

Himalayan Crystal Salt - The Healthiest Salt on Earth!

Crystal salt from the Himalayas is considered the king's salt. It is also known as the "white gold" or "salt of life". This is not surprising, since the word salt comes from sun (sol). Himalayan salt contains an abundance of stored sunlight. 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 Karakorum range of the Himalayas in Pakistan, that has been the subject of comprehensive medical research. Original Himalayan Salt is more than sodium and chloride. Original Himalayan Crystal Salt can actually be viewed as a nourishment. When we speak of salt, and as we scrutinize its properties, we mean only the salt in its original form: holistic, wholesome, unaltered, natural salt, as it has crystallized in the Earth over millions of years. Such salt is a pure ocean of energy. Plinius, a Roman writer (23-79 AD) already declared: Crystal salt is the most important remedy for mankind.

BEWARE! The Difference Between Rock Salt and Crystal 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 biochemically 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. Biochemically 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 cells' walls in our body.

This is important because our cells can only absorb what is available organically or in ional form. Therefore, we cannot absorb the minerals from mineral water as they're not fragmented enough to penetrate our cell walls. And what doesn't get into our cells cannot be metabolised. 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.

Why crystal salt has unique health benefits

Pure, natural Himalayan salt has been subjected to enormous mechanical pressure over millions of years. This pressure is responsible for creating the salt crystals. The higher the pressure, the more ideal the state of order within the crystalline structure. Salt, for humans, is foremost an information carrier and not a spice. For information to be absorbed into our cells, a crystalline structure is necessary. To explain the point: 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. The elements trapped within the crystal salt are in particles small enough to be able to penetrate the human cells and be metabolised. Original Himalayan salt contains all the elements of which the human body is comprised. From the periodic table of elements we are familiar with 94 natural elements (stable as well as unstable).

Chemical content of Himalayan Salt:

hydrogen, lithium, beryllium, boron, carbon, nitrogen, oxygen, fluoride, sodium, magnesium, aluminium, silicon, phosphorus, sulphur, 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, caesium, 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.

Minerals	g/kg
Sodium	388g
Chloride	588g
Sulphur	5.02g
Calcium	3.09g
Potassium	3.05g
Magnesium	1.56g
Iron	0.11g
Silicon	67mg
Zinc	1.5mg
Boron	0.78mg
Manganese	1.1mg
Copper	0.11mg
Iodine	0.5mg
Bromine	0.04mg
Selenium	0.02mg
Phosphorus	6.1mg
Strontium	0.03mg

Apart from inert gases, all of these elements (84) can be found in crystal salt. Hence, crystal salt contains all natural minerals and trace elements that are found in the human body. We perceive crystal salt as being the totality of all natural elements. This may not be entirely correct according to chemistry, however we will continue to use the term crystal salt in this context.

From Himalayan Mountains to your home!

Best suppliers harvest their crystal salt from the deepest salt mine in the Himalayas. The purest, nearly transparent crystals, which look like uncut diamonds, come from a thin bottom layer of the mine, the location of which is a highly guarded secret. Salt rocks of 10 to 35 kg are manually cut out in the mine, tested for purity by an internationally accredited independent company, and transported to their production and shipping facility. Our Himalayan Salt is of the highest quality available. After being once again tested by an independent certifying engineer, they are cleaned, sun dried and finally sorted by colour. Attractively coloured crystals, are used for making air ionising lamps. The darker stones are processed into bathing salt. The purest stones are cut by hand into pieces of between 20 and 60 grams each, washed in brine and sun dried.

The Miracle of Himalayan Salt at a glance:

- World's highest elemental content, with 84 minerals and trace elements essential to the body's health & wellbeing
- Restores the body's alkaline & electrolyte balance
- Pure, unpolluted, without environmental impact. From a time when the Earth was pristine. Contains no impurities from environmental pollution
- Hand-mined with respect for Nature, the environment, the workers and the inherent bioenergetic properties.
- High inherent stored information, from 250,000,000 years ago. Himalayan Salt is primarily a storage medium. This special salt is waiting for the moment to have its inherent, stored energy, its bio-photon content, set free, by adding water
- Stone ground, hand washed and prepared, 100% genuine Himalayan Salt.
- Use it for: Flavouring Food, Rejuvenating Bathing, Replenishing the Skin, Drinking Therapy
- The material manifestation of Energy - Life Force - Consciousness

Our Himalayan Crystal Salt is sourced from Karom Salts who deal directly with a small family of artisans, sustaining their small family business who are located in a town named Gujranwala. The town is in the Salt Range in the NW Province of Pakistan which is a southern extension of an ancient, weathered fold-

mountain type chain of the Western Himalayan Mountains. It is recovered from seams erupting from strata laid down over 200 million years ago.

What makes Karom Salt's Himalayan Crystal Salt most effective as a provider of mineral nourishment is the aeons of time during which it was formed. This process of maturation under compression allowed abundant time for the rich mineralization of what was originally sea-salt by its surrounding matrix of rock. Himalayan Crystal Salt is effectively super-charged sea salt without the threat of pollution from compromised sea water.

Thus the nervous system as well as the body cells benefit from a full spectrum infusion of rarely available elements.

Information Source: Himalayan Salt Authority

Khewra Himalayan Salt Mines - Pakistan

