. Consuming a glass of water mixed with a 1 teaspoon of [Sole](#) daily might help regain appropriate pH balance to your G.I. tract along with delivering crucial minerals to assist the body repair itself.

Canker Sores

While the specific reason for cankers sores is a mystery, the link involving digestive problems and cankers sores is shown to be remarkable. [Himalayan Crystal Salt](#), consumed as a [Sole](#) (1 teaspoon a day) solution, will assist combat the acidic setting cankers sores require to flourish. Also, you might make a paste using 1 table spoon of salt and a bit of water and applying it right to the canker sore, this will get rid of them very quickly.

If you're experiencing unpleasant digestive problems and want an alternative solution to this issue, you should definitely try [Himalayan Crystal Salt](#). From bloating to ulcers to cankers sores, [Himalayan Crystal Salt](#) will aid you eliminate these unpleasant, distressing conditions.



Himalayan Crystal Salt can Help You with Your Sore Throat

Causes of Swollen Throat Glands

Your glands swell when they are aiding in fighting an infection. Regrettably, this aggravation may cause discomfort when eating or drinking. It happens because those glands work extremely hard to pump out white blood cells which combat the issue within your body. So, while they may result in causing you pain, they are an indication that the body is fighting the foreign intruders as well as it can. [Himalayan Crystal Salt](#) operates by assisting to eliminate your infection, not by attempting to decrease your glands whatsoever.



Viral vs. Bacterial

Sore throat virus indicators are virtually identical to bacterial however with a virus you'll not generate mucous inside your throat unlike bacterial infections. The two infections will result in redness, inflammation, and discomfort whenever swallowing; both might induce a fever. For those who have a sore throat and do not wish to take a antibiotics or if you have discovered the infection as viral, then you should definitely try [Himalayan Salt](#).

Himalayan Salt for Sore Throat

Salt for a sore throat does work; nonetheless it must be the correct type of salt. [Himalayan Crystal Salt](#) has exceptional antiviral as well as anti-bacterial properties together with minerals and vitamins to aid the body and also energy balancing properties that will assist our bodies to obtain ultimate health. To use [Himalayan Crystal Salt](#) to relieve your infection you must produce a brine solution. This solution is just a combination of salt and water which you should gargle with about 3 to 5 times per day. The salt will assist to get rid of the infection, whether viral or bacterial, therefore allowing your immune system to get rid of the condition completely.



There are numerous approaches to deal with a sore throat but you need to use the method that's best for your body. As an organic treatment for sore throat, [Himalayan Salt](#) is the very best. Why damage your body by using medications or let a viral infection fester more than it has to? Start feeling much better sooner; uses [Himalayan Salt](#) for your sore throat.

A Natural Alternative to Prevent Menstrual Cramps

Menstrual cramps are believed to affect a minimum of 50% of all adult females and as much as 90% of teenage girls. Cramps fluctuate in intensity from a heavy feeling in the tummy to an extreme discomfort that could impact a woman's overall lifestyle.



The inner lining of the uterus accumulates each month when preparing for a probable pregnancy. If an egg cell is not fertilized, following ovulation obviously, there's no pregnancy therefore, the lining of the uterus is shed. During this shedding process, a woman's hormone levels start to adjust: her estrogen and progesterone ranges both begin to decline. The uterus lining itself gets enlarged and is discarded as the menstrual flow. As the lining is broken down, substances referred to as prostaglandins are released causing contraction of the

uterine muscles. This contraction starves the lining tissues of oxygen causing them to die; subsequently, they break off from the uterine wall. The contractions then force this lining via the cervix and finally out from the body. The discomfort that is experienced during menstruation is actually due to the contractions from the uterine muscles and this pain becomes more serious the harder those uterine muscles work. Yet another aspect in that influences the intensity of the pain is the progesterone levels: the greater the quantities, the more serious the discomfort. Additional factors that increase menstrual cramps include lack of exercise and emotional stress. Also cramps may be followed by migraines, nausea, vomiting and either diarrhea or constipation.

Most women choose conventional medicine to be able to cope with menstrual symptoms, understandably. Symptoms, particularly extreme ones, can disrupt a woman's way of life. But wouldn't you rather choose a highly effective organic treatment over a potentially harmful medication? Menstrual cramps and salt might not exactly seem like they go hand to hand but trust me, they do. The salt I'm talking about is, naturally, [Himalayan Crystal Salt](#). Contrary to common table salt which steals h2o out of your body, [Himalayan Salt](#) will balance your fluid levels and won't dehydrate you. Additionally, it supplies the body with minerals and vitamins which are used to replenish blood lost during menstrual cycles.

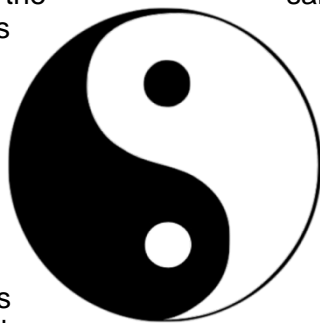
[Himalayan Crystal Salt](#) may be used in 2 different ways for relieve menstrual cramps.

The first method is to make a brine solution "[Sole](#)". Pour one teaspoon of [Sole](#) in a glass of water. This mixture will help you



to rebalance your bodily fluids, fight internal swelling and even stabilize your energy or Chi as the Chinese call it. Collectively, these factors result in less severe uterine contractions therefore, less pain. Consider brine solution "[Sole](#)" as the essential solution to treat menstrual symptoms.

The 2nd method to makes use of the salt is to fill a small Ziploc bag with salt crystals and position the bag close to your neck. Remember that salt possess the power to balance your body. Once you have positioned the salt around your neck you will start to feel relax, restful and the stress gradually begin to disappear. Given that emotional stress is believed to have significant impact in the severity of menstrual cramps, a peaceful mind-set will work miracles! After you have undergone the astonishing peace that [Himalayan Crystal Salt](#) may bring for you, you will be addicted. A peaceful and rested mind doesn't just aid in reducing the discomfort associated with menstruation, it will help you in most aspects of your life. Less stress indicates less cortisol that circulates through your system; less cortisol results in less swelling and as you might discover, low-level chronic swelling such as this caused by daily stress continues to be associated with many long-term diseases such as Chron's and colitis.



Salt and menstrual cramps really do go hand-in-hand. Consider [Himalayan Crystal Salt](#) as the natural approach to deal with those unpleasant monthly occurrences. Using medications may lower the pain; however it simply hides the symptoms. Using a brine solution "[Sole](#)" will assist to lessen menstrual cramps by dealing with the actual root cause of pain and without placing any stress on your liver or kidneys like conventional prescription drugs do. Don't wait until the arrival of your menstrual cycle to obtain the solution. Buy it now and have it ready. You will be happy you came across this information.



Himalayan Salt Helps to Relieve Muscle Cramps

How to Treat Muscle Cramps and Spasms

Have you ever had muscle spasms or muscle cramps? If so, you already know they usually are extremely painful. Sometimes, a muscle may spasm so forcefully that it produces a bruise on the skin. Most muscle spasms and cramps are unconscious contractions of a muscle. A severe muscle spasm won't release on its own and requires manual stretches to help loosen up and lengthen the shortened muscle. Spasms and cramps could be moderate or incredibly painful. They may happen to any skeletal muscle, but they are most frequent within the hip, legs and feet, and muscles that cross 2 joints (the calf muscle, for example). Cramping can consist of part of a muscle or each of the muscles in a group. Probably the most frequently affected muscle groups are:

- Back of lower leg/calf (gastrocnemius)
- Back of thigh (hamstrings)
- Front of thigh (quadriceps)
- Feet, hands, arms, abdomen

Muscle cramps vary in level from a minimal twitch or tic to significant discomfort. A cramped muscle can feel rock-hard and last a few seconds to a few minutes or longer. It's not rare for cramps to ease up and then come back more than once before they go away completely.



What May Cause Muscle Cramps

The specific root cause of muscle cramps continues to be unknown, nonetheless the theories most often reported include:

- Altered neuromuscular control
- Dehydration
- Electrolyte depletion
- Poor conditioning
- Muscle fatigue
- Doing a new activity

Additional factors, which were related to muscle cramps, include doing exercises in extreme heat. The belief is that muscle cramps tend to be frequent through physical exercise in the heat due to the fact sweating contains fluids as well as electrolyte (salt, potassium, magnesium and calcium). When these types of minerals fall to certain levels, the likelihood of muscle spasms raises. Because athletes are more inclined to get cramps in the preseason, near the end of (or the night after) extreme or extended exercise, some believe that the lack of training results in cramps.

