

## Salt for Life and Energy



**Have you tried the Himalayan Crystal salt yet? Treat yourself to the amazing benefits of this versatile product!**

Himalayan Crystal Salt is mined from deep within the Himalayan mountain range. It is 250 million years old and is free from modern day pollutants. Containing 84 minerals and trace elements, this salt has the same mineral make-up as one would expect to see in a healthy person's blood plasma. It is easily absorbed and due to its natural state has none of the adverse effects that common table salt has.

### Common Table Salt versus Natural Table Salt

Common table salt consists of sodium chloride and additives and has no resemblance of natural salt. It takes the body immense energy and effort to try and eliminate common table salt from the system. Natural salt is crucial for maintaining vital body functions and can restore the body's natural pH level and mineral balance. Available in shakers and refill packs, Himalayan Crystal Salt can replace common table salt for all your culinary needs!

- *The salt supplies the body with the natural energy stored in the crystals and the body can hold this up to 24 hours*
- *Can harmonize the alkaline/acidity balance in the body and normalize blood pressure*
- *Can help with skin diseases by cleaning from inside out*
- *Can dissolve sediments, which lead to various forms of joint disorders and deposit build up in major organs*
- *Mineral rich and easily absorbed with reduced threat to blood pressure or arteries*
- *Can lower the craving for addictive desires*

### Sole Vitality Drink

Himalayan Crystal Salt is among the most efficient natural remedies. One of the best ways of experiencing its remarkable cleansing properties is to drink Sole (pronounced Solay). Sole is a 1% water/salt solution as found in our blood and tears. One glass of Sole every morning brings amazing benefits. From a biochemical viewpoint, within minutes the whole stomach and intestines are stimulated and this again stimulates the digestion and metabolism. It balances the body's pH factor and gets rid of heavy metals.

### Preparation of Sole

In a glass container, with a lid, put several tablespoons of Himalayan Crystal Salt, cover the salt with purified or natural spring water. After 24 check to see if all the salt has dissolved, if completely dissolved add more salt until the water can no longer dissolve the salt which will remain at the bottom of the jar. This creates the Sole, a 26% concentration which remains stable. Take one teaspoon of this solution in a glass (250ml) of water to achieve the 1% Sole Vitality Drink.

*This 1% solution can also be used as a healthy mouth wash to combat mouth ulcers, infections and to whiten teeth and strengthen gums; flush runny or congested nasal passages and bath the eyes to replenish lost moisture.*

### Bath and Beauty Treatments

In contrast to a normal bath, where moisture is extracted from the skin, a Sole bath allows the salt to be stored in the upper layers of the skin keeping the skin well hydrated. The alkaline nature of the Sole bath leaves skin feeling soft and silky, a 30 minute bath has the same cleansing effect as a 3 day fast!

**Peloid** is a natural mineral rich, soft clay which accumulates in the salt mine. It is effective in treating skin irritations and draws impurities out of the skin, effectively support the skin's natural regeneration. Use on the face, areas of psoriasis and other skin irritations. In addition the Peloid Sole mud is useful for all kinds of infectious reactions of the body, especially cases when a cold compress would be helpful – Cover the Peloid with a cold wet towel and leave for several hours.

**Scrub** can be made by simply mixing fine salt with olive oil and gently massaging it on the skin. Ideal for detoxifying, the scrub has a cleansing effect and leaves the skin feeling clean, tightened and moisturised.

**[www.bestcare-uk.com](http://www.bestcare-uk.com)**

**Call 01342 410 303 today for more information or to place your order**