



# HIMALAYAN CRYSTAL SALT

*1000mg capsules*

- **Energy – All 84 Electrolytic Minerals within the crystal**
- **Bactericide – Essential for Lyme Disease**
- **Excellent for Blood Pressure Regulation**
- **Essential for life – See “Water & Salt: The Essence of Life” book**

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Himalayan Crystal Salt is the most beneficial, purest salt available on our planet. It is totally unpolluted without any environmental impact. It was formed at a time when the earth was pristine, some 250 million years ago. When the sun dried up the ancient primal sea, it left this pristine salt. It contains every mineral element found within the human body.

All emergency room patients are immediately hooked up to an IV saline solution of water and salt to start all energetic and chemical processes. This also starts killing pathogens within the body. This is similar to why Native Americans used salt to preserve meat from bacteria. Please see our website for additional information concerning high blood pressure, the 84 electrolytic minerals, etc. This salt affects all bacteria greatly and is non toxic, unlike the USP tablet.



## **Himalayan Crystal Salt vs. table salt**

Dr. Suzanne Oparil, past president of the American Heart Association, said that the government had been too quick to recommend that the public cut back so dramatically on the intake of table salt. An eight year study on people with hypertension in New York City showed that those on low-salt diets had more than four times as many heart attacks as those on toxic “table salt” diets. This is the opposite of what the “salt hypothesis” predicted in 1995. **WE NEED GOOD SALT!**

“Table salt” is toxic. It can keep us from an ideal fluid balance and can overburden our elimination systems. When table salt is “chemically cleaned” through a process using 1,200°F, it divides and isolates the sodium and chloride bond, becoming a foreign substance to the body. This, along with the potentially toxic chemicals iodine and fluoride, adds to the foreign chemicals the body defends itself from and has to excrete.

This creates the potential for rheumatism and gout, kidney and gall bladder stones, unattractive cellulite and hypertensive blood pressure effects, as discussed by Dr. Joseph Mercola, Osteopath, M.D.

**Note:** Sea Salt or Celtic Salt has become less effective, since our oceans are now the main dumping grounds for harmful, toxic poisons like mercury, PCBs, dioxin, oil spills, etc. Almost 90% of all sea salt producers now refine their salt.

L I V I N G F O O D S

## Health and Himalayan Crystal Salt

**Himalayan Crystal Salt Benefits include**...bacteria “die-off”, asthmatic attack stoppage, healthy balanced ph, diabetes assistance, increased cellular energy, reduced signs of aging, blood sugar health promotion, intestinal tract absorption, respiratory health promotion, sinus health assistance, reduced muscle cramps, bone density promotion, sleep assistance, libido support, vascular health assistance and **blood pressure regulating assistance**.

Himalayan Salt’s crystalline structure stores vibrational energy while its minerals and trace elements are in colloidal form. This allows for easy cellular absorption. It is also difficult for the cells to absorb too much Himalayan Crystal Salt, since the body has powerful and effective feedback loops that regulate this process. It promotes balance and does not contribute to high blood pressure, unlike table salt.

Herxheimer reactions – bacterial “die-off” – will occur, especially from the kidneys when larger doses are taken without enough water.

Salt is one of the world’s finest bactericides. It was used by Native Americans to preserve meat. Many of our theological doctrines encourage us to go to the sea for healing. This, along with studying how salt has assisted people greatly with Lyme disease, allows us to know that ingredients in nature are truly our best medicines. For further information and assistance on Lyme disease, go to

[www.fettnet.com/lymestrategies/welcome.htm](http://www.fettnet.com/lymestrategies/welcome.htm)

**Dosage:** Take 1–2 capsules up to 3 times a day with meals, 6 days a week. A **minimum** of half your body weight in ounces of good water **MUST** be ingested daily. For assistance with Lyme disease or other harmful bacteria, increase the dosage slowly over 2-3 weeks till a maximum dose of:

100 – 150 lbs: 3 capsules up to 4 times a day with a **Minimum** of half your body weight in ounces of water

150 – 250 lbs: 4 capsules up to 4 times a day with a **Minimum** of half your body weight in ounces of water

A minimum of **half your body weight in ounces of water** **MUST** be ingested every day for hydration and systemic flow, to carry the die-off thru the kidneys and bladder. If enough water isn’t taken in, your kidneys will let you know through discomfort that more water should be ingested. PLEASE stop all caffeine, alcohol and sodas which carry water out of the body. Also, please read “Water and Salt, The Essence of Life” for complete information on salt and your health.

**SOLÉ BATH:** For a cleansing Himalayan Crystal Salt *solé* bath, pour our salt (2.4 lbs.) into a normal size bath (28 gal.) and then fill with 98-100°F water. (The suggested 1% solution is 1.28 oz. of salt per 1 gal. of water).

**DETOX:** Soak for approximately 30 min. Do not add anything else to the bathwater. Dry off with a towel and then rest for an additional 30 min. A 30-minute *solé* has the cleansing effect of a 3-day water fast, without the discomfort of fasting. For greatest detoxification, soak during a new moon.

**MINERAL ABSORPTION:** Our Himalayan Crystal Salt capsules provide the most effective mineral supplementation, but our *solé* is also an excellent choice. Soak during a full moon for the best absorption of the 84 electrolytic minerals contained within this amazing salt.

**Note:** Consult your health physician if pregnant. This salt does not contain any iodine. Assorted seaweeds should be ingested to obtain this natural chemical.

**Disclaimer:** Statements made on this page have not been evaluated by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure or prevent any disease.

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