

SALT FACTS

- ◇ Salt is most effective in stabilizing irregular heartbeats and, contrary to the misconception that it causes high blood pressure, it is actually essential for the regulation of blood pressure, when used in conjunction with water. Naturally, proportions are critical.
- ◇ Sea salt contains over 80 necessary mineral elements, some of which the body needs in trace amounts. Un-refined sea salt is the best choice when selecting from the different types of salt available on the market. Ordinary table salt available from the supermarket and used by most restaurants has been stripped of its companion elements and also contains additives, especially aluminum silicate, which makes it powdery and porous. Aluminum silicate is highly toxic, especially to the human nervous system, and has been implicated as one of the leading causes of Alzheimer's disease.
- ◇ Salt is vital to the extraction of excess acidity from the body's cells, particularly brain cells.
- ◇ Salt is vital for balancing the sugar levels in the blood and is an important element in a diabetic diet.
- ◇ Salt is vital to the natural prevention of varicose veins and spider veins on the legs and thighs.
- ◇ Salt is vital for clearing up catarrh and congestion in the sinuses.
- ◇ Salt is vital for the generation of hydroelectric energy in the body's cells. It is used for local power generation at the sites of energy needed by cells.
- ◇ Salt is vital to the brain cells that control communication and information processing. These are functions that occur from birth to death.
- ◇ Salt is vital for clearing the lungs of mucus plugs and sticky phlegm, particularly in people suffering from asthma and/or cystic fibrosis.
- ◇ 27% of the body's salt is found in the bones. Bone composition is 22% water. Osteoporosis results when the body is deficient in salt and strips it from the bones, and has been linked to salt and water shortage in the body.
- ◇ Salt is a strong and natural anti-histamine.
- ◇ Salt is essential for the prevention of muscle cramps.
- ◇ Salt is vital for the prevention of excess saliva production, to the point that salt deprivation causes running of the salivary glands during sleep. Constant heavy salivation is indicative of salt shortage.
- ◇ Salt on the tongue has been shown to stop persistent dry coughs.
- ◇ Salt is vital to the prevention of gout and gouty arthritis.
- ◇ Salt is vital to maintaining sexuality and sexual libido.
- ◇ Salt is vital to making bone structure firm. Studies have shown that osteoporosis is much more prevalent in people who have shortages of salt and water.
- ◇ Salt is vital for sleep regulation and is a natural hypnotic.
- ◇ Salt is vital in the reduction of a double chin. When the body is short on salt, it also becomes short on water. The salivary glands react by producing more saliva to lubricate the acts of chewing and swallowing, as well as to supply the stomach with the water needed to break down foods. Circulation to the salivary glands increases and the blood vessels become 'leaky' in order to supply the glands with water to manufacture saliva. Over time, this 'leakiness' extends beyond the area of the glands themselves, causing increased bulk under the skin of the chin, through the cheeks, and down into the neck.

Himalayas Salt Lamps and More™
1017 N. Dobson Rd., Ste. 108
Mesa, AZ 85201
Mesa Riverview, behind Bass Pro
(In the Theatre District)

Phone:
(480)615.2700 (480)570.9248

Website:
www.himalayassaltlamps.com

E-mail:
info@himalayassaltlamps.com

© Copyright 2008-2009 Himalayas Salt Lamps & More.
All rights reserved.