Altered Neuromuscular Control May be the Cause of Cramps



Although each one of these hypotheses are being studied, scientists have discovered more evidence that the “Altered structured neuromuscular control” hypothesis is the primary pathophysiological mechanism results in exercise-associated muscle cramping (EAMC). Altered neuromuscular control is frequently linked to muscle exhaustion and causes a disruption of muscle coordination and control.

Based on a review of the literature conducted by Martin Schwellnus from the University of Cape Town, the data sustaining both the “electrolyte depletion” and “dehydration” hypotheses as the reason for muscle cramps is not convincing. He reviewed the available documents sustaining these hypotheses and found primarily anecdotal scientific findings and one small case-control research with just 10 subjects. He also discovered another 4 scientific potential cohort studies which evidently didn’t support the “electrolyte depletion” and “dehydration” hypotheses as the cause of muscle cramps. Within his evaluation, Schwellnus concludes that the “electrolyte depletion” and “dehydration” hypotheses do not provide possible pathophysiological mechanisms with sustaining scientific facts which may effectively describe the medical presentation and management of exercise-associated with muscle cramping.

He proceeds to write:

“Scientific evidence for the “altered neuromuscular control” hypothesis is based on evidence from research studies in human models of muscle cramping, epidemiological studies in cramping athletes, and animal experimental data. Whilst it clear that further evidence to support the “altered neuromuscular control” hypothesis is also required, research data are accumulating that sustain this as the principal pathophysiological mechanism for the etiology of exercise-associated muscle cramping (EAMC).”

Treating Muscle Cramps

Cramping generally goes away by itself with no treatment, however, these suggestions seems to help speed the healing process:

- Cease the activity, which triggered the cramp
- Carefully extend and massage the cramping muscle
- Hold the joint in an extended position till the cramp ceases



Avoiding Muscle Cramps

Until we uncover the specific root cause of muscle cramps, it's going to be difficult to say with any confidence ways to avoid them. Nevertheless, specialists and professional athletes alike generally recommend the following tips:

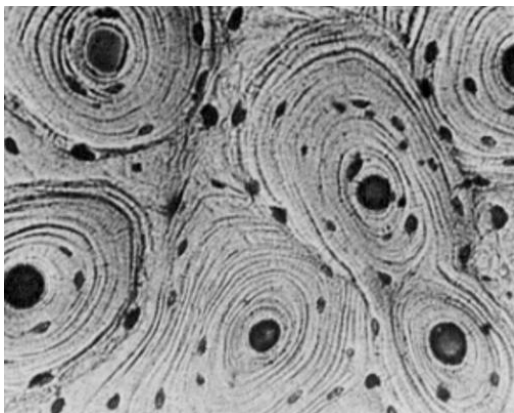
- Improve fitness and avoid muscle fatigue
- Stretch out regularly following workout
- Warm-up prior to exercise
- Stretch the calf muscle:
In a standing lunge with both your feet pointed forward, straighten the rear leg.
- Stretch the hamstring muscle: Sit having one leg folded in and the other straight out, foot upright and toes and ankle relaxed. Lean forward a bit, touch foot of straightened leg. (Repeat with opposite lower-leg.)
- Stretch the quads muscle: While standing, hold top of foot with opposite hand and lightly pull heel toward buttocks. (Repeat with opposite leg.)
- Take [Himalayan Salt](#) Baths regularly

Most muscle cramps are not serious. If your muscle cramps are severe, regular or continual, seek medical advice.



Himalayan Salt Boosts Bone Strength

Himalayan Salt delivers a multitude of trace minerals, vital for the well-being of our bodies.



I figured you want to learn how a few of these minerals perform in the body, along with the symptoms that are the result of a shortage of each particular mineral, so when you consume the [Himalayan Salt](#) and drink [Sole](#), you know exactly how all of the minerals are helping your body to stay healthy.

The essential significance of minerals and trace minerals is largely underestimated. Their order of importance with regards to a healthy body organism is equivalent to that of vitamins. Our ordinary diet of processed and refined foods does not provide a sufficient supply of these vitally important minerals and trace minerals, thus our metabolism is affected by lack of these. [Himalayan Salt](#) is a fantastic nutritional supplement that provides these minerals in a form, which can be easily digested by the body.

Calcium

Functions: bone and tooth formation, nerve activation, and blood coagulation.

Symptoms of deficiency: muscular cramps, jimjams, deafness, insomnia, tooth decay, and hemorrhage. [Calcium is found in Himalayan Salt!](#)

Magnesium

Functions: bone formation, activation of over 300 enzymes, energy metabolism, transmission of communication through the nervous system, hormone production, muscular function, heart.

Symptoms of deficiency: muscle weakness, heart trouble, bone trouble, nervousness, anxiety, and depression. [Magnesium is found in Himalayan Salt!](#)

Manganese

Functions: necessary for blood coagulation, central nervous system, insulin production, and thyroid function.

Symptoms of deficiency: ears ringing, hearing problems, tiredness, lack of muscle coordination, joint pains, restlessness, pessimism, lack of libido. [Manganese is found in Himalayan Salt!](#)

Sulfur

Functions: activation of energy production, building of bone structure, building of cartilage, and building of cellular connective tissue.

Symptoms of deficiency: wan skin, lackluster hair, flabby tissues, joint problems, and fears. [Sulfur is found in Himalayan Salt!](#)

Silicon

Functions: necessary for connective tissue, cartilage, bones, teeth, blood cells, hair, skin.

Symptoms of deficiency: skin problems, rapid decline of arteries, hair loss, and brittle nails. [Silicon is found in Himalayan Salt!](#)

Zinc

Functions: activates a multitude of enzymes; is a component part of insulin; necessary for protein, carbohydrate and fat metabolism; immune system, growth, detoxification.

Symptoms of deficiency: lack of growth, proneness to infection, tiredness, wounds won't heal properly, virility problems, menstrual problems, lack of energy, skin cracks around mouth, depression. [Zinc is found in Himalayan Salt!](#)

Copper

Functions: necessary for: hemoglobin synthesis, immune system, bone structure, skin and hair pigmentation.

Symptoms for deficiency: weakness, lack of strength, discoloration of skin and hair, dermatitis, anemia. [Copper is found in Himalayan Salt!](#)

Phosphorus

A mineral essential to bone formation and maintenance, energy metabolism, nerve function and acid balance. [Phosphorus is found in Himalayan Salt!](#)

Iodine

Functions: assists the production of thyroid hormones, energy production, stress management and growth.

Symptoms of deficiency: tiredness, obesity, increased heartbeat, nervousness. [Iodine is found in Himalayan Salt!](#)

Vanadium

Functions: Strength of bones and teeth, lowers blood lipids, inhibits cholesterol synthesis. [Vanadium is found in Himalayan Salt!](#)

Fluoride

Functions: A mineral that is important to dental and bone health. Greatly improves resistance to cavities. [Fluoride is found in Himalayan Salt!](#)

The “[Himalayan Salt therapy or Sole Drinking Therapy](#)” is a well-proven successful remedy for bone deficiencies and their symptoms, and has generated remarkable improvements of the state of health for millions of people worldwide.



Himalayan Salt Helps to Naturally Promote Healthy Sleep Patterns



As outlined by Dr. Vitiello, an internationally recognized professional in sleep and sleep disorders: low levels of sodium in the blood cause blood volume to decrease, and the sympathetic neurological system grows more active to be able to compensate. That causes sleepers to awaken more frequently and have trouble returning to sleep.

An investigation research looked at the sleep of 9 twenty three year old men that were put on reduced, standard and large sodium diets.

Whenever they were on reduced sodium diets, (0.5 grams per day), the men

awakened throughout the night nearly twice as often and got around 10 % less sleep than once they were on standard diets, which included 2g daily.

After they were on a large sodium diet, 5g a day, the men slept longer and wakened significantly less during the night than once they were on standard diets.

If perhaps you were on a self-imposed limited salt diet (do not go against doctor's orders) and wish to try out increasing it slightly, unprocessed [Himalayan Salt](#) is claimed to be a far better source of salt than the chemically derived table salt commonly used, as [Himalayan Salt](#) contains all kinds of other valuable compounds such as minute quantities of potassium as well as magnesium.

