



HIMALAYAN SALT CRYSTALS

Extracts from the Book:

“Water & Salt – the Essence of Life”
By: Dr Barbara Hendel, MD and Peter Ferreira

Facts About 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. Himalayan Crystal Salt 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 Peter Ferreira. Original Himalayan Crystal Salt is more than sodium and chloride. Original Himalayan Crystal Salt can actually be viewed as food. When we speak of salt, and as we scrutinize its properties, we mean **salt in its original form: holistic, wholesome, unaltered, natural salt**, as it has crystallized in the Earth over millions of years.

The Meaning of the Word Salt

Original Himalayan crystal 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). Apart from inert gases, all of the 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. The number of the respective elements contained in the crystal salt is biophysically irrelevant to this study.

The word salt comes from the Latin term *sal*, which again comes from the word *sol*. *Sol* is synonymous with the “Sole, the water and salt solution and is the Latin word from sun. Mythologically, and from its definition, *sole* means “liquid sunlight,” the liquid materialization of the sun’s energy, liquid light energy, bound into a geometrical structure, capable of creating and sustaining life. This literally explains where life on Earth came from: from the sole of the primal oceans.

The Celtic word for salt, “*hall*” has the same roots as the German word *heilig* meaning “holy” which also comes from the word *heil* meaning “whole.” Further, *hall* also signifies sound (German *schall*). The *schall* is a sound with a long *hall*, which means echo or reverberation in German, involving vibration. If we knew of these correlations today, we would be asking our neighbour at the table to “Please pass me some vibration,” rather than “Please pass me some salt.” We have to ask, “Were the Celts conscious of the fact that salt contained all the frequency patterns of the elements?” And, that “*hall*” was the basic vibration for “*heil*” (German “health”)/“wholesomeness”? They definitely knew how to cure illnesses and rebalance the energy deficit in the body through “*hall*,” their salt.

From an energetic, as well as from the biophysical point of view, **an energy deficit can be balanced with salt**, regardless of the missing frequency pattern, or the missing information/energy/life-force. Pure crystal salt is still geologically defined as “halite,” in which we can recognize the Celtic words “hall” for salt and “lit” for light. Loosely translated, crystal salt or halite means, light vibration. Natural Himalayan 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.

Salt – Mediator between Energy and Matter

Salt is that which remains after matter has dissolved and transformed into subtle matter. The founder of the Schüssler Salt Therapy, Dr. Wilhelm Schüssler, already proved, over 100 years ago, that the **ashes remaining after a corpse is cremated are nothing but the salts** of which the human body is made. The by-product of the modern waste burning plants is salt. Needless to say, no one would want to eat this salt, but the fact remains, it is salt. Our prehistoric ancestors were already aware of the crucial necessity of salt. Wherever they found salt they guarded it like a treasure. Later in history, **salt was called “white gold” and was the subject of political power plays**, which oftentimes resulted in war. Roman soldiers were actually paid with salt, which is reflected in the word “salary.” Salt was more important for survival than gold. Throughout Europe, the salt routes over which the white gold was transported emerged. The names of many German cities bear testimony to this time, with such names as: Salzgitter, Salzburg or Bad Salzflen for instance. Also, names including the word “hall,” the Celtic word for salt, emerged, with city names like Bad Reichenhall, Friedrichshall and Hallein, indicating salt deposits at these locations.

The Structure of Salt

Similar to water, salt has its individual crystalline structure. In contrast to the structure of water, which is tetrahedral in shape, the grid structure of salt is cubic in form. This cube is constructed from light quanta, also called photons, which are pure light energy. The light/heat energy of the sun evaporated the primal oceans more than 250 million years ago and the energy expended for this dehydration is stored in the platonic body of the salt’s crystalline grid as potential energy. By adding water, the force of the grid can be overcome, so that the energy it holds is liberated. In this process, the elements within the crystal salt are ionized, allowing them to penetrate the body’s cells. This creates an ocean of energy, a powerful potential, waiting only to create and sustain life.

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 into water and remove it after 10 minutes, it is still the same 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 (Brine) Sole 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 glycerine and acid. **But salt remains salt. It is directly available to the cells** in its ionized form as sole (so-lay). 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.**

No Thoughts and No Actions Without Salt

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 cells 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 ions. In one-thousandth of a second (1/1000th), the electrical potential is transformed and releases, with every nerve impulse, 90 mill volts 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.

