

What's so special about Himalayan Crystal Gourmet Salt?

By Alexandra Carr

Natural Salt

For years, we have been bombarded with warnings about the negatives consequences for our health from consuming salt. Those warnings however are aimed at the common salt most of us use for seasoning. This salt is actually not salt, but instead, a chemical product made up of the two elements; sodium and chloride alone.



Fundamental Salt Facts

Did you know...?

- › ...that we humans consist of over 70 % water
- › ...that over one hundred years ago Dr. Wilhelm Schüssler proved that the ash left over when human corpses are cremated is nothing more than the salts from which we humans are made
- › ...that human life starts in the womb, in the amniotic fluid, in a 98.6°F one-percent water and salt solution - the "sole"
- › ...that water constitutes over 90% of the human brain
- › ...that our blood and tears are a one percent salt solution - a concentration identical to that of the primeval ocean
- › ...that without salt our brains would not be able to produce a single thought
- › ...that aging is chiefly a drying out process

So, what about natural Himalayan Salt, is it also considered bad for you and what does it contain?

Natural salt contains virtually all the elements of the periodical table.

Himalayan crystal salt comes from the Himalayas, a mountain range that was formed after the primeval sea dried up over 250 million years ago.

Salt Trivia – Did you know?

In ancient times, those who had salt, had power. Salt was once considered to be more valuable than gold. Roman soldiers were paid in salt. You may have heard of the saying; "He isn't worth his salt" a saying that originated from these times, and a fact that is still evident today in the word salary.

Why did our common table salt become so altered?

About 93 percent of the world's salt production is used for industrial purposes, for which sodium chloride is required in its pure form. Approximately 6 percent of this chemically stripped natural salt, makes its way into the food industry as a preservative. And, only a tiny percentage reaches our kitchens as a branded salt, table salt or cooking salt.

As if it wasn't bad enough, that the natural salt is depleted of vital minerals and trace elements, it has preservatives and other chemicals added to make it nice and white and to make it easier to sprinkle or pour.

Contrary to the claims of the salt industry, the addition of iodine or fluoride is not essential for our health but is in fact highly questionable. The mechanical mining and chemical processing damage the crystalline structure of the salt, which is the very reason why crystal salt exhibits a higher biochemical availability of its many constituent elements.

Our bodies need natural crystal salt



We need natural salt with all its elements, for our bodies to function as they should. We only require a minute quantity of under 0.035 ounces daily.

Yet without being aware of it, most of us consume between 0.42 and 0.7 ounces of common salt. This is due to the large quantities of sodium chloride "hidden" in prepared products such as bread, ham and cheese. Our kidneys are only capable of eliminating 0.175 to 0.245 ounces per day.

Leaving our excretory organs permanently overburdened. The result is excessive acidity, edema (excessive accumulation of watery fluids) and deposits in vessels and joints leading to hypertension, heart disease and arthritis.

The bottom line

Himalayan Pink Salt is considered one of the healthiest salts on Earth. It is 100% natural, free of all dyes, chemical additives and preservatives. When shopping for a good quality Himalayan crystal salt, be sure to look for these qualities: unprocessed, hand selected, hand chiseled, hand washed and sundried.