ABOUT HIMALAYAN SALT

And WHY it’s GOOD FOR YOU!

“Chemically washed” table salt is virtually a toxin that is missing 82 of the 84 elements of naturally occurring salts. Our bodies react negatively to this toxic substance and we all know the side effects.... well, this is really why we need to avoid “white salt”!

Sea salts have been traditionally excellent choices but with the pollutants in the oceans, this rich mineral resource is becoming more and more compromised as well. **Real salt is NOT WHITE.** Real salt is “earthy” colored from the minerals it carries to the body. Colors range from grays to pinks or other colors, depending on the source of the salt. Try some!

**THE TABLE SALT STORY:** Table salt is commonly considered unhealthy and unnecessary. As industrialization came to a full swing, much of what we eat has been genetically altered or otherwise modified before it reaches our tables.

Today's common salt is chemically refined; all of the **natural minerals** are removed as they are considered to be impurities and it is reduced only to sodium and chloride. This process has made typical table salt unhealthy; it is not a natural element and is somewhat of a poison to the body. Eating common table salt results in the formation of edema, or excess fluid in the body tissue, which is also the cause of cellulite. That's why doctors say to avoid salt. For every gram of sodium chloride that the body cannot get rid of, the body uses twenty-three times the amount of cell water to neutralize this salt. That makes our body weak and prone to diseases.

**HIMALAYAN SALT:** Himalayan Salt is however pre-pollution and without environmental impact. It is absolutely pristine, purest, totally natural, unrefined, cleanest and most complete Salt available. It is identical in minerals to the ancient primal ocean with all the minerals and trace elements our body needs. These natural minerals are identical to the minerals, which our bodies have evolved with and are also originally found existing in the primal ocean.

Life came from the sea, its nutrients and the suns energy. Millions of years ago when the formation of the Himalayas begun, the primal ocean was naturally dried up with the energy of the sun, as the mighty Himalayas were rising, over time with intense pressure and temperatures salt became crystallized. The higher the amount of pressure the more superior the crystalline structure. Alexander the great discovered it and since then it has been a part of regular diet for natives.

Himalayan Salt is the finest; hand-picked and stone grinded crystal salt, which is transparent with pink and reddish veins. Only Genuine Himalayan
Crystal Salt should be used for flavoring food, Brine solution and for bathing.

**SEA SALT: How Does Himalayan Salt compare to Sea Salt?**

Oceans cover 70% of our earth. However, the oceans are being degraded with nuclear waste, industrial waste and farm chemical run-off. Not a single year passes without major news of at least one fractured oil tanker causing catastrophe. Recent government warnings about the increased levels of mercury in our oceans limit us to eat fish only once or twice a month. Today, sea salt does not have the same positive impact on our health, as it used to. Most of the sea salt undergoes man-made refining to get it to the packaged commodity stage. The Himalayan Salt supplies the body with the natural energy stored in the crystals and the body can hold this for up to 24 hours. It provides the body with essential minerals and replenishes vital electrolytes. The salt can harmonize the alkaline/acidity balance in the body and normalize blood pressure. It can even help with skin diseases such as acne and eczema by cleaning from the inside out.

Try a daily glass of Himalayan Salt Brine to help cleanse the body. See Salt Brine Solution instructions. [Click HERE for Salt Brine Solution](#)

**What is Himalayan crystal salt?**

About 250 million years ago, what is nowadays the Himalayan mountain range was covered by a primordial ocean. When the Indian sub-continent hit Asia, the ocean floor started to rise and created a huge salt lake. Eventually this salt lake evaporated and formed the salt layers in the Salt Range in India and Pakistan. Himalayan crystal salt contains the same minerals and trace elements of which the human body is composed.

**How much salt is safe to use?**

There is a big difference between the "regular" refined table salt to which most people are accustomed and natural, health-promoting salt. This difference can have a major impact on your health. Regular table salt is actually 97.5% pure salt (sodium chloride) and 2.5% chemical additives such as iodine, fluoride, calcium carbonate, magnesium carbonate, aluminum hydroxide, saccharine and others. Dried at over 1,200 degrees Fahrenheit, the excessive heat alters the natural chemical structure of the salt. What remains after raw salt is "chemically cleaned" is pure sodium chloride, devoid of any life-sustaining minerals. One can say that this salt is bio-energetically "dead", because it does not project a specific energetic field around it. To keep this salt from sticking together and making lumps, chemicals are added. Then, to mask the bitter taste of these anti-caking agents, more chemicals are added.

