

# High & Low Blood Pressure

Dr. Joseph Mercola, M.D., who created one of the most respected health websites on the internet, [www.Mercola.com](http://www.Mercola.com), has stated: "Himalayan Crystal Salt, in conjunction with enough water, is actually essential for the regulation of your blood pressure."

People find this hard to believe, for they have bought into the training that all salt produces the same effects as the heated, toxic, poisonous industrial table salt.

Dr. Suzanne Oparil, past president of the American Heart Institute, saw test results involving two hypertensive groups, one that had a no/low salt intake, versus another group using toxic, poisonous table salt. She was amazed when she found that the group on a low/no salt diet had 400% more heart attacks than the group on toxic, poisonous table salt. This showed that salts are greatly needed by the heart, while table salt is known to cause hypertension. She then said, "Why isn't our government telling people to take 'good' salt?"

Dr. Oz, on his TV show on Sept. 29, 2009, recommended the use of Himalayan Crystal Salt, especially for heartburn or GI reflux complications.

The truth and wonders of Himalayan Crystal Salt are starting to be finally understood.

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

# The Differences Between Salts

**Table Salt** is an industrial toxic salt. When table salt is "chemically cleaned" at 1,200°F, the high temperature divides and isolates the sodium-chloride bond, making the salt a foreign substance to the body. This, along with the addition of toxic chemicals like fluoride and iodine, is a major cause of high blood pressure.

**Sea Salt or Celtic Salt** has all 84 mineral salts, but has become much less effective because of the pollution of our oceans with toxic poisons. Almost 90% of all sea salt producers now "refine" or heat their salt. This destroys the electrolytic energy and cross-bonding of the mineral salts. The ocean's sharks are now showing up with cancer.

**Himalayan Crystal Salt** has been a major shift for Mother Earth in producing enhanced energetic electrolytes within the salts. The crystalline body around the salt molecule, created by the tectonic pressure of the mountains, assists our cellular neurological communication. This enhanced crystalline salt is incredibly precious and has far surpassed its origin of sea salts from the ocean.

Herbs of Light's Himalayan Crystal Salt is never heated or processed. It is mined from a location in the Himalayan Mountains that ensures the necessary amount of tectonic pressure, after which it is hand-packaged.

*Herbs of Light, Inc.*

P.O. Box 1648

High Springs, FL 32655

(800) 313-3001 phone (800) 837-2244 fax

[info@herbsoflight.com](mailto:info@herbsoflight.com)

[www.herbsoflight.com](http://www.herbsoflight.com)



# HIMALAYAN CRYSTAL SALT

~ NATURE'S ANTIBIOTIC  
~ ENERGIZING  
~ DETOX

Himalayan Crystal Salt is the most beneficial, purest salt available on our planet. When the Earth's plates collided 250 million years ago to form the Himalayan Mountains, the sea receded and left pure sea salt deposits which were eventually buried under earth and volcanic ash.

The resulting tectonic pressure produced a crystalline body around the salt molecule, which greatly increased its energetic qualities. This is similar to how tectonic pressure creates diamonds out of coal. This salt contains all 84 mineral salts needed within the human body.

# Nature's Antibiotic

Dean Martens, president of Herbs of Light, found that taking pure Himalayan Crystal Salt capsules assisted him greatly in getting rid of Lyme disease. For further information about salt and Lyme disease, visit [www.herbsoflight.com](http://www.herbsoflight.com).

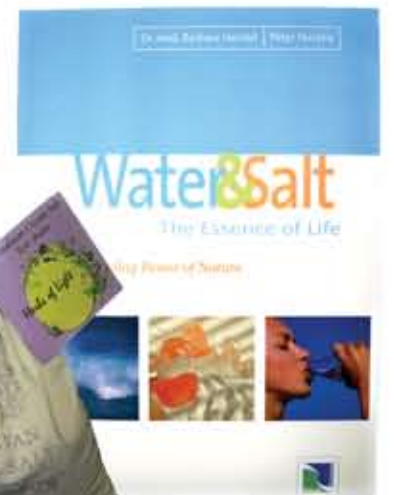
In combating cholera, a physician gave the New York Times an article published on July 16, 1892, that stated, "Using salts would stop cholera and typhoid with decided and immediate success in every case."

Enlightened physicians like Dr. Joseph Mercola, M.D., know that all bacterial pathogens are affected by Himalayan Crystal Salts. Native Americans knew this well. They preserved their meat from proliferating bacteria with great salts that are no longer found on our lands.

When a patient is taken to a hospital emergency room, one major rule is to put an IV of saline solution into the patient. The water and salt rehydrates the dehydrated patient along with providing needed electrolytes to kick-start the chemical and energetic mechanisms of the body.



Solé Bath & Education



L I V I N G F O O D S