

*Hello Friends,*



*I believe that there has never been a more significant moment in the entire span of*

*time that has transpired since Creation first came-into-being eons ago. Humanity is, on the one hand, threatened into total and irreversible annihilation, while on the other, stands on the threshold of unlimited possibilities for making a shift to a New Age. It appears to me that there are growing numbers of human beings who have awakened to their full spiritual potential. The world will soon know of these individuals who are endowed with such lofty attributes as compassion, humility, truthfulness. and love. They will be the torchbearers, leading humanity into what some are calling the Age of Wisdom.*

### *Also in this issue*

*Menopause... a subject near and dear to my wife, Ingrid. Her anguish over her nightly bouts with menopausal hot flashes and sweating ended when a friend introduced her to a product called Femenessence. Her comments follow the editorial about menopause written by Jan Roberts, author and expert in women's reproductive health.*

*Sole Drinking Therapy  
Making and Using Original  
Himalayan Crystal Salt Sole.*

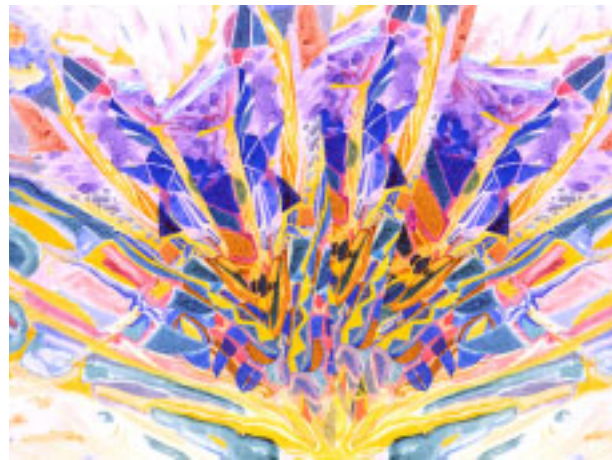
## Involution - Evolution Change From The Inside Out

In my circle of friends and acquaintances, there is much talk of late about the fate of humanity and impending global metamorphosis. There's a sense that "things" are out of control and

there's no likelihood that humanity can avoid disaster of one kind or another.

In a past newsletter I wrote about the inevitability of change. Life in this universe is an ever evolving, upward moving advancement. Nothing is stable. Nothing remains as it is, neither you nor I. Everything in the physical universe is in a constant state of movement. Energy - Life Force - Consciousness is dynamic, it cannot remain stagnant. But change seems to be happening at a ever more accelerated rate. Our ability to keep up is causing tremendous stress on each of us. All of our senses are being assaulted, saturated and pushed to their limits. We're experiencing sensory overload. Our inability to process the enormous amounts of information we receive from the media saturated world in which we live will, according to some, cause a total shutdown of the mind.

Where is it leading to? When we look at the current events of the world, it seems only natural to assume that humanity might tend to dismiss the idea of a global spiritual revolution or awakening as no more than an elaborate means of self-hypnotism. I believe that this kind of an attitude is quite unscien-



tific even though it often parades under the garb of science. It is generally the result of prejudice born of ignorance or a superficial knowledge of the subject. I know it's natural for us to attempt to relegate to the

realm of superstition, phenomena with which we are unfamiliar and which defy our habitual ways of thought about life. For to study them, to understand them, to test and accept them, would require effort and perseverance of which most of us are either unwilling or incapable. It is not unlikely that some so-called spiritual leaders may justify the label of "self-hypnotists." But those who genuinely merit the position of persons of true wisdom are too humble to court publicity and have nothing about them to suggest the neurotic escapist. They invariably display a remarkably sensitive awareness to life in all its complexity and variety, and this awareness coupled with their humility makes all talk of self-delusion irrelevant and even ridiculous. For, to seek the Unchanging behind the changing, the Real behind the phenomenal, is certainly not to "hypnotize" oneself. If anything, it displays





The scientific investigations too have now come to the irresistible conclusion that all life is one continuous existence at different levels and what we call inert matter is nothing but energy at its lowest stage.



a spirit of enquiry that is exceptional in its honesty and integrity, that is content with nothing less than the absolute truth. So it is, that as time passes, knowledge gradually displaces ignorance and the commonplace or conventional gives way to higher cultural values.

The new developments of the physical sciences have contributed enormously in furthering this process. By revealing that everything in this physical universe is relative and that matter is not matter per se but ultimately a form of energy, it has confirmed, at the lower level at least, the conception of a subtle energetic, or a spiritual or ephemeral world inherent in the physical universe, giving it a scientific validity which was earlier doubted.

