

[URparamount Himalayan Crystal Salt Solé \(so-lay\)](#) [click here for blog post](#)

Salt is as essential as water. We could not survive without water or salt. All the properties of salt that relate to our body are closely connected to water, ***because the crucial properties of salt, biochemically as well as biophysically, only exist in combination with water, and remember, we are mostly water – 70%!***

This is very special salt. This pink Himalayan Crystal Salt is hand-mined 5,000 feet under the earth from deposits of salt that are 250 million years old. The salt was crystallized over the millennia due to the immense pressure. This crystallization captured the energy needed to dehydrate the primordial sea and it is this measurable energy that is released from the salt when it is dissolved in water. The same way we know there is energy inherent in Quartz crystals, there is energy in this pressurized crystal salt. This energy frequency matches the frequency in our healthy body, so it helps to “re-tune” and energize if the frequency is deficient.

The mixture of water and crystal salt, called “Solé” (so-lay) is the most flexible physical representation of pure solar and light energy. The word solé, is derived from the Latin word “sol”, which means sun. Solé is nothing but the fluid materialization of sunlight. Solé means fluid sunlight or fluid light energy. In water, the salt crystals release 84 minerals which are in very close proportions as the 84 minerals in our bodies since we came from this ancient primordial sea. The minerals are also in their ionized form, which is the form our bodies recognize and can use, much as the ionized minerals in foods. In addition, this salt is qualitatively different than other sea salt, even pink sea salt, which is gathered at or near the earth’s surface and is not “crystalline” in structure. While these salts do have extraordinary mineral content, it does not always match our bodies’ profile, nor are these minerals in ionized form which means they are too coarse for absorption.

Put the Himalayan Crystal Salt “rocks” in a small **glass** jar or cup and just cover it with good quality water* (see note at end). If the rock does not totally dissolve, then you have the 26% solé solution, meaning the water cannot hold any more salt. This is what you want. If you have purchased our Himalayan Crystal Salt Rocks, use a small jar, fill with several rocks and then the water. This solé is anti-bacterial, so you do not need to keep it in the refrigerator, and it will not go bad. Use one teaspoon (use [porcelain](#) or wood, **not** a metal spoon) first thing in the morning followed by at least 16 ounces of water to jump-start your day and “tune” your frequency. This solé, salt water brine, is unquestionably the energy matrix in which life begins, develops and subsists.

As you use up the water, simply re-fill your jar and the rock will give up more of its salt to the solution. Replace the rock when all that’s left are pinkish specs, which are minerals that are too coarse to be of use. BEWARE there are many brands of “pink salt” being sold as Himalayan Crystal Salt, but not all are – some are just “pink” salt from other places, some are actually “rock salt” from near the surface or from inferior mines. The salt we sell is certified to be the exact salt that has been extensively researched and documented to contain these life giving properties.

The human body needs only as little as 1/4 teaspoon of salt per day. Rather, we tend to use too much salt than too little. As opposed to refined table salt, you can use Himalayan crystal salt more freely because of its holistic properties which make it easy for the body to assimilate. With the recommended one teaspoon of Himalayan crystal salt solé every morning, you are not only receiving the biophysical aspect of the salt, which is the frequency pattern of the crystal salt, but also the biochemical aspect of the salt, containing sufficient minerals and trace elements. The body will hold the frequency pattern of the crystal salt solé for 24 hours. Therefore, we only take the solé once per day on an empty stomach. Plus, the solé can neutralize your body’s acid alkaline balance, normalize blood pressure and dissolve toxins. Patients on Dialysis, or with high blood pressure, should generally use very little salt and follow the advice of their doctor.

Our salt is available in both fine grind for salt shakers and coarse pebbles for salt grinding. We carry [porcelain spoons](#) for dispensing the sole. People actually go down into these salt mines for the benefits of absorbing the unique energy, and ailments are cured, hence salt air inhalers are also available. For more information please call or email.

*The best water to use is high pH ionized water ([from a water ionizer](#)), next best would be filtered tap water, then Fiji bottled water and lastly other good quality bottled water such as Zephyrhills, Whole Foods 365, Deer Park or supermarket “Spring” water. Do NOT use Dannon Spring water, Poland Springs, Smart Water, Vitamin Water, Dasani or Aquafina – these are acidic waters and detrimental to your health. To request your free comprehensive and convenient Bottled Water Pocket pH Chart go to [www.URparamount.com](#) or [click here](#).

NOTE FOR [RIFE MACHINE USERS](#): Salt facilitates our electrical pathways and Himalayan Crystal Salt sole has been said to be beneficial to Rife users.

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