

# SALT FACTS

The information below is presented by permission of Natural Resources, Inc., publisher of the book, "Water & Salt, The Essence of Life" by Dr. Barbara Hendel, MD and Biophysicist, Peter Ferreira.

## General Information:

What is Himalayan Crystal Salt?

The Power of Salt to Transform

Salt & Brain Activity

How Salt Became Sodium Chloride

From White Gold to White Poison

How Common Table Salt Burdens the Body

The Consequences of Consuming Table Salt

The Difference Between Rock Salt and Crystal Salt

A Crystalline Comparison of Salt

## Health Benefits:

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## What is Himalayan Crystal Salt?

When we speak of Himalayan Crystal Salt, we are referring to only one specific crystal salt, the "Original", coming from one specific location in the East Karakoram range of the Himalayan Mountain in Pakistan and has been the subject of comprehensive medical research as written about in the book "Water & Salt - The Essence of Life", by Dr. Barbara Hendel, MD and Biophysicist, Peter Ferreira. Himalayan crystal salt is the most beneficial, cleanest salt available on this planet. The energy of the sun dried up the original, primal sea, millions of years ago. This crystal salt is absolutely pristine and natural, identical to the ancient primal ocean. This natural crystal salt has been exposed for millions of years to enormous pressure. The pressure was the cause of the formation of this crystal salt. The higher the compression, the more perfect the crystalline structure. With its inherent information/energy these rock crystals have the most perfect geometric structure found. Crystal salt floats in transparent, whitish, pinkish or reddish shiny veins in the salt mountain and crystallizes in areas where sufficient pressure was available to form this perfect crystalline structure. The more geometrically perfect the cube shaped crystal is, the higher the information content, similar to a diamond. In this crystal salt, the elements are available in such tiny particles that they can be easily absorbed by the human cells and metabolized. Crystal salt, in its perfect form, from a geological viewpoint, is also called halite. In former days, crystal salt was also called "king salt" because it was reserved for Royalty. The common citizen only got rock salt.

## Original Himalayan Crystal Salt Elements

**100% Pure – Contains 84 “natural” elements needed by the body:** hydrogen, lithium, beryllium, boron, carbon, nitrogen, oxygen, fluoride, sodium, magnesium, aluminum, silicon, phosphorus, sulfur, chloride, calcium, scandium, titanium, vanadium, chromium, manganese, iron, cobalt, nickel, copper, zinc, gallium, germanium, arsenic, selenium, bromine, rubidium, strontium, yttrium, zirconium, niobium, molybdenum, ruthenium, rhodium, palladium, silver, cadmium, indium, tin, antimony, tellurium, iodine, cesium, barium, lanthanum, cerium, praseodymium, samarium, europium, gadolinium, terbium, dysprosium, holmium, erbium, thulium, ytterbium, lutetium, hafnium, tantalum, tungsten, rhenium, osmium, iridium, platinum, gold, mercury, thallium, lead, bismuth, polonium, astatine, francium, radium, actinium, thorium, protactinium, uranium, neptunium and plutonium.

## The Power of Salt to Transform

From a scientific point of view, salt has a very unique property. In contrast to all other crystalline structures, the atomic structure of salt is not molecular, but electrical. This fact is what makes salt so transformable. When we submerge a quartz crystal, it did not change molecularly, though it has a crystalline structure. Although the crystal can give its energy, its frequency pattern into the surrounding water, which is effortlessly absorbed, the quartz crystal remains the same. The crystal is too rooted in matter to be dissolved or disassociated from its polarity.

When we submerge a crystal of salt into water, it dissolves, and the sole (so-lay) is created. Sole is neither water nor salt. It is a higher energetic dimension than either the water or the salt alone. When the sole evaporates, the salt is left behind. This transformability of salt ensures that it does not have to be metabolized in our body. Starch is transformed into sugar, protein into amino acids and fat into glycerin and acid. But salt remains salt. It is directly available to the cells in its ionized form as sole. All other foods must be separated into their components in order for the body to make use of them. But salt always remains in its original form. It even accesses our brain directly.

