

ALAYA Himalaya Salt

Pure and natural crystal salt from the Indus valley

Mined in the north of the Indian subcontinent and processed by hand.

Himalaya Crystal Salt

The peoples of the Himalayas and the whole of India have used this crystal salt for thousands of years, and value it as a precious gift of nature: it is used as edible salt; in Ayurveda it is dissolved in water for inner purification, for rinsing the nose and eyes, and much more.

A five hundred million year old salt mountain, the Salt Range, lies in the Indus valley, one of the oldest cradles of humanity, between the two Himalayan Rivers Indus and Jhelum.

Here the ALAYA Himalaya Salt is mined. In a small village community near Varanasi in north India, the large rocks of salt are washed with spring water and dried in the sun. The salt is then pulverised, sieved, ground and packaged.

Three young Indians from this village along have founded an ALAYA Himalayan Salt Processing project. The three young people manage this project with great responsibility and transparency. Their co-workers receive a fair wage, and projects for the village community and for socially disadvantaged people are supported.

From a medical- biological point of view

In contrast to the normal refined cooking salt with added iodine and fluoride the Himalaya Crystal salt is an energy-filled natural product. It gives the cells the possibility to exchange substances and increases cell activity.

What is special about Himalaya Crystal Salt is its richness in trace elements. Because of its age, and the fact that the salt veins lie in the bedrock of the Himalayas it has the highest proportion of important and rare trace elements in the world, which are no longer to be found in our modern nutrition. These rare elements are pressed into the crystal structure which brings about a variety of colours in the salt, but also enables the cells to absorb these elements. The silicon content is especially high, which promotes the structure –giving forces in the human being.

Its rich ion and electrolyte content supports the acid-alkali balance and the regeneration of the cells. ALAYA Himalaya Salt is therefore a fine, harmonising and life-enhancing product, and should be consumed in small portions (2-3 grams) daily. It replaces all other uses of salt but without the negative effects of cooking salt. I recommend the salt for intestinal problems, chronic infections, general lack of energy and in times of fasting and purification.

I also support ALAYA Himalaya Salt because it is processed entirely by hand. The ALAYA Project is a worthy, ethical development project. For the most part, the profit flows back into the production community.

You too can experience the harmony and strength of ALAYA-Himalayan Salt.

Dr. med. Thomas Rau

Examples

As edible salt

ALAYA Himalaya Salt is ideal for the seasoning and conserving of all food stuffs. Food that is seasoned with ALAYA Himalaya Salt tastes excellent!

As Brine

Put a handful of salt crystals into a jar, fill with water (ideally spring water) and seal well. After a few hours it becomes brine, a so called saturated solution of 26 percent. (This can take up to one day depending on the size of the salt lumps.) There must always be enough salt in the jar that a part of it remains undissolved. Put a teaspoon of the brine into a glass of fresh water and drink it on an empty stomach. Through this a detoxification takes place; it is therefore necessary to drink 2 to 3 litres of fresh water daily (not carbonated).

This should be done for at least three months. Success depends on the regular intake, which can be extended for as long as one wishes.

The brine is also excellent for use in cooking.

Use of salt while showering

Massage a handful of ground crystal salt into the wet skin and leave for 1-5 minutes. Afterwards take a shower. Make sure to drink enough liquid before and after the shower; ideally, hot or warm water. The salt shower has a detoxifying effect.

Brine bath

For a full bath of 120 litres ½ kilo of salt is needed. The salt content of the bathwater should correspond to the salt content of the blood (approx. 1 percent) The ideal water temperature for the bath is 37 degrees, and should last 20 minutes. After the bath don't shower but dry the body lightly and rest for half an hour.

Brine inhalation

Put 30 grams of salt into one litre of hot water and inhale the steam for 10 to 15 minutes.

Rinsing the nose and eyes

Dissolve 1 gram of salt (a heaped knife-point) in 100 ml of lukewarm water; 1 percent brine. This solution is suitable for rinsing both nose and eyes.