There's a idea gaining popularity that humanity, or more exactly, the entire universe, is moving into a radically new realm, heading towards some evolutionary conclusion, at an ever more increasing rate. The date of this inevitable conclusion has been predicted by the Mayan as their 5,124 year cycle calendar ends in 2012 or, more precisely, on October 28, 2011. The Maya believed that what we call life, since the moment of Creation with the Big Bang, meaning everything that has come into and gone out of existence since, including all life on Earth, is part of a grand design or architecture, a pattern of development that spans the entire history of the universe. This pattern began with the introduction of matter coming into existence from apparently nothing and no "where". But we know that all matter in the universe is nothing but slow moving energy. Science has proven this.

The concept then that there might be a purpose to the whole process has certainly been pondered by humans for thousands of years. What we do know, from looking backwards in time, is that the pace of life is constantly speeding up. That means that what used to happen in billions of years, then millions of years,

then thousands of years, then in centuries, now happens in years. We can make unimaginably complex calculations in minutes and communicate across vast distances of space and time in seconds instead of months. In each area of our lives change is occurring faster and faster. I believe that it's our inability, and perhaps our resistance to embrace and adapt to these constant changes, especially as we age, that causes significant stress. The late Ian Xel Lundgold, in his interpretation of the Mayan Calendar, reminds us that continual stress, if not reduced, will escalate to what is known as the "fight or flight" syndrome, or acute stress response. This is the first stage of a general adaption syndrome that regulates stress response in vertebrates where our innate biological program kicks in and drives us to physical action or escape as a means to deal with the stress. Beyond this stage, if no measure is taken to reduce the stress, Post-Traumatic Stress Disorder (PTSD), follows in the form of emotional detachment, insomnia, depression, anxiety, etc., which invariably leads to a total mental collapse. Basically, the mind shuts down.

Strangely, this is exactly the purposeful conclusion of this interminably long evolutionary journey.

Evolution, which I see as the outward expression or physical reflection of Nature's handiwork, has no interest in you or me as individuals. She will, according to Her hard-wired program, bring all available Energy or Life Force to bear in order to create the conditions necessary for change. Remember, change is both essential and inevitable. Change is the only constant of the Universe. To me, change represents that upward advancement of Energy - Life Force - Consciousness, God if you will, to the next higher level. Creation began with the most basic expression of this Energy. Billions of years ago, in the moments following the Big Bang, all that existed was

an unlimited potential for something. First nothing existed but raw Energy. Then, within moments, the Energy produced atoms which combined to form elements which further combined to form matter. This is a simplistic view, I know. But it really is extremely simple to understand. (*The difficulty comes when the mind tries to make sense of it all.*) Here's my take on the how and why of Creation.

Forget for a moment where the Energy that Creation is made of originates. This is easy because your mind can never know anyway. So there's really nothing to forget because you don't remember in the first place. Think instead of a battery, like the battery in your car—only a really, really big battery, so big, you can't imagine its size. It's without limits. The raw power stored in the battery has unlimited potential and is inexhaustible. Now this battery has two poles, one Positive (+) and one Negative (-). Positive doesn't mean good and negative doesn't mean bad. They're just two energy potentials, meaning that the Energy is capable of being, but not yet having come into being. It has the capacity for growth and development, but hasn't expressed its hidden power or capabilities. Only in this battery, the raw potential is unlimited.

Let's imagine the positive + pole of the battery as being connected to the source of this unlimited power. This is the higher potential, a focal point at which this metaphorical unlimited ocean of Energy is concentrated. All unlimited possibilities for expression are included in this Ocean of Power. But without a means to express, or come into form, the Ocean of Energy lies dormant, just existing in and of itself.

But wait a minute. All that's needed for the Energy to begin to flow, to make real the unreal, is an opposite charge or pole for the battery, the Negative - pole. The Creation or coming into expression of the Unlimited Ocean is the moment that the Negative - pole of the battery appears. At

this moment, the entire unlimited potential of the unlimited ocean is released and begins to flow. Hence, the Big Bang. From the apparent nothing of unlimited possibilities comes something enormously powerful, pregnant with all possibilities. What existed a moment before as just an unseen, undetectable Energy potential, now comes into being as a detectable, quantifiable Energy source. The battery now begins discharging its infinite resources as the Energy flows into Creation.

Since this moment there has been a long and continuous outpouring of this "creation stuff" from the + pole of the battery. Time itself comes into being at the negative - pole and begins its relentless march towards what we may witness at the "end of the game." It's taken billions of years for our solar system to form and several billion more years for the planets to come into existence. The first simple life forms appeared around four billion years ago. It took another three billion years for them to change or evolve into multicellular life. Tens of millions of years ago the mammals formed and we humans, apparently at the apex of the evolutionary procession, arrived on the scene as homo sapiens only a few hundred thousand years ago.