## Salt & Brain Activity

Even the simplest processes in our body need salt or its inherent elements in ionized form. For example, it is the task of our nervous system to transmit the stimulation that has been recorded via sensory input to our brain, which in return passes this information back to our muscles in order for us to react to the respective stimuli. An electric potential occurs on the membrane wall of the cells when the positively charged potassium ions leave the cell and the positively charged sodium ions cannot enter due to their size. The outside becomes positively charged and the inside negatively charged. When a nerve cell is stimulated, its membrane suddenly becomes polar opposite and consequently is permeable for the sodium ion. In one-thousandth of a second (1/1000th), the electrical potential is transformed and released, with every nerve impulse, 90 millivolts of energy. The received stimuli are now being converted into thoughts and actions. Without the elements potassium and sodium in the salt this process is not possible. Not even a single thought is possible, let alone an action, without their presence. Just the simple act of drinking a glass of water requires millions of instructions that come as impulses. In the beginning there is the thought. This thought is nothing but an electromagnetic frequency. The salt is responsible for enabling this frequency to transmit commands to the muscles and organs.

## How Salt Became Sodium Chloride

With the advent of industrial development, natural salt was "chemically cleaned" and reduced to the combination of sodium and chloride. Essential minerals and trace elements were removed as impurities. However, sodium chloride is an unnatural, isolated, unwholesome substance having nothing in common with salt. Similar to white, refined sugar, salt, once regarded as white gold, was converted into white poison. However, there is a higher reason for last having been endowed with all the natural elements found in our bodies. Sodium chloride is an aggressive substance, which biochemically, is perpetually seeking an equalizing counterpart in order for it to produce its effect. The natural counterparts, such as potassium, calcium magnesium and other minerals and trace elements, demonstrate, from a biophysical standpoint, specific frequency patterns. These patterns ensure the geometric structures in our body. When these structures are missing, we are without energy and are lifeless. Salt should not be used just to add flavor to our food, but for its vibration pattern, which is similar to our body!

## White Gold to White Poison

As common as saltshakers are to our kitchens, so are the numbers of diseases associated with salt's daily use. Life is not possible without salt. But our consumption of salt is killing us. Why is that? Because our regular table salt no longer has anything in common with the original crystal salt of which we're talking about here. Salt nowadays is mainly sodium chloride and not salt. Natural crystal salt consists not only of two, but also of all natural elements. These are identical to the elements of which our bodies have been built and originally found existing in the "primal ocean" from where all life originated. Interesting enough, our blood is a sole, containing the same salty solution as that of the primal sea, that is, a fluid consisting of water and salt. It also has the same ratio of concentration as existed in the days when life left the primal sea. This sole flows through more than 56,000 miles of waterways and blood vessels throughout our organism with the forces of gravity and levity and regulates and balances the functions of our body.

## How Table Salt Burdens the Body

While our body only requires the minute amount of 0.007 ounces of salt per day, most of us suffer from a lack of salt, even though we're over-saturated with sodium chloride. When our consumption of salt is less than 0.007 ounces per day, salt craving kicks in. The average, per capita, daily consumption of table salt in the U.S. is between 0.4 ounces and 0.7 ounces. However, our body is only able to excrete 0.17 ounces to 0.25 ounces a day through our kidneys, depending on our age, constitution and sex. The body recognized table salt as an aggressive cellular poison, an unnatural substance, and wants to eliminate it as quickly as possible in order to protect itself. This causes a constant overburden on our organs of excretion. In almost, every preserved product, salt is used as part of the preservation process. So, by adding salt to the already-salted food, the body receives more salt than it can get rid of.

## The Consequences of Consuming Table Salt

The result of consuming common table salt is the formation of overly acidic edema, or excess fluid in the body tissue, which is also the cause of cellulite. That's why doctors tell us to avoid salt. For every .035 ounces of sodium chloride that cannot be eliminated the body uses 23 times (23x) the amount of its own cell water to neutralize the salt. If the sodium chloride is still too high, re-crystallization of the table salt occurs as the body uses available non-degradable animal proteins (as those found in milk), which also have no value and cannot be broken down and eliminated. The body uses these proteins to produce uric acid in order to get rid of the excess salt. S the body cannot dispose of uric acid; it binds itself with the sodium chloride to form new crystals that are deposited directly in the bones and joints. This is the cause of different kind of rheumatism such as arthritis, gout, and kidney and gall bladder stones. This re-crystallization is the body's band-aid solution for the cells and organs in order to protect the body from irreparable damage of irresponsible food intake. But in the long run, it poisons the system because those substances cannot be disposed of.

