

# SOLE: AN OCEAN OF ENERGY!

Scientific research has demonstrated, through double-blind studies, the positive effects of Himalayan Crystal Salt, Sole (pronounced so-lay), on the body.

## Positive effects:

- ◇ Re-mineralizes the body with 84 essential minerals and trace elements.
- ◇ Dissolves and releases crystallized deposits, cleanses the intestines, and improves skin condition.
- ◇ Replenishes electrolytes, helps to balance pH levels, and can normalize blood pressure.
- ◇ Significant positive changes in respiratory, digestive, organ, circulatory, connective tissue, and nervous system tissues.
- ◇ Increases quality of energy, sleep, concentration levels, nail and hair growth, and weight loss.
- ◇ Patients have reported weakened addictions

## SOLE DRINKING THERAPY

Take one teaspoon of brine solution first thing every morning (before breakfast). It may be stirred into a glass of warm quality water and squeeze in 1/4 lemon slice (very refreshing) The lemon works as a liver detox (optional). The brine may also be taken straight and followed by a glass of water. If you decide to pour the brine into a glass of water you may use a full tablespoon. Be sure to drink plenty of quality water over the course of the day.

Biophysically, Sole restores and maintains the body's natural energetic frequency pattern for 24 hours. After 30 days, you may increase your daily dosage slightly, up to a tablespoon, to improve energy levels as needed.

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1. Lightly rinse and put several Himalayan salt crystals in a glass jar. Make sure to use a jar that has a sealable lid.
2. Fill the jar with fresh natural spring-water (we recommend Fiji or a comparable brand)
3. After approximately 48 hours, or when the salt crystals stop dissolving, you will have a brine solution containing 26% salt. The concentration will remain the same as long as there are crystals in the jar.
4. Refill the jar with water as needed. Before crystals dissolve completely add a few new salt crystals so you do not have to start the process over.

After a short time you may find crystallization formed around top of jar, this is normal condensation, just wipe or rinse under water.

The solution is germ-free and can be stored indefinitely without changing or decomposing.

## We strongly recommend the book:

Water & Salt

The Essence of Life

By: Dr.Med.Barbara Hendel, &  
Bio-Physicist Peter Ferrera

The FDA has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease. If you are under medical supervision, have high blood pressure, or are pregnant, it is recommended to consult your physician before consumption.