

HIMALAYAN SALT

Himalayan Salt is the most complete salt on Earth containing 84 trace minerals and elements that match the human body. Formerly one of our primal oceans, Himalayan Salt underwent extreme pressures during the formation of the Himalayan Mountains. This resulted in a perfect crystalline structure. Himalayan salt is basically a sea salt that was never polluted and never processed to strip away its vital components. It is truly nature's gift to humans.

Salt has received a bad reputation because of the type of salt we have been subjected to in packaged products and normal table salt. These salts have been stripped of all other content and the human body has difficulty processing this type of salt to feed our cells.

Uses

We use Himalayan salt as a supplement to re-mineralize, balance pH, and provide electrolytes to keep our bodies balanced though the use of Solé (a brine solution made from Himalayan Salt). This also aides our immune system, which helps to keep diseases and illnesses at bay. Arthritis and Fibromyalgia sufferers usually find their pain levels decreasing when using Solé.

Many people get relief from headaches, heart palpitations, acid reflux and leg cramps simply by sucking on a few coarse ground crystals and

drinking a glass of water. A leading cause of many illnesses and disease is the lack of water (dehydration) and the proper body chemistry.

Another use is to bathe with Himalayan salt added to your bath water. This not only re-mineralizes the largest organ of the body (the skin), but it detoxifies our bodies too. Approximately (1) cup of Himalayan salt added to the bath is sometimes compared to the benefits of a 3 day fast. It also aides in the relief of many skin conditions and may be applied with a compress allowing the trace minerals to penetrate the skin. An alternative to a full bath is to use half a cup in a foot bath for detox.

We always suggest that if you have an issue with your blood pressure, that you monitor it closely when consuming Himalayan salt. Because of its unique properties, many patients report their blood pressure has normalized after using Himalayan salt. Even breathing through a device filled with Himalayan salt crystals (the Himalayas Salt Inhaler™) has benefits for those that suffer from Asthma, COPD, allergies and sinus problems. Doctors normally don't recommend natural alternative health products, but the salt inhaler has the ability to get many patients off their inhalers and other meds. We always suggest keeping your rescue inhaler just in case it's needed. There are no side effects associated with using a salt inhaler.

Himalayan Salt comes in many forms. Fine & coarse ground for cooking, Large chunks for ionizing and cleaning the air in your home, and as a brine solution for use as a supplement.

Make sure that your Himalayan salt supplier isn't cheating you by selling you inferior and cheaper products. There is definitely a difference in salt quality. At Himalayas Salt Lamps & More we take pride in providing the finest quality Himalayan Salt available, imported directly from the mine.

We provide free, confidential consultations for those with health challenges and questions regarding the use of Himalayan Salt products. We only recommend what has worked for ourselves or other customers and welcome testimonials on your personal experiences with the use of Himalayan Salt.

Himalayas Salt Lamps and More™
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The FDA has not evaluated these statements. This product is not intended diagnose, treat, cure or prevent any disease. If pregnant or under medical supervision, it is recommended to consult your physician before using this or any product.

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