Nevertheless, professionals have cautioned that individuals with hypertension should always keep their sodium intake low, considering that the benefit from a low sodium diet with regards to blood pressure outweighs its detrimental effect on sleeping.



Himalayan Salt Helps Maintain a Healthy Libido & ‘Chronic Fatigue Syndrome’ (CFS)

How Does Hypertension Impact Your Sexual Desire?

Introduction

High blood pressure levels may have a large number of negative consequences on different aspects of your lifestyle, including your sexual performance and fundamental sexual interest. There are numerous reasons why high blood pressure can impact your sex drive, from psychological (for example the fear that having sexual intercourse whenever your blood pressure is elevated might cause cardiac arrest) to physical (for example high blood pressure levels preventing arousal). The truth of the matter is that being affected by hypertension may and often will impact your sexual desire.

The Process

Whether you are man or woman, high blood pressure may lead to physical symptoms that are detrimental to your libido. While the particular physical symptoms fluctuate based on gender, they typically lead to either a decreased desire to engage in sexual intercourse or a decreased ability to physically perform. Males having out of control hypertension often are afflicted by some degree of erectile dysfunction. Many experts have discovered that upward of 70 % in men experiencing high blood pressure levels also are afflicted by some sort of erectile dysfunction, and for almost 50 % of them, the inability is serious.



While the results of high blood pressure levels on male sex drive have always been observed, these days, it has begun to be recognized that this may also have profoundly negative effects on females. In a 2000 research, released in The American Journal of Hypertension, it was established that women affected by high blood pressure levels experienced a considerably greater chance of encountering discomfort while having sex than those with normal blood pressure. Furthermore, they were not as likely to generate sufficient lubrication and less likely to achieve climax as a result.

Medication

Among the first steps considered by the majority of individuals who have high blood pressure is to begin a plan of prescribed medications. Sadly, exactly the same medicines that are proven to reduce hypertension are also frequently related to sexual side effects. Specially, medications containing beta-blockers and diuretics could cause substantial erectile issues among men that take them. For that reason, males often combine erectile dysfunction medications with their high blood pressure drugs. Nevertheless, it is crucial to go over all medications you're taking

(prescription or over-the-counter) with your health-care specialist before you take additional drugs or otherwise altering your treatment.

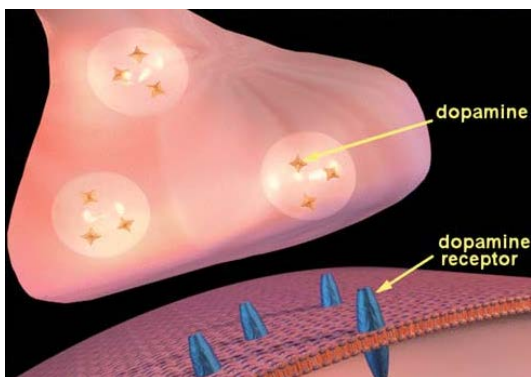
In case you have medications to manage your high blood pressure levels and you are convinced they may be negatively affecting your sexual libido, it really is important to speak to your health-care specialist to ensure all of your current treatment options are discussed.

Influence of salt consumption as well as healthy diet on reproductive performance

The evolutionary breakthrough associated with salt appetite is likely to be connected to the ability of the brain to react to salt depletion by a specific drive for optional acquisition of salt. This drive is inherent in animals and insects. Various authors now have emphasized the difficulties that arthropods and herbivores encounter when attempting to satisfy their desire for salt, which is in short supply within plants. Butterflies of the Lepidoptera order usually carry on puddling behavior. Noticed *Papilio polytes* sipping sea water at very low tide to fulfill their salt needs. Salt ingestion by males impacts their reproductive success, while the transmission of sodium to the female improves reproductive propensity.

Salt consumption, sexual practice and the 'chronic fatigue syndrome'

Experts have explained a large number of traits in mammalian and avian species, which developed over time to attract mates and ensure reproduction. Neurological mechanisms, which are associated with mate preference, are mostly unidentified. Of interest, sex-related interest is associated to the dopaminergic reward system, and salt is suggested as a factor in the regulation of the dopaminergic system. Dopamine is very important for motor functions and basic arousal. It may have some connection to means of ejaculation and neuroendocrine effects of intercourse or any other processes connected with copulation. Several hypothalamic areas including the medial preoptic area as well as the paraventricular nucleus are the source of pathways for reflexive move. Dopamine acting at the medial preoptic area level might control male organ penile erection. Impotence problems have become a matter of concern over the ages, along with beliefs as well as therapies such as salt.



Dopamine of renal origin has natriuretic and diuretic effects. Examined the consequence of low salt diet on the renal dopaminergic system within individuals with cardiovascular malfunction. Salt limitation resulted in an activation of antinatriuretic and antidiuretic systems. Nevertheless, the renal capacity to synthesize dopamine was in fact improved, possibly, like a counter-regulatory mechanism. Normally, a saline load improves kidney dopamine production and natriuresis.

Steroid receptors, for example, progesterin receptors may be triggered following therapy using chemicals like dopamine. An evaluation by Auger demonstrated that several somasensory cues generally experienced by females-those connected with sexual intercourse can stimulate progesterin receptors to affect both neuronal reaction as well as oestrus behavior.

Altered sexual performance is certainly referred to as a possible problem in the control over high blood pressure levels by salt limitation as illustrated by the Test of Antihypertensive Interventions and Management (TAIM). Including a low salt diet plan to either chlorthalidone or atenolol therapy couldn't enhance blood pressure control. Even more disturbing, were much more consistent symptoms of exhaustion and erectile dysfunction among individuals assigned to significant salt restriction.

Minimal salt intake continues to be incriminated in the pathogenesis of the 'chronic fatigue syndrome' (CFS), a dysfunction seen as a serious disabling exhaustion, which includes sexual inactivity. Signs and symptoms consist of reduced concentration, awareness or memory capabilities and decreased sexual desire and orthostatic hypotension. Therapy comprises of recommending increased nutritional salt or fludrocortisone to avoid irregular reflex initiation. Bou Hlaigah et al from Johns Hopkins encouraged individuals with CFS not to stop their dietary salt consumption, many of them being dependent on self-imposed salt restriction.

Of relevant interest is a recent analysis of the impact of lowered salt intake on learning and memory functionality in salt-sensitive (Ss) Dahl rats-an animal model of salt-dependent high blood pressure levels. Salt limitation created a substantial decrement in selective intellectual functions, with noticeable difference in social recognition memory and a significant disability in the social transmission of food preference. These sorts of findings place a cautionary notice into the usage of severe salt restriction.



Lessens Possibility of Developing Rheumatism, Arthritis and Gout, in Comparison to Typical Chemically-Treated Sodium

Arthritis and the actual positive results associated with Himalayan Crystal Salt



Consuming standard table salt leads to the development of edema, or simply surplus liquid within the body tissues, that is also the main cause of cellulite. For this reason medical professionals tell us to stay away from sodium. For every single gram of sodium chloride, which the human body can't eliminate, the system utilizes twenty-three times more cellular water in order to neutralize this sodium. In the event the sodium chloride continues to be excessive, your system recrystallizes the table salt through the use of accessible animal proteins that also can't be broken down and removed. Your system utilizes these types of proteins to produce uric acid to eliminate the extra sodium.

Since the human body can't get rid of uric acid, it adheres itself with the sodium chloride to create new crystals which are transferred

straight inside the bones and joints. This is actually the reason behind different types of rheumatisms for example arthritis, gout, and kidney or gallbladder stones. This re-crystallizing is a human body's band-aid remedy for the cells and organs in an effort to safeguard the body from permanent damages associated with reckless food consumption. However over time, this poisons the body simply because those substances will not be discarded...

Recommended Reduction Technique

Before eating anything, have one teaspoon of [Sole](#) (see making [Sole](#)) along with high quality h2o. (Fiji water)

Continue to keep having high quality h2o during the day, a minimum of 2-3 gallons.

Create a cool [Sole](#) poultice from pure [Sole](#) solution (26%) and put it on to the affected spots. Cover using dry cloth bandage.

