



The larger Original Himalayan Crystal Salt stones represent the most perfect geometric form and embody a perfect state of order within the structure. Colors vary from translucent and colorless to beautiful shades of light pink to darker red.

Original Himalayan Crystal Salt contains 84 ionic minerals, trapped inside the crystal matrix structure and are small enough to be able to penetrate the human cells in a form that can be easily assimilated and metabolized by the body. When combined with good quality artesian or spring water, the concentrated salty solution, Sole (so-lay), can be used daily to help balance and restore many body functions.



Double-blind medical research with this salt has revealed that the salt and water caused significant changes in respiratory, circulatory, organ, connective tissue and nervous system functions. Patients also reported increases in quality of sleep, energy and concentration levels, brain activity, weight loss, enhanced consciousness and noticeable hair and nail growth.

### **Original Himalayan Crystal Salt™ Sole - An Ocean Of Potential Energy**

There is an unlimited potential of Energy released when water and **Original Himalayan Crystal Salt™ (OHCS)** combine. The negative poles of the water molecules surround the positive ions in the salt and the negative ions in the salt are surrounded by the positive polarized particles of the water molecules. This changes the geometric structure of the water and the salt, and creates something entirely new, a third dimension. The water no longer is water and the salt no longer salt. The elements have liberated themselves from their restrictions, given up their polarities by the resonant effects, and reached a higher form of energy. Only through this process of attaining higher levels of consciousness, can we relinquish our polarities and return into the oneness of all elements. This is exactly what transpires when water and salt meet. The willingness of the water to give up its own identity, in return, liberates the salt from its manifested identity—to overcome the powers of the grid work and to separate sodium from chloride. Both elements are ionized, which releases their stored energy and information.

## Making Sole

### Step 1:

Everyone knows that salt dissolves in water, right? Sole is super-salty water. Here's how to make it.



Fill a small glass jar with Original Himalayan Crystal Salt Stones. We recommend a small, wide-mouthed jam jar with a lid. Then fill the jar with your preferred drinking water, completely covering the salt crystals with water. Let sit for 8 hours (overnight). That's it!

### Step 2:

After some time, with daily use, you'll need to add more water. There should always be undissolved salt crystals on the bottom of the jar. This is your visual indication that the water is totally salty. After some time, with daily use, you will need to replenish the water in the jar. Eventually the salt will dissolve. At this point just empty the jar and make some new Sole.



**CAUTION! Never add a teaspoon of Original Himalayan Crystal Salt to a glass of water thinking that you're taking Sole. You are not. Sole is something completely different. One teaspoon of Sole contains only 478 mg of Sodium - That's equivalent to 20% of the USDA's recommended daily maximum of**

**2,500 mg.** Whereas 1 teaspoon of Original Himalayan Crystal Salt contains 2,292 mg of sodium! Adding Salt to Water Has Neither The Effects Nor The Benefits of Adding Sole to Water!

### Step 3:

Each morning, before eating or drinking anything, add one teaspoon of the Sole to a glass of your preferred drinking water. Your body will receive the energetic vibration pattern of the Original Himalayan Crystal Salt sole and hold it for 24 hours.



Keep the container covered to prevent the water from evaporating. Otherwise, no special storage is needed. The Sole will keep forever ! **Salt is a natural anti-bacterial and natural fungicide. It simply cannot spoil or go bad.**

## The Concentration of Sole

When the percentage of concentration of the Sole are talked about in the book *Water&Salt-The Essence of Life*, they mean the ratio of water to salt.

**Sole** = A fully saturated solution of water and Original Himalayan Crystal Salt. The water becomes saturated with salt when the water can no longer dissolve more salt. At this point, the salt crystals remain undissolved on the bottom of the jar, indicating that the solution has reached its saturation limit. The water is now fully saturated with salt. This is what we call Sole.

**Sole Solution** = When we speak of a sole solution, we speak of a diluted quantity of the concentrated Sole in water. When we take the fully saturated Sole and add water to it, we create a Sole solution. Many of the therapeutic application for the OHCS require a Sole solution.

### How To Make Various Concentrations of Sole Solution For Various Applications Using Our Fine Granulated Original Himalayan Crystal Salt.

