



Himalayan Pink Salt

HIMALAYAN PINK SALT



Himalayan Salt is the most complete salt on Earth containing 84 trace minerals and elements that match the human body. Formerly one of our primal oceans, Himalayan Salt underwent extreme pressures during the formation of the Himalayan Mountains. This resulted in a perfect crystalline structure. Himalayan salt is basically a sea salt that was never polluted and never processed to strip away its vital components. It is truly nature's gift to humans.

Carefully mined from deep within the Himalayan Mountains, Himalayan Pink salt is world-renowned and considered an absolute treasure. Himalayan salt is known as a "Jurassic" salt, formed during Prehistoric times from ancient sea beds that were pushed up into the mountain range and perfectly preserved by volcanic ash. Himalayan Pink Salt is considered by many to be the purest salt on earth.

Salt has received a bad reputation because of the type of salt we have been subjected to in packaged products and normal table salt. These salts have been stripped of all other content and the human body has difficulty processing this type of salt to feed our cells.

Uses

Himalayan salt can be used as a supplement to re-mineralize, balance pH, and provide electrolytes to keep our bodies balanced through the use of Solé (a brine solution made from Himalayan Salt). This also aides our immune system, which helps to keep diseases and illnesses at bay. Arthritis and Fibromyalgia sufferers usually find their pain levels decreasing when using Solé.

Many people get relief from headaches, heart palpitations, acid reflux and leg cramps simply by sucking on a few coarse ground crystals and drinking a glass of water. A leading cause of many illnesses and disease is the lack of water (dehydration) and the proper body chemistry.

Another use is to bathe with Himalayan salt added to your bath water. This not only re-mineralizes the largest organ of the body (the skin), but it detoxifies our bodies too. Approximately (1) cup of Himalayan salt added to the bath is sometimes compared to the benefits of a 3 day fast. It also aides in the relief of many skin conditions and may be applied with a compress allowing the trace minerals to penetrate the skin. An alternative to a full bath is to use half a cup in a foot bath for detox.

Himalayan Salt Lamp Benefits:

- Neutralize electromagnetic radiation
- Purifies the air
- Reduce asthma and allergy symptoms
- Improve breathing
- Increase energy levels
- Help you sleep better
- Reduce stress and increase performance

How do Himalayan salt lamps work?

Salt is hygroscopic, so the lamps attract water molecules from the air; this means the lamps trap dirt, pollen, and smoke particles which are carried in water vapor.

Once these airborne contaminants have been locked in the salt, clean water is re-released and thus it has a purifying effect on the air. Theoretically that is.

Scientists know that salt does absorb water from the air but that it quickly reaches an equilibrium state (it doesn't take up anymore water because it is saturated). This is the same for silica packets. Both can be revitalized by drying, which a burning and warming lamp does. So there is merit to this claim.

What's more is that the heat from the bulb inside that warms up the lamp releases negative ions. And there are the health-boosting effects of salt itself too.

Make sure that your Himalayan salt supplier isn't cheating you by selling you inferior and cheaper products. There is definitely a difference in salt quality. At Healthy Living Journey we take pride in providing the finest quality Himalayan Salt available, imported directly from the mine.

We provide free, confidential consultations for those with health challenges and questions regarding the use of Himalayan Salt products. We only recommend what has worked for ourselves or other customers and welcome testimonials on your personal experiences with the use of Himalayan Salt.

The FDA has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease. If pregnant or under medical supervision, it is recommended to consult your physician before using this or any product.

© Copyright 207 Healthy Living Journey All rights reserved



Who is Demeka Scott?

She's a Holistic Nutritional Consultant, Certified Herbalist, Author, Owner of Healthy Living Journey and Creator of Jamion Premium Skin Care.

Demeka Scott has assisted families in healing themselves naturally through proper nutrition, by consuming nutrient rich foods for optimal health. Demeka has provided counseling services to hundreds of clients and taught several hundred people in her lunch & learn presentations and workshops. She specializes in creating sustainable nutrition plans for a life of wellness and joy.

She offers private counseling sessions in holistic nutrition to teach clients about nutrition, healthy cooking, weight management, relaxation techniques and skin care basics.



Healthy Living Journey

678.701.7757

www.healthylivingjourney.com

E-mail: demekascott@healthylivingjourney.com

The FDA has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease. If pregnant or under medical supervision, it is recommended to consult your physician before using this or any product.

© Copyright 2017 Healthy Living Journey All rights reserved.