Decreases Likelihood of Developing Kidney or Gallbladder Stones in Comparison with Typical Chemically Treated Salt

This is an all-natural strategy to successfully as well as painlessly eliminate from your gallbladder and liver, the majority of stones, gravel, crystals, debris and residues, which impede the human body's detoxification and recovery. This detoxifies your liver bile ducts and ultimately purifies your bloodstream by making your liver cleaner and work more efficient.

It is a method that you can do in your own home, during a single weekend, utilizing ingredients from the neighborhood supermarket - for just a little over \$15.00.

Furthermore, it's non-toxic, quick performing, doesn't have side-effects, encourages improved well-being, increases the degree of available energy, gives independence from many allergy symptoms, plus it assists in coping with addictions.

Even though this method has been used with great results for uncounted generations, its typical usage has mostly been forgotten about, and at this point in time its distribution isn't just unfamiliar but actually covered up by the conventional professional medical community.

Intent behind this cleanse:

This specific cleanse may be used to clear your liver and gallbladder of gall stones, gravel and sand so that it will drastically enhance your body's wellness. This liver cleansing also offers the chance to get rid of contaminants and harmful toxins in the gallbladder and liver. You may expect any allergies to fade away increasingly more with every following cleanse. Every liver cleanse "cures" a distinct group of allergies, indicating that the liver is compartmentalized - various parts having various responsibilities. In addition, the liver cleanse gets rid of the majority of shoulder, upper arm and upper back discomfort.

We can't recommend that this cleanse be utilized INSTEAD of a gallbladder operation (only you and/or your personal doctor will make that determination after discovering everything about the benefits associated with this cleanse). Having said that, because this treatment can't worsen a problem, it comes with an exceptional possibility that such a procedure may in fact not be required following one or more of such liver cleanses.

The primary benefit is undoubtedly that the liver cleanse not only purges the gallbladder of its contents, but additionally will do serious house cleaning inside the liver that a surgical procedure can't ever accomplish.

What you'll receive within these pages:

- 1) Comprehensive set of ingredients for the cleanse
- 2) Comprehensive directions how you can perform the cleanse
- 3) Exact timetable of the process
- 4) Clarification of the main reasons why this particular cleanse works as well as it does

Introduction:

One of the primary purposes of the liver organ is to produce bile, one to two quarts per day! The liver organ is filled with tubes (biliary tubules), which supply the bile to a single large conduit - the common bile duct. The gallbladder is connected to the common bile duct and provides for a storage tank. Consuming fat or protein activates the gallbladder to squeeze itself empty after approximately 20 minutes (or following the consumption of a liver cleanse solution). The accumulated bile completes a journey along the common bile duct into the small intestine and ultimately into the colon (large intestine). Obviously the gallbladder doesn't store sufficient bile in order to neutralize all the liver cleanse solution you've consumed. The unfilled gallbladder next messages its master, the liver organ, in order to dispose of all available bile vigorously into your common bile duct too.



In this manner, your liver organ works itself virtually inside out and then drains every bit of the available bile along with stones, gravel and crystals in order to condition (treat) all the bile aided by the strong liver cleanse treatment. [Himalayan Salt](#) acts to calm down the tubules to ensure the passing of bigger stones will be pain-free and easy. [Himalayan Salt](#) additionally helps vacate the small and large intestinal tracts of feces.

For a lot of people, which includes kids, the biliary ductwork (tubing) is blocked with gallstones. Many get allergic reactions or hives; however some may have no signs or symptoms whatsoever. If the gallbladder is scanned or X-rayed, absolutely nothing is found. Generally, your most severe stones aren't inside the gallbladder but are found in the liver. In addition to that, the majority is not big enough and not calcified, which is a pre-requisite pertaining to visibility on X-ray. You'll find more than half dozen varieties of gallstones; the majority of them will have cholesterol crystals inside them. They usually are black, red, white, green or tan colored.

Green varieties obtain coloring by being covered with bile. Once dissected and viewed under a microscopic lens, several include imbedded unknown objects. Could they be fluke remnants? Some are the same shape as corks having longitudinal grooves under the tops. We're able to visualize the clogged bile ducts by these types of shapes. Some other stones can be composites - produced from little ones - demonstrating that they regrouped within the bile duct following the previous cleanse.

In the very core of every stone, researchers discovered a clump of bacteria, indicating an inactive amount of parasite could have started off the development of the stone. Possibly it's the liver's purpose to encapsulate parasite adults to prevent becoming damaged as a result of this attacker. That may be acceptable for a few, but what about numerous encapsulations?

At some point this above-described defense process will become an enormous clog, which stops a liver organ from detoxing and removing damaging materials like solvents and parasites.

The simple truth is, while the stones expand and come to be far more numerous, the back-pressure in the liver leads to its making of less bile, and that is, naturally the transportation method for any unwanted materials.

Picture the scenario of one's garden hose getting marbles in it. A reduced amount of water will flow, which unfortunately will lessen the capability of your water hose to be able to spew out the marbles. Having gallstones and liver stones, far less unwanted cholesterol actually leaves your body and cholesterol levels could increase. The liver cleanse will usually lead to a decline in cholesterol levels.

Furthermore, gall/liver stones, simply being porous, can gather up bacteria, cysts, viruses as well as parasite stages which are moving throughout the liver. In this manner, "nests" of contamination are generally created, which continuously supply your body with new aggravating bacteria. Absolutely no stomach infection including ulcers (check out Manuka Honey as a possible remedy for ulcers) or intestinal bloating can be alleviated completely without eliminating such stones within the gallbladder and liver.

Getting ready:

Cleansing your liver bile ducts is easily the most effective treatment you are able to perform in an effort to enhance your body's health and wellness. The liver detox should be carried out every six months if at all possible. Preferably, it needs to be a part of the semi-annual kidney/liver/parasite cleanse. This particular routine is extremely important and improves the total benefits.

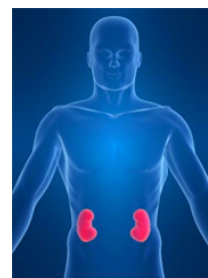
Step I (recommended):



Complete all dental work first, if at all possible. Ideally, one's mouth needs to be metal free and clear of pathogenic bacteria. If possible, all teeth cavities need to have been cleaned. A contaminated mouth could place a huge strain on a liver, burdening it right after cleansing. Get rid of all dental problems first for optimum outcomes.

Step II (optional):

Performing a kidney cleanse prior to cleansing a liver is additionally strongly recommended although not essential. You would want your kidneys, bladder and urinary tract in prime condition to allow them to properly eliminate all materials incidentally absorbed from your intestinal tract when the bile is getting released. The process is to obtain a number of different herbs at a herbal supply house and make a tea that you simply sip, just like a very good wine, slowly, many times each day, for a number of weeks. The end result will be good clean kidneys without any urinary tract infection. It requires persistence however it will work! And yet it costs virtually nothing at all!



Step III (required):

Consume apple juice for 3 days prior to a liver cleanse. During these 72 hours, eat frugally, if you need to, and then merely small quantities of natural unprocessed fruit and/or vegetable salads. Each day drink a minimum of one whole quart of top quality, unfiltered, ideally homemade apple juice. You ought to be able to look at the sediments at the base of the package. The pectin in apple juice assists to soften and flatten the stones inside the gallbladder and liver. This tends to additionally aid the passage throughout the bile ducts. This particular semi-fast additionally empties your intestinal tract of its food content plus helps make the collection of stones less troublesome.

Ingredients	Dosage
Himalayan Salts	4 Tablespoons (not less!!!)
Olive oil	1/2 to 3/4 of a cup (light olive oil is easier to get down, use only the best cold pressed virgin oil)
Fresh grapefruit and lemons. Do not use concentrate or store-bought juice. Make your own.	Enough to squeeze 1/4 cup of lemon and 1/2 cup of grapefruit juice for the cleanse itself. If you cannot get grape fruits then use only lemons or vise versa.
Ornithine (optional)	4 to 8, to be sure you can sleep.
Suitable jar with non-metallic lid	Shake your mixture well and gulp it down
1/2 cup of lemon/grapefruit juice	Use a couple of ounces of this juice each time to help get down the Himalayan Salt solution (four feedings) if desired.



Step IV - (Process):

Select a day such as Saturday for your cleanse so you can relax the following day. Don't take any medications, vitamin supplements or other pills you're able to live without. They might impede results of the cleanse.

End all parasite or kidney cleansing the previous day.