# The Difference Between Rock Salt and Crystal Salt

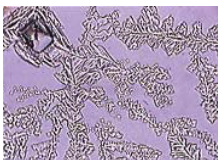
## Rock Salt

The elements in rock salt are not integrated into the salt's crystal grid, but cling to the outside surface and crevices of the crystalline structure. This is the fundamental difference between rock salt and crystal salt. A salt crystal manifests a superior structure. Due to this sublime form, the elements are bio-chemically available for our cells as are the individual frequencies or vibration patterns. Rock salt is a cheap alternative to table salt, and is at least a natural and wholesome product. Bio-chemically and biophysically however, it is of little importance to our organism. We can only receive the resonant effects of the geometrical structure through the superior order or structure of a crystal and our cells can only absorb those elements that occur in an ional form. Only under considerable pressure can the elements be transformed into a specific size, making them ional, which enables them to pass through our cell wall. This is important because our cells can only absorb what is available organically or ionally. Therefore we cannot absorb the minerals from mineral water as they're not refined enough to penetrate our cell walls. And what doesn't get into our cells cannot be metabolized. Therefore, the best calcium is useless if it cannot be available to the body's cells. What we need is the organic, or ional state of an element, in perfect natural symbiosis with all its associated elements, in order for our organism to make any use of it.

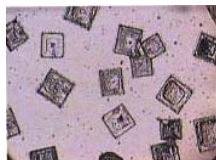
## Crystal Salt

Pure, natural crystal salt has been subjected to enormous pressure over millions of years. The pressure is responsible for creating the salt crystals. The higher the amount of pressure the more superior or excellent the state of order within the crystalline structure. Salt, for us, is foremost an information carrier and not a spice. For information to be absorbed into our cell, a crystalline structure is necessary. Chemically, a stone and a quartz crystal are both silicates. However, the vast difference in the amounts of pressure they were subjected to, distinguishes them. The quartz crystal embodies a perfect geometric form, a perfect state of order within its structure. The stone does not. Its elements are coarse, because it was not subjected to enough pressure to create a crystalline structure. Crystal salt layers wind through the mountain of salt, shimmering in transparent white, pinkish or reddish veins. Only with sufficient pressure was the salt of the salt mountain transformed into crystal salt. The elements trapped within the crystal salt are I particles small enough to be able to penetrate the human cells and be metabolized.

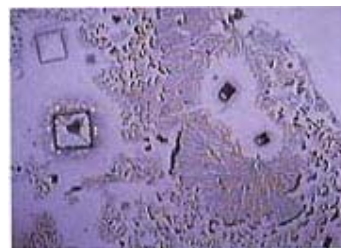
## A Crystalline Comparison of Salt



Himalayan Crystal Salt



Common Table Salt



Sea Salt

## What do these 100x Microscopic Views of Salt Crystals Tell Us?

The balanced crystalline structure reveals fine branching, no shadows or rough edges. The crystal is not isolated from the inherent mineral elements (84) but is connected to them in a harmonious state. This tells us that the energy content, in the form of minerals, is balanced and can be easily metabolized by the body. This crystal is full of life. When taken as food, it will have a vital energetic effect on the body. The result is only a net gain for the body with zero energy loss.

The unnatural crystals are totally isolated from each other and dead. In order for the body to try to metabolize these crystals, it must sacrifice tremendous amounts of energy with very little results, resulting in a damaging loss and zero gain. The salt deposits in our bodies look similar to this photo, isolated and dead.

Irregular and isolated crystalline structures disconnected from the natural elements surrounding them. Because of this, the body cannot absorb the vital minerals, however many it may contain, unless the body expends tremendous energy to vitalize them. The net gain is small with an even greater loss of energy.

### **In Summary:**

The result of this research proves how well developed and vital the crystal of Himalayan salt is. It actually has life generating power for our body and our nervous system. The photo at left is the Himalayan salt at 50x magnification.