Percentage of Sole Solution	Amount of Fine Salt	Amount of Water	Application
1% Sole Solution	1/2 tsp. (2g)	7 ounces Water	For Eyes & Nose
	2 tsps. (10g)	34 ounces Water	For Inhalation
	1 Kilo (2.2 lbs.)	26 gallons /Full bath tub	For Sole Bathing
2% Sole Solution	4 tsps. (20g)	34 ounces Water	For Inhalation
	2 Kilos (4.5 lbs.)	26 gallons /Full bath tub	For Sole Bathing
3% Sole Solution	6 tsps. (30g)	34 ounces Water	For Inhalation
	3 Kilos (6.6 lbs.)	26 gallons /Full bath tub	For Sole Bathing
10% Sole Solution	6 tsps. (100g)	34 ounces Water	For Partial Bathing
	12 tsps (200g)	2 quarts Water	For Partial Bathing

## FAQ's

Q. Are there any negative side-effects when drinking Himalayan Crystal Salt™ Sole (so-lay) regularly over a long period of time?

A. One teaspoon of Himalayan Crystal Salt™ Sole contains approximately 411mg of sodium. This very small amount of salt has an incredibly positive effect on your whole body, and normally, does not cause any danger even when taken regularly. But be careful about using commercial table salt. The USDA recommend a daily intake of no more than 2,500mg of sodium depending on your body weight. Himalayan Crystal Salt™ can be more readily metabolized by the body than refined table salt. This is the reason that it should also be used 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. Also, when high blood pressure is based on too much salt intake (which applies to about 3% of all high blood pressure cases. When in doubt, one should consult with a doctor.

Q. After taking the Himalayan Crystal Salt™ Sole on an empty stomach you recommend not to drink any coffee. Does this also apply to black teas, green teas or herb teas?

A. Black teas and green teas are acidic like coffee and have strong diuretic effects. The best is to drink an herbal tea after the sole.

Q. Can I use the same 1% sole solution for washing my eyes more than one time?

A. Never. The 1% sole solution is also an ideal foundation for bacteria. After an eye bath, you will find many bacteria in your solution. Therefore, only use the solution once. A 1% solution doesn't require much salt.

**Q. How many time can one heat or freeze the salt sachet?**

A. The sachet can be used indefinitely because the salt does not loose it's energy.

**Q. We have a large vegetable garden that produces more fresh produce than we're able to eat. How can we preserve the information in the surplus produce to be eaten later in the season.**

A. Preserving the food by maintaining its information content is a big problem. Unfortunately, the information content is lost with any preservation. If you have a choice between freezing and canning, the shock freezing is still the better alternative.

**Q. How much Himalayan Crystal Salt™ should I put in my body each day?**

A. The human body needs only as little as 500mg of sodium per day or 1/4 teaspoon of our Original Himalayan Crystal Salt. Rather, we tend to use too much salt than too little. As opposed to refined table salt, you can use Original Himalayan Crystal Salt more freely because of its holistic properties which make it easy for the body to assimilate. The Himalayan Crystal Salt can even help the body to eliminate the stored refined salt deposits. The daily need for crystal salt varies from person to person. Season your food to taste as you like. Contrary to refined table salts, you can use the crystal salt freely. With the recommended one teaspoon of Himalayan Crystal Salt sole every morning, you are not only receiving the biophysical aspect of the salt, which is the frequency pattern of the crystal salt, but also the biochemical aspect of the salt, containing sufficient minerals and trace elements. The body will hold the frequency pattern of the crystal salt sole for 24 hours. Therefore, we only take the sole once per day on an empty stomach. Patients on Dialysis, or with high blood pressure, should generally use very little salt.

**Q. Can the Himalayan Crystal Salt™ Sole solution go bad? How should it be stored?**

A. The sole can be kept indefinitely. It will never go bad. It can be kept anywhere. It doesn't have to be refrigerated nor kept in the dark. However, it is recommended to keep it in a closed container to keep it free from dust and other airborne particles.

***Q. I am wondering what would be the effects of taking the sole when pregnant if any. I guess is it safe for someone who is less than three months to start taking the sole now and throughout the pregnancy. I couldn't find anything pertaining to this in the book could you please advise.***

A. Unless your doctor has told you to eliminate salt from your diet, there's no reason to have any apprehensions about taking a teaspoon of Sole each day. It's mostly the sodium that doctors warn patients about. The average American adult consumes about 5,000mg of sodium daily, derived from processed, poisonous salt. The USDA recommends no more than 2,500mg per day of sodium. Based on these facts, most Americans are using excessive amounts of sodium.

One teaspoon of Original Himalayan Crystal Salt Sole contains about 412mg of unprocessed, natural sodium. The USDA also states that the body absolutely requires a minimum of 500mg of sodium per day just to live. Sodium is fundamental to our very existence. In fact, we could not live without it. So when choosing your source of sodium for your daily need, I believe that you're wise in choosing to take the Sole each day.