Have a no-fat fruit breakfast and light fat-free lunch for instance cooked cereals with fruit but no butter or milk. This enables the bile to accumulate and create pressure inside the liver. Greater pressure forces out more stones.

2:00 PM. Don't drink or eat after 2:00 o'clock.

In the event you break this specific rule you might feel rather miserable later on. Make your [Himalayan Salt](#) drink. At 2:00pm, combine 4 heaping tablespoons of [Himalayan Salt](#) in 3 cups of drinking water and put it in a bottle. This will make 4 portions, 3/4 cup each.

You should remember the fact that the initial portion starts at 6:00pm with the 2nd portion for that evening will be used at 8:00pm. Your additional 2 needed portions will be reserved for the next morning. Put the bottle inside the refrigerator for getting ice cold (this is for ease and taste only). Consider an optional rectal enema before...

4:00 PM with distilled (not chlorinated) tepid water to completely clean out your large intestines of all unwanted faecal matter. The cleaner the intestines are, the simpler it'll be for any stones to be removed. Furthermore, if you wish to view precisely what you'll be getting rid of, it's far more appetizing to look just for stones rather than get turned off by pungent feces.



6:00 PM. ingest a single portion (3/4 cup) of the ice cold ready [Himalayan Salt](#) h2o. In the event you didn't make this potion beforehand at 2:00 PM, combine a single heaping tablespoon in 3/4 cup of drinking water now. You could include 1/8 teaspoon of vitamin C powder to enhance the flavor.

In case you don't have any vitamin C powder you can add just a little citrus juice to boost the flavor; but it's totally optional. You may definitely drink a couple of mouthfuls of water after that or simply rinse your mouth.

8:00 PM. Duplicate the above mentioned by having one more 3/4 cup of [Himalayan Salt](#) water. You haven't had any food since 2 o'clock; however, you will likely not experience hunger. Get the nighttime tasks completed now. Do not answer the telephone and become ready to remain alone for the rest of the night. The timing for the actual cleanse is pretty essential to obtain good results. Don't be more than 10 minutes earlier or later regarding everything that comes after this.

9:45 PM. Pour 3/4 cup of the premium quality olive oil in the pint jar. Pour the prepared 3/4-cup of squeezed grapefruit and lemon juice in the measuring cup; now add this to the oil. Shut the jar securely using its lid and shake vigorously until very well blended, virtually watery. Only fresh squeezed fruit juice will accomplish this. Now go to the restroom at least once, even if this causes you to be a bit overdue for the 10 o'clock drink. Be prepared to go to bed and remain in bed. Do not tidy up your kitchen. Get it done in the morning.

10:00 PM. Go ahead and take the solution to your bedroom if you'd like, but drink it standing upright. Ingest this concoction you've blended. Should you have them, consider 4 optional Ornithine capsules using the initial drink to ensure that you can sleep throughout the night. Consider 8 should you already have problems with insomnia. Get the entire thing down quickly, if at all possible. Extremely older people, as well as feeble persons, ought to space this over duration of five minutes. Lay down right away. The quicker you lie down, the more stones you'll get out. Place the knees up to your chest like the fetal position. Rest on your right side a minimum of 30 minutes. The oil/citrus drink concoction will go to your gallbladder and liver. The organs won't understand how to handle THAT much oil emulsion, hence they will spasm and throw off all of the obtainable bile - as well as stones, gravel and crystals.



1/2 hour later - you could flip on your back with an excellent thick feather pillow. Make an effort to contemplate precisely what is transpiring inside the liver.

Think nurturing thoughts - the liver is actually sensitive and responsive to thoughts of bitterness, vindictiveness as well as hate. Attempt to maintain completely still for around 30 minutes or at a minimum 20 minutes. Imagine the detoxing activity occurring. You might sense a train of stones rolling down the bile ducts just like marbles. There is very little chance of pain since the bile duct valves will be wide open - on account of the [Himalayan Salt](#). Lay back and fall asleep. Now let Mother Nature perform her part.

The next day you'll be cleaner, a great deal cleaner, as well as healthier as compared to before.

The next morning (early): Upon waking, take the 3rd portion of ready [Himalayan Salt](#) solution. In case you have indigestion or nausea (extremely improbable), hold back until it's disappeared before ingesting the [Himalayan Salt](#). Do not take this portion prior to 6:00 AM. It might be a smart idea to avoid getting up and have another person give you this portion. This particular drink will work as a gentle laxative and induce numerous future loose bowel movements.

2 hours later. Drink the 4th (the final 1 - Thankfully!) serving of [Himalayan Salt](#) water. Drink 3/4 cup of the mixture. And go back to bed if you want.

Following 2 more hours you could get up and put a little something in your empty stomach. Begin with a little fresh-made fruit juice. Thirty minutes later, try to eat some fresh fruit. One hour after that you might eat normal food yet keep it light, raw and natural. By dinner the following day (Sunday) you ought to feel completely recovered and prepared to slay a dragon.

Exactly how well did you perform?

Anticipate diarrhea the morning of the 2nd day (Sunday). An effective way to determine what you're really removing would be to defecate in a white porcelain bowl or big white plastic pail. The bowl or pail is needed as opposed to the toilet to observe the reddish colored deposits that gather in the bottom of the container (stones float on the top) and those deposits would typically become lost somewhere in the bottomless pit of a toilet therefore you would've overlooked them. Should you not choose to view the deposits - go ahead and utilize the toilet.

One other way can be to utilize the toilet and look in it for stones by using a flashlight. Search for any greenish types, because this is evidence that they're real gallstones rather than food remains. Solely bile from your liver is actually green. The actual bowel movement (should there be some) sinks, however gall and liver stones float as a result of cholesterol content. Ultimately, you might have to get rid of as much as 2 thousand stones, in a number of treatments, in a period of one year or thereabouts, until the liver is actually clean enough to free you of all your allergies, upper back pain, or any other symptoms, completely. The initial cleanse might free you from them for some time, however as the stones in the back of your liver move frontward, they could supply you with the exact same symptoms again. You can duplicate the gallbladder/liver cleanse in two-month time intervals until eventually no stones appear.

Under no circumstances do this cleanse while you are sick. Expecting women need to seek advice from a pediatrician. Older persons ought to do the purge with the guidance from a medical adviser.

In some cases, the bile ducts can be filled with cholesterol crystals, which didn't form into round stones. These crystals appear as "chaff" floating on the surface of toilet bowl waters. It might be tan in color, sheltering countless little white crystals. Clearing this chaff is equally as essential as getting rid of stones.

Summary:

The above-mentioned treatment is contrary to numerous present day professional medical points of views. Gallstones are generally regarded as very few, not really thousands. They don't really become associated with aches and pains apart from gallbladder attacks. It's easy to realize why this can be believed: By the point you've had severe pain attacks, a number of stones inside the gallbladder, are adequately sized as well as properly calcified to appear on X-ray, and they've brought on irritation. Once the gallbladder is removed surgically, your severe pain attacks will be eliminated, however bursitis, allergies, digestive troubles as well as other symptoms happen again and become even worse.

Stones typically are not considered to inhabit your liver. In the event the liver is operated on, just the biggest and most severe culprits can be eliminated - however uncountable stones, gravel and crystals stay in an already blocked liver, which in turn has not really improved whatsoever.

The simple truth is self-evident: Individuals, who have had their gallbladder operatively eliminated, continue to get rid of green, bile-coated stones with this liver purge. Anybody who wants to dissect these types of eradicated stones is able to see the concentric circles and crystals of cholesterol correspond with textbook images regarding "gallstones", precisely.

Warning:

In the extremely improbable event you experience waves of discomfort reaching upward to your throat, you may have a gallstone caught inside a bile duct. A clay-colored faeces is proof of bile duct obstruction. [Himalayan Salt](#) could calm down the bile duct in just 20 minutes.

Mix a heaping tbsp. with 3/4 cup of drinking water. However, drink this only on an empty stomach or else you could feel rather sick. Having a sizeable dosage of Valerian herb, 6-8 supplements 4 times each day, this includes bedtime, can also help to calm down the duct. In the event you find comfort, you can be certain it has been a spasm in the bile duct network. The mineral magnesium contained in the [Himalayan Salt](#) calms spasms. It could be wise to clear the liver several times (in two week time intervals except if too sick) to attempt to disengage the actual sticking gallstone. If that doesn't alleviate the discomfort you will want to refer to a healthcare professional.