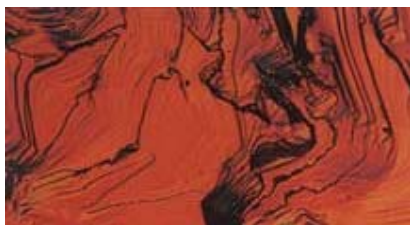
The regular table salt shows no vibrant crystalline structure but exclusively dead crystals. As a food, it's absolutely useless, if not a destructive poison. (This is why doctors tell us to use less salt in our diets). The photo at right is normal table salt (sodium chloride) at 50x magnification.

Sea salt falls between the two. It displays structure, however, the crystals are isolated from their important, vital elements. Therefore, an ional-colloidal assimilation of the elements cannot be guaranteed.

### **Energy Deficit = Disease**

### **Sufficient Energy = Health**

Now, from this analysis we can see how important it is to add energy/vitality to the body instead of robbing or depleting it of its vitality. Energy increase results in health and vitality whereas an energy decrease or deficit causes dis-ease or disease. It's really very basic stuff.



## **The Healing Effect of Crystal Salt**

For thousands of years salt has been known as a panacea. Alchemists called it the "fifth element" – besides water, earth, air and fire – because its qualities were comparable only to ether, the actual fifth element. Why are we so drawn to the ocean? Because our subconscious mind instinctively wants to return to the specific vibrational state of the ocean from which we once emerged. This is where we can return to recharge our batteries and regenerate. It was only two hundred fifty years ago, with the advent of industrialization, that we initiated our disconnection from nature and her ways. Fortunately, we are witnessing a trend to return back to natural, holistic methods for living and caring for our body, including a shift back to utilizing natural salts in this process. People everywhere are reconsidering the healing effects of natural crystal salt. We can find it in skin care lotions and for use as bath salts, and it is even used in inhalation or cleansing treatment for illnesses of the respiratory system and for a variety of other indications.

## **The Neutralizing Effect of Salt**

The healing properties of salt are also known in allopathic medicine. The largest and oldest salt works in Europe occupies the royal salt mine of Wieliczka, Poland, just 7.5 miles outside of Krakow. Here, a hospital was carved out of the expansive salt mountain, seven hundred forty feet below the surface, specifically for asthmatics and patients with lung disease and allergies. Several thousand patients have been successfully treated in this hospital. The healing rate is astonishingly over 90%. Recognition of

the healing effects of salt chambers has influenced the construction of a similar underground spa located in the salt mine of Berchtesgaden in Germany. The therapeutic benefits of long-term residency inside the healing salt chambers are allopathically acknowledged. The healing effects were originally thought to be related to the purity of the air within the mine's chambers. But if it was only a question of the purity of the air, why was the air in the cave so healthy, and the air above-surface so unhealthy? One cause has been determined. Our houses are charged with electromagnetic devices, such as TVs, stereos, computers, microwave ovens and the basic electric currents running through our walls. And, when not at home, we hold cell phones to our ears while driving in our cars and walking through our daily lives. This electro-smog causes an excess of positively charged ions that disturb the balance between the positively and negatively charged particles. Further, it creates an excess positively charged, chemically unbound particles in the air. Only thirty seconds on a cell phone are enough to open up our blood-brain-barrier, a natural barrier that protects our brain from toxins, for eight hours. A Swedish study showed that ninety percent of the women who used a copper=I.U.D. as their birth control method, while simultaneously using cell phones, developed uterine cancer, the cause being that the I.U.D. function as a transmitter and receiver of unnatural, dissonant vibrations.

## **Crystal Salt Promotes the Excretion of Animal Proteins**

A further study showed some interesting allopathic results. All subjects in this study drank one – teaspoon of sole daily. After four weeks, the protein emissions in the urine significantly increased for eighty percent of the one-hundred-twenty-three subjects. This shows that the energy pattern of the sole with its innate, natural antagonism towards the proteins helps and supports the excretion of animal proteins that are difficult to break down. (Dr. Med. Elisabeth Scherwitz-Josenhans did this examination.