What we call Evolution is, to my understanding, nothing but the long and complicated and intricate involvement of the Unlimited Ocean of Energy Potential (Creator), with the Creation—the Maker with that which is Made. I like to call this Involution. The Power comes into form and through this unbelievably long process within the framework of time, reveals its hidden, unlimited power. First it manifests as gasses, then minerals, then plants, then animals, etc., etc. The very fact that the myriad forms of life exist is a testament to the unseen Energy causing their existence. We misinterpret life as the sum of distinguishing phenomena of organisms, esp. metabolism, reproduc-

tion, growth, and death., when in fact, life is the very Force that makes everything, is inherent in, and is the motivating power behind everything.

Is there an evolutionary saturation point? Will life on planet Earth reach a stage where physical expression is no longer necessary? Whatever the fruits of the coming phase, I believe it is upon us. I believe we're standing at the brink of what will be the highest and most articulate expression of Energy - Life Force - Consciousness. We're beginning to awaken to our true nature as something part of the Creation, not as entities separate from it. We have not been created by anything but that of which we are intrinsically part of. We are the mirror images of Creation. More accurately, the holographic images. Because when the photographic plate upon which the hologram is created breaks, the entire image appears in each and every broken fragment... Perfectly! Photography captures the image only, but a hologram captures the very essence of the object. We too have the entire essence of the original Source imprinted into our being.

I have a strong feeling that humanity is being prepared for the inevitable conclusion to the "Grand Play." We've already proven that matter is not 'real.' So what is real? I agree with my friends who tell me that we will come full circle, out of the Information Age into a New Age, an age of enlightenment, of genuine awakening to the fundamental truth, the truth that mystics, prophets, and spiritual adepts have maintained since time immemorial. Will this be the final expression of Creation, the conclusion to evolution? Or is it just that it takes a very, very long time for Creation to once again realize itself as the One, not the Many? And then? Let's do it again!

# Menopause

## A New Perspective

by By Jan Roberts



In Western society during the last 40 years, menopause, once unmentioned and borne in silence, has come to be regarded as one of the key life-events that might compromise women's physical, mental and emotional wellbeing. With the increase in women's life expectancy and their further expectation of retaining vitality and vigor for far longer than their mothers, women were initially offered a solution in the form of Hormone Replacement Therapy. However HRT is a fairly crude attempt to offset the decrease in natural hormone levels occurring at menopause by introducing a variety of synthetic or animal estrogenic compounds and/or progesterone, at various levels, with dosage largely adjusted by a process of trial and error. Fortunately, many pharmaceutical companies are moving away from use of up to 200 different estrogenic compounds to use of one or two which chemically mirror those naturally occurring in a woman's body. While HRT was initially embraced enthusiastically, by women wishing to avoid what they were led to believe was an inevitable decline in 'their youth', skin

and hair texture, sex drive, memory and mood, with concurrent increase in hot flashes and night sweats - HRT has now been shown to come with potential risk factors. While there was still no conclusive opinion on the reasons for HRT's potential to increase breast cancer and other side effects, many doctors have resorted to using bio-identical hormones and/or lower dosage forms. However whether the use of bio identical hormones will reduce the adverse effects seen with HRT is still open to debate and will only truly be known in the longer term.

Furthermore, even with lower dosages, unless a doctor is monitoring hormone levels over the woman's full monthly cycle, and on a regular basis, both HRT and bio-identical hormone therapy rely on a trial and error approach which may take considerable time to fine tune. The other issues are: What form of oestrogen should a woman be given? When does she reach oestrogen saturation point? What happens when she has a history of breast cancer in the family? How does her oestrogen dosage affect the levels of hor-

mones naturally occurring in her body? What about other hormone levels and aspects of her health which are also declining? The list goes on...

Not surprisingly, women (and many practitioners) have increasingly turned to natural alternatives, with plant-based solutions including Black Cohosh, Red Clover, Wild Yam and soy-containing compounds. While certainly lacking the potential side-effects, these phyto compounds still impact only one aspect of the overall physiological changes that occur during the pre and post menopausal periods, unless of course women are taking three different products! Efficacy is also an important consideration when dealing with natural alternatives. There are only a few products such as *Remifemin* that have conducted real clinical trials on their specific products and dosages. And while other companies may copy dosages, it is important to evaluate quality control procedures and product analysis methods which can incorrectly present a product as the same when in fact the only thing that is the same is the name of the herbal ingredient.