Typically it's suggested to eliminate parasitic organisms as well as cleanse the kidneys beforehand. In case your throat discomfort is serious enough, you could simply zap the parasitic organisms and proceed using the liver cleanse immediately.

To acquire long-term liver wellness, you need to manage the consumption of higher fat foods, which include ice cream, potato chips, salad dressings, cheese, butter (excessive), cream, and excessively high quantities of milk (greater than 3 servings per day).

Emotions connected with animosity, vindictiveness, belligerence along with hate tend to be harmful to liver wellness. Prevent all of these at all cost!!! Ignore the 'bad' other people do to you personally as well as ignore the 'good' you've done to other people. Discover ways to forgive!

DISCLAIMER:

This valuable material explained prior is not intended to be medical health advice, or a prescribed medication for any illness. The writer is absolved of all responsibility as a result of the usage of this material.

Moderate eliminative actions, like short-term (24 hour) diarrhea, are common with this type of purge.

Should you have any kind of uncertainties whatsoever whether or not this treatment is effective, or whether it's of any value, you need to seek advice from a health care professional, that is experienced in alternative and natural healing methods.



Causes of Digestive Problems, Symptoms and Solutions

Digestion disorders will affect the majority of people at some stage in their lives. Inadequate diet is possibly the primary factor behind it, obviously, genetics play a role too. In spite of this, we can overcome the issue with good nutrition. The issue is the world has become so degraded that it could be challenging to get enough minerals and vitamins, and that's exactly what the body needs to preserve itself, in order to prevent difficulties like bad digestion. So what's the solution? [Himalayan Crystal Salt](#)! For those who have never tried using salt for digestion before then you should keep reading.

How Can You Tell if You Have a Digestive Disorder?

Signs range from, but aren't limited to: aches, bloating, exhaustion, nausea, ulcers and even canker sores. Keep in mind; these are just a few of the signs of digestive problems.

Cramps, Bloating and Indigestion

The root cause of such digestive disorders is partially digested food! Your body must break down whatever you eat or drink. It does this by means of mechanical force (mainly chewing) and digestive fluids (gastric acid and enzymes are the major ones). Whenever this specific procedure fails, you aren't able to process your food entirely and the digestive tract will fill with gas. This gas is what causes the bloated feeling you might have after consuming a particularly fatty meal, because fat is difficult to digest.



The primary causes associated with cramps and bloating are: not chewing your food enough and not enough gastric acid.

Not enough acid in your stomach means that the food cannot be digested properly but also indicates your body to keep particular valves open, letting gastric acid in where it shouldn't be, leading to indigestion. pH imbalances could also trigger your brain to send signals to your stomach instructing it to stop acid production entirely, adding more stress to the condition.

Good news! [Himalayan Crystal Salt](#) is In fact, one of the most effective remedies for indigestion available today. Your body uses salt to control its fluid intake through a function called osmosis and osmosis immediately impacts the pH balance of your body. If you don't consume enough salt your body is unable to balance its own pH which may result in insufficient gastric acid. Treat this issue by making a [Sole](#) solution 1 tablespoon of [Himalayan Crystal Salt](#) to 1 quart of high quality water and make it part of your daily diet.

Motion Sickness and Different Treatments

Motion sickness is a very common issue and yet there is not a natural way for alleviating the symptoms. What causes motion sickness? Basically, motion sickness occurs when there is an imbalance between the messages that the eyes and ear fluid are sending to the brain. Consider your ear fluid as the gyroscope for the body. This informs your brain where the horizon is (these fluids are affected by Gravity) is. Typically, this information is synchronized with your eyes and other senses. Whenever these senses get out of synch, motion sickness occurs. Exactly the same fluids are also accountable for the nausea felt whenever you come down with an ear infection. The membranes get swollen and are not able to send accurate information to your brain. Many people have a more hypersensitive inner-ear balance than others and it is these hypersensitive individuals who are susceptible to motion sickness. In contrast to an ear infection in which the membranes become inflamed, with motion sickness the fluid inside the ears becomes too jostled around and therefore an incorrect reading of your positioning in space is sent to the brain creating confusion.



An excellent motion sickness treatment that doesn't require any drugs is to simply close your eyes. If you shut off your eyes input your brain will have less incorrect information to process therefore your nausea will minimize. Clearly, you can use Gravol but it contains many side-effects, probably the most noticeable one which is extreme drowsiness. So, what is the natural motion sickness remedy which will not make you drowsy? [Himalayan Crystal Salt!!!](#) The salt works in various ways and it is used both internally and externally.

Internally: First make what we call [Sole](#) which is a mixture of water and salt and put a couple of drops inside your ears. You may also drink a half-glass of [Sole](#) solution before leaving to your destination (assuming you are aware you are susceptible to motion sickness) however it will work if you drink it even after the sickness had begun. To make the [Sole](#) solution you just mix a tablespoon of [Himalayan Crystal Salt](#) with 1 gallon of water. That's it! Once the salt is dissolve completely, use an eye-dropper and place a few drops in each one of the ears. As for consuming the glass of water, the one thing you should remember is that the water must be lukewarm. The salt will assist you to rebalance the fluids within your body particularly those in the inner ear which is the source of the actual problem.

You may also apply the salt externally. Just fill a bag or perhaps pouch with [Himalayan Crystal Salt](#) and wear it close to your neck. The energy balancing attributes of the salt should have you feeling relaxed and well balanced right away!

You may be wondering how, precisely, the salt balances your energy and the fact is that nobody knows for sure. However it's considered that the energetic properties of the [Himalayan Salt](#) crystals connect with our own electro-magnetic field and liberate any obstructions or points of energy stagnation that you might have.

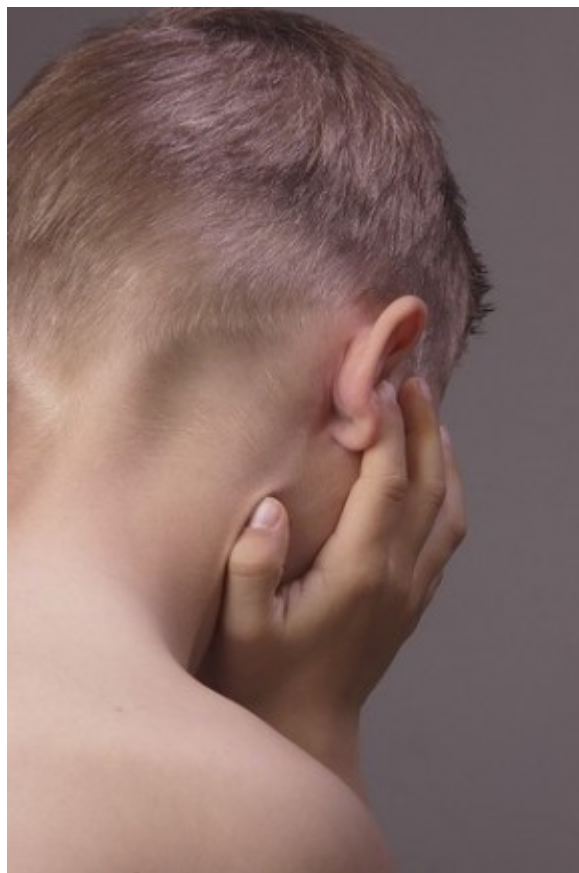
Stop taking drug medication and start using [Himalayan Crystal Salt](#) against motion sickness today!

Eliminating Ear Infections without Medications

Ear infections cause pulsing, pounding, sharp pain and vary from mild to severe. Even worse, sometimes an individual will develop an inclination towards infection in that area resulting in reoccurring ear infections, quite an unpleasant condition!

Dealing with ear infections with traditional medication consists of dosage after dosage of harmful anti-bionics. While they get rid of the infection, they cause harm to the rest of the body just like they heal. Antibiotics make your immune system weak and exposed to new (possibly more virulent) infections. [Himalayan Crystal Salt](#) will help you cure your ear infection without any side effects like the one cause by antibiotics. [Himalayan Salt](#) works best if apply right away so you need to know the symptoms of an ear infection.

Ear infection symptoms are quite obvious since most of them are originated in the ear: short-term hearing loss, a clogged feeling in the ear as well as pain is the primary ones. Additional non-localized symptoms include high temperature and wooziness.