Dr. Haendel and other researchers suggest that our body recognizes white table salt (sodium chloride), and chemical additives as synthetics, even as potential toxins, and subsequently attempts to eliminate them. Inorganic sodium chloride can disturb your fluid balance and can overburden your body’s faculties to purify itself by eliminating what it "recognizes" as toxins.
When your body tries to deal with the excess of refined table salt that is part of most people's diet, it starts to retain water. This is why, after eating a salty snack, we get thirsty. Dr. Haendel and Dr. Mercola claim that for every gram of sodium chloride that your body cannot process, your body uses 23 times the amount of cell water to neutralize the salt. Eating common table salt causes excess fluid in your body tissue, which can contribute to various medical conditions. The health risks of regular table salt have been recognized by the medical profession, and, as a result, they have been urged to limit our intake of salt. Unfortunately, this does not take into account that not all salt is created equal.

Himalayan crystal salt can be readily metabolized by the body, which is why it's the best salt to use for seasoning your food and for all your cooking and baking needs. An exception to this rule is when the kidneys are not functioning properly or when you suffer from salt-induced high blood pressure (which characterizes a small minority of all high blood pressure cases). When in doubt, always consult with a professional health practitioner.

**What is a salt?**

In chemistry, "salt" is the generic name for any ionic compound composed of positive and negative ions (cations & anions). The ions that form the salt can be organic like (CH3CO2-) or inorganic like (Cl-). When salts dissolve in water they conduct electricity. There are hundreds of different kinds of salt in nature, composed of different elements. Some salts are formed by mono-atomic ions like (F-) while other salts may contain polyatomic ions like (SO4)-2.

However, the word "salt" or "table salt" is commonly used to designate sodium chloride (NaCl). Regular the table salt is composed of 97-99% Na+ (sodium) and Cl- (chloride) ions.

**What tastes better Himalayan crystal salt or sea salt?**

Gourmet cooks use both. Some prefer crystal salt for certain dishes and sea salt for seafood. It's an individual preference.

**Is Himalayan crystal salt different from other mined salts?**

Crystal salt is found in many places around the world. It is the salt from ancient oceans which covered the earth. Therefore, all crystal salts are similar in structure and mineral content, although individual minerals occur in different concentrations depending on the location. Even in a single location the salt can be quite different from layer to layer. Different mineral concentrations change the color of the salt and impurities, such as small veins of clay, are clearly visible. That is why it is so important to manually select the salt crystal blocks before they are crushed for human consumption. In their Pakistani factory, fist-size blocks that can not "hide" impurities are hand picked, then washed and sun-dried. These 100% pure crystal salt blocks are then hammer crushed and sieved to separate the coarse salt from the fine salt.

It is important to note what they mean when they are discussing mined salts. For Aloha Bay, mined salts are harvested directly, in smaller or bigger chunks, from the salt layers in the earth. However, a lot of today's table salt is flushed out of similar layers by injecting water into them and then evaporating the brine that is pumped up. This process, and the subsequent
"purification" phase, reduces the salt to pure sodium chloride, eliminating all minerals and trace elements.

Is natural Himalayan crystal salt the same as white table salt?
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Sea salt and mined salt are both natural. Is one healthier than the other?
They believe the mined salt from Pakistan is one of the purest salts available on earth. The Salt Range, a mountain range close to the Himalayas in Pakistan and India, is a pristine area. They regularly send out salt samples to independent labs, both in Europe and the US, to be tested for heavy metals. They have never seen a sign of contamination by any toxins or pollutants.

Sea salt may be a healthy alternative to table salt, but our oceans are being used as dumping grounds for harmful toxic poisons like mercury, PCBs and dioxin. Oil spills have polluted coastal waters. To their knowledge, no one has ever published a third party, peer reviewed study of the
areas where the salt is being processed. Unfortunately, today's sea derived products may not be as healthy as they used to be. Many sea salt producers do refine their salt and add chemicals and preservatives.

Is there any advantage to regular table salt (sodium chloride) over naturally occurring crystal salt?
Well over 90% of the world's salt is being used for industrial purposes that require pure sodium chloride. Through years of advertising, the table salt industry has been successful in convincing mainstream consumers that there are actually health advantages to adding iodine and fluoride to salt and water. Numerous health sites are challenging this.