But most importantly, while many natural alternatives may reduce some symptoms, as a group, they have been clinically shown by the National Institute of Health to have little real effect on actual hormone levels. It is this decline in hormone levels at menopause that directly relates to a woman's susceptibility to heart disease, osteoporosis and cognitive function and is why many MDs and Naturopaths, in an attempt to avert these life-threatening conditions, continue to prescribe bio identical hormones. Other options that have been offered to pre and post-menopausal women, such as calcium-supplementation, are further

attempts to fix a symptom, when what is actually required is a much more holistic approach.

Leading the way in this more holistic approach, through the delivery of core or foundation health, are adaptogenic products which stimulate a woman's Hypothalamus Pituitary Adrenal Axis to create an environment for optimal health in her body. One product with extensive clinical research is *Femenessence*, which has been demonstrated to increase estradiol, progesterone and reduce FSH in post-menopausal women by affecting their own hormone production. The positive effects of Femenessence across endocrine and other regulating systems resulted in increased bone density, increased iron and calcium levels due to improved absorption of vitamins and minerals, increases in HDL (good cholesterol), reductions in body weight and increases in energy.

However, the holistic effects of adaptogens such as *Femenessence* are further enhanced with the recognition that the distressing symptoms that affect 75% of Western women at menopause can be largely considered as diet and lifestyle-related. So as the baby boomers reach this stage of life, as wellness-focused care becomes the catch-cry of this generation, women are not only willing and eager to adopt the health-promotion measures that can make menopausal symptoms a thing of the past, but will seek out the products that best support their own efforts and address their core or foundation health.

So what exactly is core or foundation health and what are these self-help efforts? First of all, women should know that all the hormones, the neurotransmit-

ters, the endorphins and other factors that can reduce menopausal symptoms, depend on an adequate supply of vitamins, minerals, amino and essential, fatty acids. These building blocks come from, or have precursors in, the food and drinks that are consumed. Unfortunately, most modern diets are unlikely to supply an adequate complement of all those building blocks.

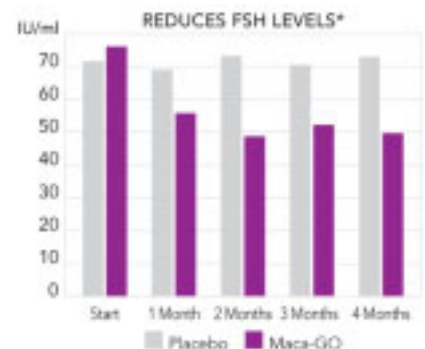
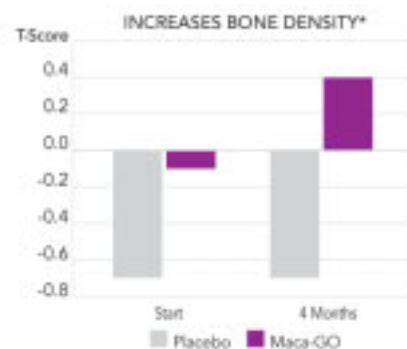
One simple way to supply some of them is to replace common table salt (which is in general a processed form of sodium chloride), with *Original Himalayan Crystal Salt™* which contains 84 of the minerals that exist in the blood and which need to be replenished regularly. A further simple step can involve adding a pinch of this salt to your drinking water, making it mineral rich rather than mineral deficient. (See *Sole Drinking Therapy* on page 8) Researching which water filter to use is as critical as drinking water which has been purified to the extent that there is neither good nor bad left (e.g. reverse osmosis) can lead to significant mineral loss as the 'empty' water leaches minerals from the body.

Nutritional status is also compromised by a diet that contains too many carbohydrates and too little protein. Most modern diets are too high in grain-based products such as bread, cereals, pasta, rice, pas-

tries, cakes, biscuits and so on. However when women eat the appropriate balance of protein, carbohydrate and fat, they get a host of good things happening. These include normal appetite, emotional stability, mental clarity, more energy and even fat loss, just from eating the right proportion of different food groups - in other words the right balance can help to make menopause symptoms a thing of the past.

Then there are numerous lifestyle, and environmental factors, that alone, or combined, are potentially detrimental to optimal, healthy ageing. These include alcohol, cigarettes, caffeine or other drugs as well as the chemical or heavy metal pollution that can come from the workplace or even from the kitchen, laundry or bathroom cupboards! Electromagnetic radiation from mobile phones, computer screens, video games, electric blankets, water beds, high voltage power lines and cosmic radiation (flying) can also contribute to compromised health, so women should try to reduce their exposure to as many of these factors as possible.