The effect of the Sole will be that your body will have balanced energy, the perfect foundation for keeping your body at its maximum level of energy necessary to carry you through your pregnancy. It's better to have natural sodium with its 84 minerals and trace elements running through your veins and the forming veins of your baby than a harmful, processed salt. Did you know that the blood in your body is composed of a 3% Sole solution? And, that the same 84 minerals that are in our salt are found in your bloodstream? This is the salt that our body recognizes and accepts as a vital source of energy – Life Force – and Consciousness.

Just remember, more is not better.

Stay with the 1 teaspoon of Sole each day and also use the salt for all your cooking and food seasoning needs. Try to keep your salt intake within the recommended doses and your body will be operating at its peak.

***Q. Regarding flotation therapy, are there any circumstances when someone should not do a floatation tank?***

A. Anyone suffering from a contagious disease and people with open sores or wounds should not use a floatation tank. Small cuts and abrasions will only burn a bit in the beginning. People suffering with epilepsy or a disturbed mental system should only float under supervision. Also, patients with severe heart problems should avoid this therapy

***Q. One can often find reddish deposits at the bottom of the container of the concentrated Himalayan Crystal Salt™ Sole solution. What is this?***

A. Himalayan Crystal Salt™ is a natural product and subject to changes in concentration of its elements held within the crystalline structure. Not all minerals are represented in a 100% ionic/colloidal form. These deposits represent minerals that were not included in the geometric matrix of the salt crystal. These minerals are in an inorganic form which fall to the bottom of the container when the salt crystal dissolves. The deposits are totally harmless.

***Q. Can I use a higher concentration Himalayan Crystal Salt™ Sole solution than 1% for frequent hand and foot bathing?***

A. Yes, you can. However, if there are open wounds, one should always prepare a fresh solution. It's also possible to warm it to body temperature, 98.6 F.

***Q. Is my daily sole intake dependent on my body weight?***

A. The recommended one teaspoon of sole solution per day is a general guideline for adults which can be adjusted a bit according to one's own feeling. It's not a question of "more is better," but rather the intake of the frequency pattern of the sole that is important. One drop of the sole would be sufficient. With the teaspoon, you will also cover all the necessary minerals and trace elements. For children, a few drops are sufficient.

***Q. Can I also take the one teaspoon of Himalayan Crystal Salt™ Sole concentrate undiluted, without adding it to a glass of water?***

A. Yes, you can also take one teaspoon of the concentrated sole undiluted. However, you should drink a glass of water directly after taking the concentrated sole.

***Q. Can the Himalayan Crystal Salt™ also be given to animals?***

A. Just as with humans, the natural crystal salt will have its positive effect on the animal body. If you put a few drops into the food, it will increase the vitality and strengthen the immune system of your pet or animal.

***Q. Can I use the Himalayan Crystal Salt™ Sole therapy along with my fasting?***

A. The Himalayan Crystal Salt™ Sole therapy is a good complement to fasting. It helps to eliminate the toxins and also provides vitality and support to the body as it labors to rid itself of toxins. Just be sure to drink sufficient amounts of water while fasting.

***Q. Does coffee have a negative impact on the Himalayan Crystal Salt™ Sole therapy?***

A. One of the primary benefits of drinking the Himalayan Crystal Salt™ Sole in the morning is the balancing of the body's pH level. Coffee is very acidic and a known diuretic. By drinking coffee in the morning you will partly cancel out the benefit of the Sole. Every body has a different disposition and tolerates poisons more or less. Everyone has to make their own decision as to how they treat their body.

***Q. Can I drink the Himalayan Crystal Salt™ Sole in the evening instead of in the morning?***

A. The benefits of the Sole therapy are realized best when taken on an empty stomach. You can also do the Sole therapy in the evening but you should keep this rhythm as the body maintains the frequency pattern of the salt for 24 hours.

***Q. I have very severe varicose veins. My doctor has told me to avoid warm bathing. Does this also apply to crystal salt bathing?***

A. By all means, you should adhere to your doctor's recommendation. The reason for this lies in the vascular expansion due to the warm temperature of the water. This is also the case with a crystal salt bath

***Q. Which pH factor should a good drinking water possess?***

A. The pH factor should be close to neutral (7). Any pH between 6.5 and 7.5 is good. Remember, 1 is very acidic and 14 is extremely alkaline.