After you have established that you've an ear infection, begin to use [Himalayan Crystal Salt](#) as soon as possible. The simplest way to use the salt is as a brine solution, a combination of [Himalayan Salt](#) and water. Using an eye-dropper, apply a couple of drops inside the affected ear. The brine solution is going to begin working right away. It will help to relieve ear infection pain given that [Himalayan Salt](#) is a natural antibacterial and antiviral. Salt, whenever absorbed by bacteria, expands their cell walls making them bloat causing them to be weaker and simpler for your body to fight. The brine solution "[Sole](#)" can also help remove any unwanted fluids inside the ear which is certainly the cause of that blocked sensation and therefore the short-term loss of hearing. Because [Himalayan Crystal Salt](#) possesses natural fluid-balancing attributes and since salt is required to handle the osmosis process within the body, it can help to restore the proper level of fluids inside your ears. Both of these mechanisms by itself should tremendously reduce the signs of your ear infection.

The Self-Healing Body

Our body is an amazing creation of nature. It provides you with all the components it needs not just to maintain itself, but additionally to give rise to new life. Each and every normal, balanced body possesses an innate capability to control and restore itself, achieving and, wherever necessary, reestablishing the natural equilibrium of bodily processes, a state referred to as homeostasis. It is these inborn mechanisms which usually cure us while we are ill, not physicians, nor even prescription medication. Our bodies are entirely able to regenerating themselves therefore we should be ultra cautious whenever using terms like "incurable".

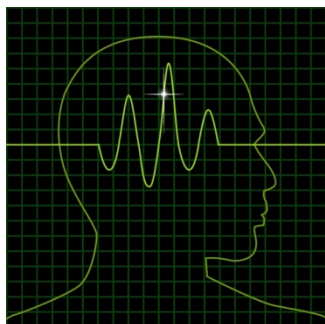


Physicians who identify an illness as incurable are actually proclaiming that they have reached the limit of their experience and knowledge as medical experts. "Terminal" is often a term that simply spreads fear. It suppresses and lessens our body's innate defenses. Traditional medical science only compares the chemical processes in living beings, the processes that can be proven. As a result, disease is generally suppressed, substituted, or operated upon, but almost never healed. An additional treatment, on the flip side, compares the abilities and energetic correlations and interactions within the living organism. In comparison to conventional treatments, the importance here is on regulation as well as prevention.

Precisely How Do Himalayan Salt Lamps Work?

[Himalayan Salt lamps](#) have the same impact as the ionizer. Then again, the organic ionization of any crystal lamp can't be compared with an ionizer. The salt crystal lamp is only able to provide an ionizing effect. Nevertheless, salt crystal lamps have numerous benefits in several aspects as well as increase the normal environment of your space.

A TV or computer system monitor's electromagnetic field is within roughly 100-160Hz zones. Your brain waves on the other hand, generate just 8Hz, in accordance with the Schuman resonance frequency. Consequently, your body is actually subjected to as much as 20 times greater frequency patterns than it's typically used to. The results of this kind of exposure cause anxiousness, sleeping disorders plus lack of attentiveness or concentration deficiencies. Furthermore, you will have an amount of much more free radicals in your body, considered to be a contributing factor to cancer. Because of this kind of continual contact with different



wavelengths, our personal electromagnetic energy field gets imprinted with the wavelengths forced on it, which in turn upsets the natural growth and development of the cells. Since the atomic framework in the salt, that's currently neutral, it's likely that any unnatural frequencies may be harmonized or well-balanced from the lit [Himalayan Salt lamp](#). Because it functions like an organic amplifier for the resonant frequency of 8-10 cycles in each second, that's very essential for our own existence. By using a [Himalayan Salt lamp](#) we are able to alter and reduce the effects of electromagnetic wavelengths attributable to electronic products naturally.

A salt crystal lamp adheres the negative ions together with the surplus positive ions. Once the [Himalayan Salt Lamp](#) gets heated, it soaks in humidity so the crystal will likely be moist on the surface area. That accumulates an ion field. With the lamp, the positively charged environment in a room could be neutralized. Additionally, the colorings of the salt crystal stones possess a therapeutic influence. Typically the beneficial worth of the colored crystals is to reorganize the epidermal layer of your skin. Medical tests done using children possessing ADHD indicators have demonstrated that following just one week of contact with a [Himalayan Salt Lamp](#), his or her symptoms went away. However, when taking out the lamps, the actual symptoms came back.

The actual Therapeutic Effects of Colors

Orange: Allows for a sense of security and safety and is also beneficial to the neurological system the mind as well as stimulates your kidneys and bladder.

Yellow: Promotes mental understanding and stimulates your pancreas, liver and gall bladder.

Red: Fortifies your essential life force and also stimulates your heart and blood circulation.

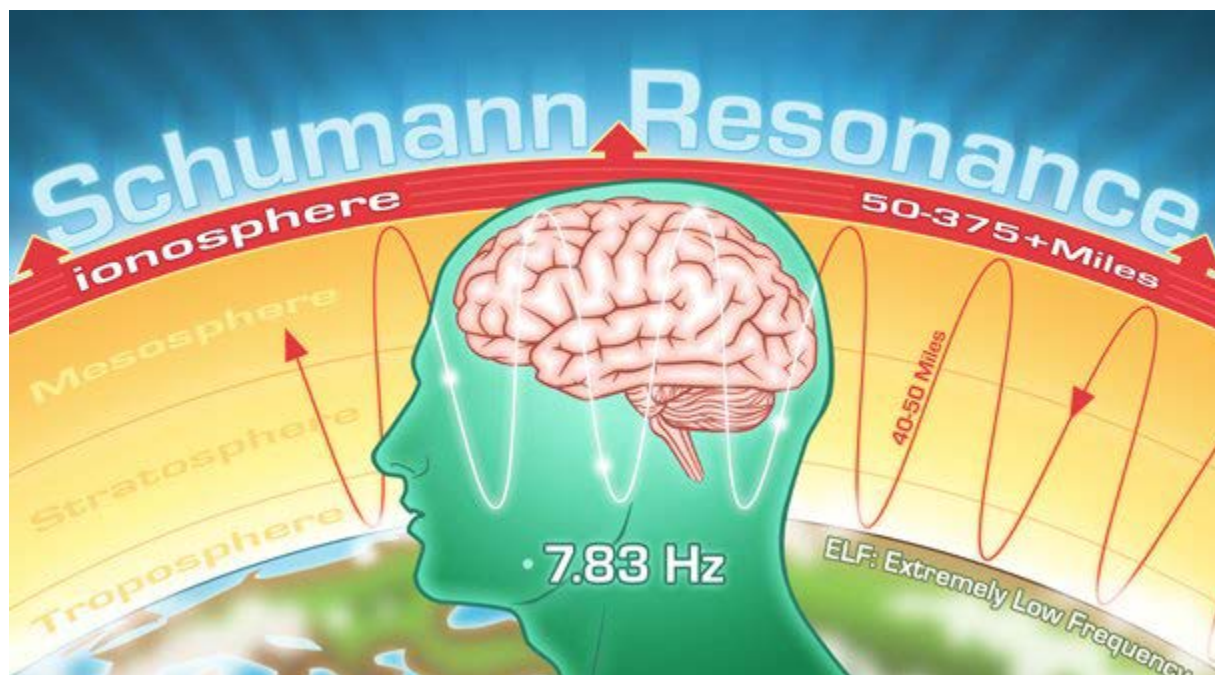
Pink: Facilitates a feeling of alliance and love as well as opens up the emotional body.

White: Features a purifying and cleansing result to represent the healing factor.

Brown: Aids you to discover your own harmony and also helps earthiness.

Electromagnetic Oscillation

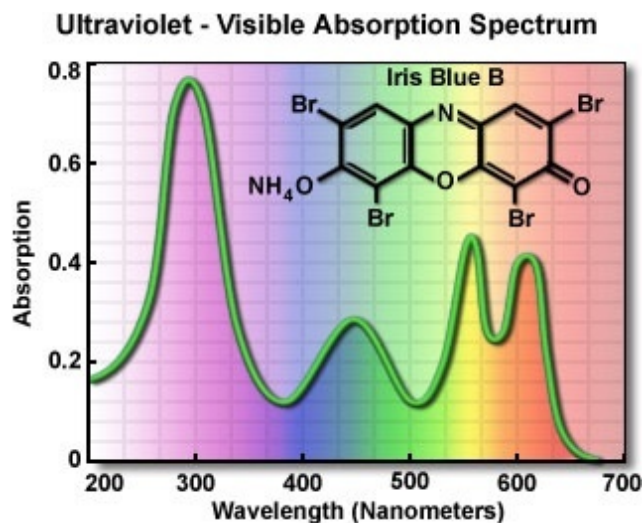
An electromagnetic belt encompasses our planet, and inside this belt every single type of life form comes and goes. As a result, every single form of life on the earth is dependent upon the strength of this electromagnetic field of vibration, referred to as the Schumann resonance frequency, that says the provided frequency of this electromagnetic field is at 7.83 Hz (cycles) per second. This value is considered being the resonant frequency of the earth. The resonant frequency is the most frequently used measurement used on mammals and may be measured as the resonant frequency of our own brains using an EEG.