The table salt used for food preservation and cooking can easily be replaced with naturally occurring Himalayan crystal salt. Overall, it seems like a good idea to eliminate synthetics from their diet and to get most, if not all, of their nutrition from 100% raw (unprocessed) whole foods.

Today's table and cooking salt is void of the vital trace minerals that make this Himalayan crystal salt so precious. Crystal salt has spent over 250 million years maturing under extreme tectonic pressure, far away from exposure to impurities.

I keep reading that Himalayan salt contains all of the 84 elements found in your body. What are the benefits of natural Himalayan crystal salt?
Again, They don't make any health claims. Dr. Barbara Haendel in her books on water and salt suggests natural occurring salt is beneficial because it:

- Regulates water content throughout your body
- Promotes pH balance in your body's cells, particularly your brain cells
- Supports blood sugar balance
- Supports absorption of food particles through your intestinal tract
- Supports sinus and respiratory health
- Prevents of muscle cramps
- Prevents heat exhaustion
- Promotes bone strength
- Naturally promotes sleep
- Promoting vascular health
- Essential for the regulation of your blood pressure

Promoting balanced electrolytes helps to keep the body in homeostasis the balance of chemicals that is conducive to the body's function.

Independent analysis of the Himalayan salt reveals that it contains a large number of trace elements. The number varies, mainly because one lab has more sensitive equipment than the other, so that even minute quantities of elements can be recorded. At least about 50 elements are easily detected, because they occur in sufficient concentration.
By the way, it happens that salt companies boost the number of elements by including the ones where the lab found, for example < 0.05 mg (meaning less than 0.05 mg), which simply means that the lab equipment could not detect the element in question!

Also, sun-dried natural sea salt contains a good percentage of humidity (around 15%), which is sometimes reported as part of the mineral content, so the salt now contains 18% "minerals"! A clever way to hide that part of what you pay for is simply water.

A website I visited claimed their salt "is the highest grade of natural salt", and they have an organic certifiers logo on the web page. What does this mean?
Salt, like water, can not be certified, because it is not an agricultural product. Independent organic certification was created for agricultural, not mined products. Just because someone has a certifying logo on their site does not mean that all the products they sell are certified. Certification is required for each product individually.

One of your competitors claims on-line that their Himalayan salt is "mined by hand and hand-washed." Does that mean it is purer?
To their knowledge, pretty much all the salt that is being exported from Pakistan comes from a few big salt mines. Typically, the salt is blasted off a wall and then transported out of the mine on a vehicle. They heard some stories about small mines where they bring the salt out by donkeys. Conditions in these mines are very hard on animals and humans alike. Imagine trying to break pieces of salt out of a solid salt "wall" with a pick axe in a poorly ventilated shaft!

Everyone, they would hope, washes the salt with water and lets it dry in the sun. Let's hope all those hand miners and washers have clean hands. They have invested in creating a clean facility, healthy working conditions, and a well trained staff. They believe that an enclosed machine with stainless steel hammers and an automated sieving and filling assembly better protects the salt from contamination by air born dust and other particles.

Some manufacturers say that they use 'stone grinders'. Can that be true?
That's certainly possible, but they have yet to discover where and by whom this is actually done in Pakistan. Whether it is superior to other ways of crushing is debatable. Salt is brittle, but, unlike wheat, also very hard. So any mill stone would wear down fairly rapidly (and leave traces of stone dust in the salt). In fact, most of the salt from Pakistan is crushed in make-shift workshops and garages. The large salt rocks are delivered by a truck and dumped onto the ground or street. Families are paid minimal wage based on what they produce (so much for each lamp or per pound of edible salt). These 'garage factories' appear and disappear according to demand and the whims of the salt exporters. The workers are never guaranteed a living wage or full-time employment, medical or health benefits. Conditions in these garage factories are far from ideal in terms of safety and cleanliness.

Doesn't all salt need additives to keep it from caking?
There is no limited shelf life and no need for silica packets to prevent clumping in the Himalayan crystal salt they sell. The coarse salt in the grinders will not clump at all. There are
recommendations on the web to "mix grains of rice in the salt grinders' but they never found it necessary.

The fine grained Himalayan salt in the dispensers may start clumping somewhat if exposed to moisture in the air for too long. Keeping the lid closed when not in use will prevent this from happening in most cases. If you are living in a climate with very high humidity, try to keep some of the fine salt in a small earthenware or glass container near the stove, refilling it from your dispenser or refill salt bag when needed.