***Q. Does an acrylic salt mill harm the quality of the salt?***

A. Only salt mills and grinders having metal grinding mechanisms will cause a reaction with the salt. Ceramic mills and grinders are recommended.

***Q. Hi there, I have ordered the salt. I have a couple of questions. I am a diabetic. I know that I am suppose to drink the sole on an empty stomach. How long after I drink the sole can I take my meds and eat. I am excited to get started on a new healthy program.***

A. If you decide on mornings, all you need to do is to wait for 5 minutes after drinking the Sole to begin with your normal regime.  
The most important thing is to get the Sole into your body daily. It is absorbed much faster when your stomach is empty. This can be in the morning, as most of us have slept through the night and our stomachs are empty in the morning. However, you can take the Sole in the evening or any other time during the day 2-3 hours after eating a meal

***Q. I was wondering what the effects of the salt bath might be for someone with skin disorders. Would it be better to use the sole for a while and see those effects before taking a full-on bath? Also, does the sole or bath salt help with cold sores and fever blisters?***

A. Taking the Sole every day is the most important and fundamentally essential therapy for anyone, regardless of their current state of health, especially for someone like yourself, suffering from skin disorders. Bathing in Original Himalayan Crystal Salt would be the most beneficial therapy you could do for skin disorders, in combination with the Sole drinking each day.

Just start taking the Sole internally each day as a beginning step. I personally think that you'll find a bath to be the most obviously helpful approach. Doctors have been prescribing salt bath for hundreds of years to their patients for a variety of skin disorders. Imagine, bathing in the primal ocean of 250,000,000 years ago. Our salt is the byproduct of the evaporation of the Primal Seas. The minerals in our salt have full bioenergetic potential, as the Earth's oceans at that time were vibrant with life energy. It's this energy that our body is looking for.

***Q. you have any information regarding the re-mineralization of reverse osmosis water with the sole made from your Original Himalayan Crystal Salt. How much sole could you add to drinking water to re-mineralize without creating a salty brine solution ?***

A. Interestingly, we're working with a water bottling company who uses our Original Himalayan Crystal Salt™ as part of their process for "rebuilding" water that has undergone double distillation, completely stripping the minerals and their "memory" from the water.

They measure the ppm (parts per million) of solids in the water to achieve the desired levels of minerals, which are necessary for the next step in their patented process, electrolysis. The minerals in the salt, each having their own unique frequency or vibration pattern, are ionized, and the complete spectrum of frequencies of the 84 minerals are "held" in the water, giving it its energetic properties.

For your application, I would recommend 1 teaspoon of Sole for each gallon of water. This will give you approximately 200ppm of dissolved solids. This will put the necessary minerals back into the water without affecting the taste.

***Q. I have been buying your mineral salt and I and my family have been using it in place of our regular sea salt. Recently I purchased a 2 pound bag (1 kilo) of small stones and when I went to grind it I saw several small rock formations. But after tasting them I realized they were not only different in color than the other rocks, but they also did not have the salt flavor...they were not salt rocks!!! What were they? That is my concerned question to you! Do you add some sort of "non-caking" compound to the salt? I am very concerned about how much of this mystery stuff we have eaten and what is it!!!!??***

A. Nothing is added to the salt. Our Original Himalayan Crystal Salt is hand-mined and hand-prepared and comes to you exactly as it comes from the mine. The small, hard particles sometimes found in our "Stones" are natural mineral deposits that have not been fully absorbed into the crystalline structure and appear as inclusions in the salt. These are rare and are totally harmless. Normally, these do not occur in the smaller grinds of our salt as they are discarded in the sorting process. The Stones are used for making Sole solution by dissolving them in water. In this process, the solids that have not dissolved fall to the bottom and can easily be discarded. But if the Stones are used for grinding, and one of them has such an inclusion, just pick it out and discard it.

We hope that you recognize the larger benefits associated with using our unprocessed, pristine, and holistic salt, rather than this small inconvenience.

***Q. What kind of saltshaker should I use to preserve the frequency pattern of the finely ground salt and any info stating that grinding "just in time" would provide a higher vibration.***

A. For saltshakers, we recommend using those made from natural materials like ceramic, glass, and wood. Avoid plastic. The Coarse Granulated salt, or that for use in a salt grinder or salt mill, is for people who prefer the convenience of being able to control the grind size. Keep in mind that salt crystals, no matter their size, from large to very tiny, contain the entire spectrum of frequencies of the 84 minerals and there is no difference in "potency" of vibration among the various grinds. You can use the Original Himalayan Crystal Salt in all of its forms and feel confident that you are receiving equal benefits