The Conductivity of Salt

Most of us are familiar with experimenting with the conductivity of salt from science class. We attach two ends of an electric current to a light bulb and submerge it into a glass with distilled water. Because this water is not conductive, the bulb does not light up. **But when we add a little bit of salt into** the water, the bulb slowly starts to glow. It is the same with our body. When we lack the natural elements of the salt, **we are suffering from a chronic loss**, a chronic energy deficit, or deficit of information. Salt cannot be labeled as a medication, because that would imply that apples too were a medication. **Salt is a core essential nutrient with exceptional abilities and qualities fundamental for keeping us alive.** And we can find that which we are lacking, the respective frequency pattern, as well as the necessary biochemicals, **in natural crystal salt.**

White Gold to White Poison

As common as salt shakers 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; 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 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 salt 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 so that the body’s pH can always remain neutral. Sodium chloride needs its natural 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 flavour to our food, but for its vibration pattern, which is similar to 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 recognizes 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 body now tries to isolate the over-dose of salt. In this process, water molecules surround the sodium chloride in order to ionize it into sodium and chloride to neutralize it. For this process, the water is taken from our cells as the body sacrifices its most perfectly structured cell water in order to neutralize sodium chloride. With this, the dehydrated body cells die.

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 used 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. As 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 kinds 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

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 cells, 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 in particles small enough to be able to penetrate the human cells and be metabolized.

The Healing Effect of 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 treatments 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 TV's, stereo's, 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-T I.U.D. as their birth control method, while simultaneously using cell phones, developed uterine cancer; the cause being that the I.U.D. functioned 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 emission 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. (This examination was done by Dr. med. Elisabeth Scherwitz-Josenhans.)

The Healing Power of Brine also called Sole (So-lay)

Sole Solution – When we speak of a Sole solution, this is when you take the fully concentrated Sole (26%) and add some amount of water to it in order to make a certain percentage of Sole solution. For example: A 1% sole solution is 1 part sole & 100 parts water. A 5% sole solution is 5 parts sole & 100 parts water. An 8% sole solution is 8 parts sole & 100 parts water, etc.

The Water - When we speak of water for internal use in this book, we primarily mean water that is: Pure – No pollutants and no memory of pollutants. Matured – Fully developed, having come to the surface by its own force of levitation. Living Water – Water that has not been robbed of its life-force / its pristine crystalline structure, from being pressurized in water pipes. Spring Water – Water that comes from a naturally occurring spring or artesian well, not from a reservoir, from rain water, or from the tap, etc. Low in Minerals – The lower the content of minerals the better the cleansing effect of the water for flushing pollutants from our body.

Benefits of Drinking Sole

- The sole supplies the body with the natural energy stored in the crystals which the body can hold for up to 24 hours.

- Can neutralize the alkaline/acidity balance in the body and normalize blood pressure.
- Can dissolve and eliminate impurities and built up toxins which lead to stones and various forms of rheumatism like arthritis and kidney and gall bladder stones.
- Can lower the craving for addictive desires.
- Can help with skin diseases by cleaning from inside out.

The mixture of water and crystal salt, called “Sole” (so-lay), is the most flexible physical representation of pure solar and light energy. When water and this salt come together they become a different product, Sole.

The word sole, is derived from the Latin word “sol”, which means sun. Sole is nothing but the fluid materialization of sunlight. Sole means fluid sunlight or fluid light energy. **When water combines with salt the positive ions of the salt surround the negative ions of the water molecules and vice versa.** The ions become hydrolyzed. In this process the geometrical structure of the salt and the water is changed and a totally new structure is formed, a third dimension. Water is no longer water and salt is not longer salt. The crystalline structure of the salt, which has formed from great pressure over millions of years makes the salt organic and absorbable for the body. The structure also contains nature’s resonant frequency that is very profound with the vibration patterns lasting for over 24 hours in our bodies. The body required this energy and vibration pattern when disease is present. Every morning take one teaspoon of sole mixed in a glass of good quality artesian or spring water. Drink this on an empty stomach before taking breakfast. The amount of water is up to you, but you only need one teaspoon of sole for your daily intake. The regularity is important. From a bio-chemical viewpoint, within minutes, the whole stomach and intestines are being stimulated. This in turn encourages digestion and metabolism. The overall availability of electrolytes is built up and thus the conductivity in the body is increased, which in turn stimulates circulation and the nervous system.

Balance the Body’s pH Factor and Get Rid of Heavy Metals

The sole is an excellent product for balancing the pH environment of your body. **Sole will break down the build up of heavy metals** such as lead, mercury, arsenic, amalgam and calcium. For the body to get rid of these deposits it has to first metabolize them. Even animal proteins, which are difficult to break down and eliminate, will be eliminated through the urine due to the strong structural formation of the crystal salt. Always support this action with water intake of 8 to 10 glasses a day. Place several Himalayan Crystal Salt stones in a glass container and add high quality spring water until full. After approximately 24 hours, look to see if the salt crystals have completely dissolved. If so, add a few more crystals. When the water can no longer dissolve any more salt, the salt crystals will sit at the bottom of the jar without dissolving. At this point the solution becomes saturated at 26%, which is stable and ready for consumption. Take 1 teaspoon of the 26% solution in a glass of water every morning before breakfast. The glass container can be refilled again and again with water and salt, to continue the process.

http://www.quantec-africa.co.za/PRODUCTS/Himalayan_Water_Salt_book.htm