What's up with all the microscope pictures of salt? Is that real or 'weird science'? These pictures appeared in Dr. Barbara Haendel's book "Water and Salt", and were made by Dr. Hoefer. They did get permission directly from Dr. Wilhelm Hoefer to make use of his photos in their publications. He focused on comparing 400x magnified photos of regular table salt, sea salt, Himalayan salt from Pakistan and rock salt from Europe. Because the photos were interesting, showing a clear difference between the salts, they use them in their promotional postcards. How the different bio-energetic patterns affect absorption by the human body -- or health in general -- is still a mystery and clearly needs further research. They are not making any health claims, because they are just Himalayan salts enthusiasts, not scientists or medical researchers.

While natural rock salt (as opposed to crystal salt) comes close to being intact and is therefore more valuable than industrial table salt, from a biophysical as well as bio-chemical perspective, it holds little value. Why? Because the elements contained in rock salt lack sufficient compression to be included in the crystal web. They are only attached to the surface and in the gaps of the crystalline structure. Tremendous pressure over millions of years is required to bring those elements to a colloidal state - where the human cells can readily absorb them.

I've read that the Himalayan crystal salt's unique structure also stores vibrational energy and gives off positive ions. Is this correct? Dr Haendel argues that under an electron microscope, Himalayan salt has a perfect crystalline structure. Regular table salt is very different. In order for your body to try to metabolize table salt, it must sacrifice tremendous amounts of energy. The elements in Himalayan salt form a compound in which each molecule is inter-connected. The theory is that this connectedness allows the vibrational component of the trace elements to be in harmony with each other, and thus adds to the ability to promote a healthy balance. It's also hypothesized that all of the crystal salt's inherent minerals and trace elements are available in colloidal form -- meaning they are so small that human cells can readily absorb them.

I've been using 'dead sea salt' in my bath because my therapist said it helps the body to detoxify. Would Himalayan salt do the same thing? Many people regularly use their Himalyan bath salt. They generally find it to be relaxing and rejuvenating. The combination of mineral rich salt and warm water facilitates the blood flow in the small vessels below the skin, so that toxins can be eliminated. People also report that their skin looks and feels better after a "brine" bath with Himalayan bath salt.
Do I need to apply body lotion after bathing in your Himalayan bath salt?
No, you do not need to apply lotion after bathing in Himalayan bath salt. In fact, it is better to simply wipe yourself with a towel. Your skin will feel wonderful and smooth after the bath.

Will Himalayan bath salt dry out my skin?
On the contrary, it will help to rehydrate and rejuvenate your skin. Your skin will feel incredibly smooth and silky after soaking in a Himalayan salt bath.

I use salt licks for my horses. Can I use the more natural Himalayan salt?
Their California factory and distribution center is in a rural town, and they have a few major horse ranches within a mile. When a salt container comes from Pakistan, they check every rock crystal, assemble the rock, base and bulb and then box up the lamps. There are always hundreds of these rock lamps that just are not up to their quality standards. They sell those to their local feed store and the ranches. The ranchers tell us their livestock prefers the 200 million year old minerals and trace elements from their rejected rock lamps. Himalayan rock salt licks are literally 'rock hard', which means that horses and ponies are unable to bite chunks off them, a problem that can occur with the softer 'pressed' salt licks. These rocks with a hole in them (where the light bulb was supposed to go) can be put on a stick, in the stable or barn. They even sell their salt to a camel ranch, where the rancher prefers the fine salt so he can dose the amount his camels receive (he says they just like it too much).

Have you all examined or discussed the environmental impact of salt-mining?
At this point, they know of no environmental impact of any consequence. The mines have been in operation for a very long time (some for hundreds of years) to produce edible salt for that part of the world. Only a very small portion (less than 5%) is used for the production of decorative salt lamps.

The production of the lamps uses no chemicals (it's hand work, mostly). Unlike other decorative (or household) products that are made of brass, steel, or (even worse) aluminum, they do not deplete natural resources, do not use a lot of energy, do not pollute, etc. The salt reserves in the Himalayas are incredibly large, at the current extraction rate it would take thousands of years to even make a dent in them.

The only concern I can come up with is salination of ground water in the near vicinity of salt lamp factories. In their factory, the water (for washing the salt) is recycled. In most other "factories", the backyard-garage type, this is not the case, and salt water is drained into the local sewage system, which, in the long run, can cause a problem with surface waters.