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USING ORIGINAL HIMALAYAN CRYSTAL SALT® ‘SOLE’ (Pronounced “so-lay”)

Taken from “WATER & SALT – The Essence of Life”
by Dr.Med. Barbara Hendel & Peter Ferreira ISBN 0-9744515-1-7
Obtainable from Best Care Products Ltd – 01342 410303
www.bestcare-uk.com email: info@bestcare-uk.com

“ ... all of us have in our veins the exact same percentage of salt in our blood that exists in the ocean, and, therefore, we have salt in our blood, in our sweat, in our tears. We are tied to the ocean. And when we go back to the sea ...we are going back from whence we came.”

John F Kennedy

This is to introduce you to the benefits of salt in its original form: holistic, wholesome, unadulterated, natural salt, as it has crystallised in the earth over millions of years. When we speak of “table” salt that is sold in the supermarket, we refer to it as sodium chloride with additives, which is what it really is.

Real salt is critical to the way that our bodies work and it contains essential minerals and trace elements. Table salt is ‘refined salt’ i.e. all the trace ‘impurities’ are removed in the same way that white sugar is ‘refined’. Real salt – once known as white gold – was converted into white poison (table salt) in a form that is unnatural, isolated, unwholesome that has nothing to do with real salt.

Although we only need 0.007 ounces of salt daily, most of us suffer from a lack of salt, even though we are over-saturated with table salt (sodium chloride). When we don’t get the 0.007 ounces of real salt, our bodies begin to crave salt. The average American eats between 0.4 and 0.7 ounces of table salt daily! We can only excrete 0.17 – 0.25 ounces of salt daily through our kidneys. The excess salt is stored in our cells and is a cellular poison, which the body wants to get rid of as quickly as possible. The body robs the important and perfectly structured water inside our cells in an attempt to dilute the salt, and the dehydrated cells die. The result is over-acidic oedema – or excess fluid in the body tissue – which is also the cause of cellulite. As the body gets more desperate, it forms uric acid crystals, the well-known cause of gout in the bones and joints, which contributes to rheumatism, arthritis, gall-stones and kidney stones.

I will not frighten you here with any more of the effects of ‘table-salt’ ... read the book!

WHAT IS ‘SOLE’?

Is the name given to the 26% saturated solution of the Original Himalayan Crystal Salt® and the best spring water you can get. It needs to be taken religiously on a daily basis, first thing in the morning on an empty stomach. It does not ‘heal’ anything but facilitates the body’s own natural healing mechanism. To quote from the book: *“Biochemically, the stomach and the intestinal activity (peristalsis) is stimulated within minutes, which in turn stimulates your metabolism and digestion. Electrolytes are created which improve the body’s conductivity and stimulate the circulation. Salt allows the (electrical) current to flow.”*

EXAMPLES OF THE MANY WAYS THAT SOLE BALANCES THE BODY'S SYSTEMS.

Blood pressure. As opposed to table salt, sole is not “off limits” to those with high blood pressure. It can lower the blood pressure within 15 minutes. BUT this does not mean that sole is a blood pressure-lowering remedy ... it is a balancing remedy. It can also raise the blood pressure where it is too low.

Acid-Alkaline (pH). It can also harmonise our acid-Alkaline (pH) balance.

Heavy Metal Detox. It can also apparently remove heavy metals from the body.

Skin and Intestines. It can help to detox the intestines and skin.

INITIAL AGGRAVATION OF SYMPTOMS

As you begin to take the sole you may experience an ‘aggravation’ (i.e. your symptoms may temporarily worsen) ... I did! I unusually experienced mild headaches for about 2 hours every day for the first 3 days ... no problems since! Take slightly less sole if the symptoms persist.

MAKING YOUR ‘SOLE’ SOLUTION

Use a glass jar with either a glass stopper or a cork one. Plastic is okay, but never use any metal at all.

Add a few teaspoons of Himalayan Crystal Salt. Cover with a cup of best spring water. Stir with a wooden or plastic spoon and leave to dissolve for 24 hours. If all the salt has dissolved, add some more salt until the water can absorb no more salt, and crystals will remain at the bottom of the jar. You now have a 26% saturated solution, called sole. As you use the sole, you may add more water, but the rule is that there must always be some un-dissolved crystals at the bottom of the jar. If the crystals disappear, add more salt ! Easy!

TAKING YOUR SOLE DAILY

More important than the quantity is the regularity with which you take the sole. Add one teaspoon of the 26% sole to a glass of spring water, and drink every morning on an empty stomach. Once you get into the swing of things, you can add another teaspoon to a quart/litre of spring water and drink it throughout the day.

IF THE CLEANSING EFFECT IS TOO INTENSE FOR YOU ... you can reduce the sole to as little as a couple of drops, rather than a teaspoon. This depends on your constitution and judgment.

For children and babies, a few drops of sole are sufficient. The less salty the solution, the more likely your child is to drink it. Adding a couple of drops of sole to your child’s meal is adequate.

The frequency pattern of the salt will remain in your body for 24 hours.

The authors recommend that you completely cut out other forms of salt and replace them with the Original Himalayan Crystal Salt – watch out for cheap rip-offs!

SUMMARY

Sole has so many different applications that I will not even attempt to tell you about them in this information sheet. Get the book and study it yourselves! It can be used in many different forms :inhalation, baths, topically, wraps, etc However, many different areas are mentioned in the book:

Practical examples : the skin, allergies, colds, locomotor problems (gout, rheumatoid arthritis etc), kidney/bladder problems, heart/circulatory disease, nervousness, poor concentration, cancer*, female problems, eye problems, heavy metals, oral hygiene, cosmetics.

From what I can see, it seems a very fundamental and common-sense intervention that promises tremendous results for very little effort. I am glad that it has come my way and hope that you find it equally exciting and rewarding for you, your family and friends.

Peter Smith, LCH RSHom – Registered Homeopath

*N.B. I should point out that it is ‘illegal’ for us to treat cancer. Holistic practitioners treat people who happen to have cancer!