In addition, a salt crystal, in its natural condition, displays the precise frequency oscillation benefit. And yet because of our industrialized and technological lifestyle, the human being is now being impacted, specifically in our homes and workplaces, to unnatural electromagnetic wavelengths with more diverse frequency values, as a result of electronics equipment. Such wavelengths have been verified not just to disrupt the human body, but also to enhance sickness, because they continually overlap our own normal resonant frequency. Because of this kind of continuous contact with different wavelengths, our very own electromagnetic energy field gets printed with the wavelengths pushed on it, which will annoy the normal growth and development of our cells. As a result of nuclear framework in the salt, that's neutral, it's likely that the unnatural wavelengths could be equaled or balanced from the [Himalayan Salt Lamp](#) since it operates like a natural amplifier for your resonant frequency of 8-10 cycles per second, that's essential for our life. By using a salt crystal lamp we can easily modify and reduce the effects of electromagnetic wavelengths, a result of electronic products in natural manner.

Light Waves in the Rainbow Spectrum

Whenever we discuss light we imply, in most cases, the oscillation energies, or electromagnetic wavelengths that are lying in a nanometer, array noticeable to the human eye. Through the color therapy it's well known that the human body requires light waves from the rainbow spectrum (300-700 nanometers) regarding the health and preservation of the entire body. All of our body's cells are supplied by light using fresh energy through electromagnetic wavelengths. As a result the actual atomic framework of a single cell vibrates in their individual given sequence and will radiate bio photons like the cell's personal electromagnetic energy field.

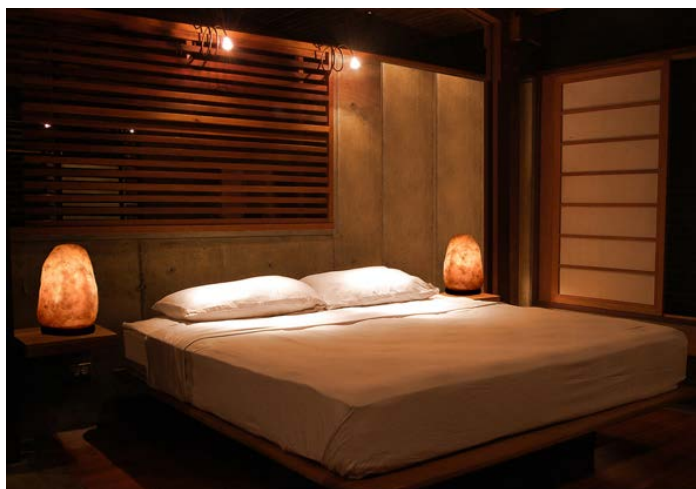


The actual oscillation benefits from salt crystal lamps depend on crystalline color composition within the so-called warm clay/tone variety of 600-700 nanometers. For many years, the industry of medicine is actually utilizing irradiation together with monochromatic light, because these color vibration areas have strong effect on the cell generating capabilities.

As to what degree a [Himalayan Salt Lamp](#) can be used regarding natural irradiation treatment, is not yet been found, as additional investigation is needed. Nevertheless, salt crystal lamps have already been utilized therapeutically for decades.



Himalayan Salt Lamp is a Natural Ionizer



Most of us reside as well as are employed in environments focused on technology; computers, television sets, copiers, printers, microwaves, air conditioning units and heating units, simply to mention a few. These types of so called "conveniences" give off high levels of positive ions in the air all of us breathe, which could lead to physical and mental fatigue and also impact your overall wellness. By far the most hazardous degrees of positive ions exist in POLLUTED towns and cities. Exhaust gases from automobiles, trucks, and buses; manufacturing plant

smoke, tobacco smoke, dust and soot, along with electromagnetic air pollution virtually all blend to produce a strong combination of POSITIVE IONS and OZONE which progressively damage the lungs and destroy our health and well-being.

You probably have realized that your own sense of wellness is actually more intense in natural mountain air, or perhaps on the seaside, or even following a thunderstorm. This really is because of the greater concentration of negative ions in those environments. It's no coincidence that therapeutic health spas tend to be situated in regions having foaming salt water or roaring mountain springs that produce abundant negative ions which in turn causes air particles to attain electrical or ionic harmony.

[Himalayan Salt lamps](#) are extremely well suited for everyday use within the entire home, in bedrooms, living rooms, dining areas, hallways, meditation rooms, near televisions and computers, or anywhere people smoke. Make use of these wonderful lamps around workplaces to lessen fatigue, [Himalayan Salt Lamps](#) can reduce the consequence of all that radiation and also beautifies the atmosphere of the work space. It increases ones concentration and refreshes one as a result of eliminating the consequences of the unnatural environment. Utilize the lamp inside waiting rooms to produce a calming environment, during therapeutic massage, as well as any place else you would like to regain or simply keep the pure quality of air.

The advantage of ionizers is definitely well recognized. Although the majority of ionizers in the marketplace are artificial devices, the salt crystal lamp is really a gorgeous option of our mother earth, with virtually no sound without damaging OZONE!

European people have already been conscious of the health advantages of salt for decades, and individuals experiencing persistent congestive difficulties visit centers situated in salt mines for the purpose of therapy! It's known as SPELEOTHERAPY. The really dry, negative ion-rich atmosphere of such salt mines assists to clear out a patient's bronchial tubes and sinuses, as well as destroy bacteria along with other microbes.





We Recommend: Small or Medium Himalayan Salt Lamp for a night-light. Since the lamp is passive rather than fan-driven, the actual distance of negative-ion output is restricted. The large lamp is highly "therapeutic" out over approximately 10 feet, and a common "medium" lamp out over roughly several feet. From then on, any beneficial impact falls off rather quickly. Simply because negative-ions are actually high-energy packets, its range of air travel could expand out over many yards. Typically the lamp ought to be regarded as efficient just for the room that it is placed.

To learn more concerning [Himalayan Salt Lamps](http://www.AuthenticHimalayanSalt.com) as well as associated merchandise kindly visit The Salt Institute - Our planet's primary resource of trustworthy specifics of salt (sodium chloride) along with over 14,000 identified applications.

In order to receive the most benefits of your [Himalayan Salt lamp](http://www.AuthenticHimalayanSalt.com) please take in consideration the flowing information:

The lamp has a range of reach. This means that even though a lamp is "ON" and heated, you might not be receiving all possible benefits if you aren't within the lamp's reach.

(Mini) 3-5 lb. salt lamp	8 x 8 sq. feet
(Small) 6-8 lb. salt lamp	10x10 sq. feet
(Medium) 9-11 lb. salt lamp	12x12 sq. feet
(Large) 12-15 lb. salt lamp	14x14 sq. feet
(Extra Large) 16-20 lb. salt lamp	15x15 sq. feet
(Jumbo) 21-25 lb. salt lamp	16x16 sq. feet
(Extra Jumbo) 30-40 lb. salt lamp	20x20 sq. feet
(Super Jumbo) 40-60 lb. salt lamp	25x25 sq. feet



My Final Thoughts

Yes those are all the benefits of this wonderful salt. Remember that we cannot live without salt but at the same time you have to be careful what type of salt and how much salt you eat.

Everything in excess is bad, even [Himalayan Crystal Salt](#). Also remember there is always an organic medicine for every imbalance the body might be suffering.

Thank you very much to taking the time to read this eBook and please share it with your friends and family. I'm sure they will really appreciate this information as well.



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Should you have any kind of uncertainties whatsoever whether or not these treatments are effective, or whether it's of any value or benefit to your health, you need to seek advice from a health care professional, that is experienced in alternative and natural healing methods.



*Health Care
Professional*

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