

## The Health Benefits of Himalayan Pink Crystal Salt

Written by Administrator  
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### The Health Benefits of Himalayan Pink Crystal Salt

The health benefits of using natural Himalayan Crystal Salt may include:

- Controlling the water levels within the body, regulating them for proper functioning
- Promoting stable pH balance in the cells, including the brain.
- Encouraging excellent blood sugar health
- Aiding in reducing the common signs of aging
- Promoting cellular hydroelectric energy creation
- Promoting the increased absorption capacities of food elements within the intestinal tract
- Aiding vascular health
- Supporting healthy respiratory function
- Lowering incidence of sinus problems, and promoting over-all sinus health
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- Reducing cramps
- Increasing bone strength
- Naturally promoting healthy sleep patterns
- Circulator support
- Promotes kidney and gall bladder health when compared to common chemically-treated salt
- Contains 84 essential minerals required by the human body
- 85% sodium chloride, 15% trace minerals

### The Harms of Common Table Salt

- “Purified”, a process that involves re-crystallization at over 1,200 degrees Fahrenheit (649 degrees Celsius) which strips away natural minerals
- The refining process involves the use of aluminium, ferro cyanide, & bleach
- 97.5% sodium chloride, 2.5% additives
- Depleted of its natural minerals
- Includes anti-caking compounds
- Sometimes fluoridated in non-US countries

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## HIMALAYAN SALT LAMPS

- Purifies the Air - removes bacteria, dust, allergens, smoke and mold from the Air
- Reduces Stress and Depression - emits uplifting, positive charge of energy
- For Feng Shui - lamps are usually appealing and calming. They assist in opening blocked energy in your home or workplace

### How They Work

Himalayan salt lamps, when heated with a candle or light bulb, emit negative ions which binds to air pollutants (positive ions). This causes them to lower to the ground level, leaving the air fresh. Negative ions are believed to produce beneficial biochemical reactions in our bloodstream that increase levels of serotonin.

*25 Muharram 1438 - 27 October 2016*