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## Himalayan salt vs table salt

As common as saltshakers are to our kitchen, 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. Salt nowadays is mainly sodium chloride and not salt. Recent studies have shown that a reduction in salt intake will reduce your chances of strokes and heart disease by 25%. Many processed foods & snacks contain high levels of salt which are consumed by adults and children everyday. Changing to home made meals where you can control the amount of salt you add to your food is a far better option. A nutritious alternative is Himalayan salt.

Himalayan natural crystal salt consists not only 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. Interestingly enough, our body is a sole, containing the same salty solution as that of the primal sea; that is, a fluid consisting of water and salt.

It also has the same ratio of concentration that 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.

### What is Himalayan Salt?



Himalayan Salt is more than sodium and chloride. Himalayan Crystal Salt can actually be viewed as food. When we speak of salt, we mean salt in its original form: holistic, wholesome, unaltered, natural salt, as it has crystallized in the Earth over millions of years. When we speak of "table" salt that is sold in the supermarket, we refer to it as sodium chloride with additives, which is what it really is. Natural 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 these elements 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.

### 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 uses 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 biochemically 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. Biochemically 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 ionic form. Only under considerable pressure can the elements be transformed into a specific size, making them ionic, which enables them to pass through our cell wall. This is important because our cells can only absorb what is available organically or ionically.

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 metabolised. Therefore, the best calcium is useless if it cannot

be available to the body's cells. What we need is the organic, or ionic 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 metabolised.**

### **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 and 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 TVs, stereos, 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.*)

### **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 labelled 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 bio-chemicals, in natural crystal salt.

By Peter Ferreira