But even with the most rigorous efforts to steer clear of all these things, women also need to get rid of pre existing accumulated toxicity. Because, just like landfill sites that become overloaded and wreak havoc





in the environment, bodies can become a toxic waste dump and wreak havoc with health. For example, accumulated toxicity will trigger biochemical processes that tell the body to store fat. And unfortunately being overweight, with the poor body image that may accompany it, can contribute to the depressed state that many women experience during menopause. Good detoxification processes require an abundance of essential nutrients (particularly anti-oxidants such as Vitamins C, E and zinc) and at least 2 liters of purified water every day.

Another contributing factor to healthy ageing and reduced experience of menopausal symptoms is the amount of lean muscle in the body. In fact that muscle mass is actually the No 1 biomarker for vitality and longevity. Muscle does much more than just move the body around ñ it's a very important organ ñ as important as the heart, the liver and the kidneys. It is like the engine that powers the car. But without a conscious effort to maintain muscle mass, it is lost at the rate of 7 pounds per decade from the early 20s and the loss accelerates after age 45. As muscle is lost, fat levels increase. Reduced muscle mass also means poor blood glucose control, with the potential for mood swings and emotional instability, again, common symptoms of menopause. Reduced muscle mass also means compromised mobility and reduced levels of activity, which further translates into some of the issues of menopause. But it's possible to build muscle in any decade ñ women just need to do some weight training exercise, and with that muscle building they can over-

come a number of menopausal issues.

A forgotten factor that adds to the overall burden that might contribute to a difficult menopause is lack of touch. Touch is vitally important throughout our lives, yet generally given very little attention in Western society. The sense of touch is the first of our senses to develop and also the most fundamental. Of course, this offers women and their partners a wonderful opportunity to connect at a very intimate level by giving and receiving a massage, by holding, caressing and cuddling, with a very real place not only in enhancing total wellbeing but in keeping intimacy (often a victim of menopause), well and truly alive.

Also women need to think about stress ... since high stress levels will compromise all aspects of health, and potentially exacerbate menopausal symptoms. Effective stress management involves reducing the levels of stress to which women are exposed, while at the same time, improving the means by which their bodies cope with stress. Coping better requires good nutrition, a program of regular exercise, meditation or other type of relaxation practice, time for family and leisure pursuits, and 'time-out' to nurture oneself. Then of course, regular, restful sleep (at least 8 hours) helps the body cope better with stress and satisfying sex is one of the most effective de-stressors of all. Unfortunately, with diminished libido, a common symptom of menopause, women often don't practice this most fundamental and effective form of stress reduction. Women's states of mind also have a profound effect on their ability to enjoy long term, good health and vitality. And the best way to nurture that emotional state or what some individuals refer to as the 'energetic anatomy' is for women to 'love their life', and to let go of all the hurts and unhappiness from the past. Women can

further nurture their energetic anatomy by accepting life as it comes and responding to change as a positive force, and of course that includes accepting ageing. When women accept it with grace, revel in their acquired wisdom, enjoying and being pro active in this new stage of life, they are less likely to resist or resent the loss of reproductive capacity and the passing of youth, and will find this attitude further fosters ongoing health and vitality.

In summary while the responsibility for a positive attitude must rest squarely with women, it is equally important to make lifestyle choices and create an environment conducive to optimal health. Diets consisting of whole organic raw foods and mineral-rich water combined with clinically proven adaptogenic products will best support their efforts and work holistically to enhance their core or foundation health.

[Learn More... Click on This Link](#)  
[Natural Health International](#)

### **A Few Words From Ingrid Leach, Co-Founder of American BlueGreen, LLC & Original Himalayan Crystal Salt**

"This message is for all women who struggle with menopause symptoms whether they be light or severe.

This is a special opportunity for me to come forward and share something with you that has made my daily life so much more enjoyable!

I am 54 years old, very energetic, very busy, and almost always in a good mood. My husband Ed and I live fairly balanced lifestyles. We exercise daily and I prepare "home-cooked" meals daily most of which consist of produce picked fresh from our own garden. The Pacific Northwest has ideal weather for year-

# Jan's Books

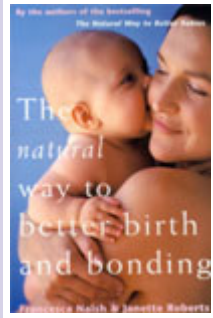
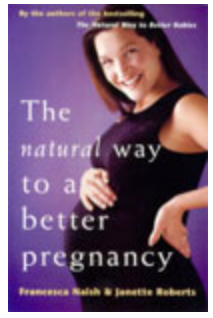
round gardening as well as being a great place to live, especially if you enjoy the outdoors and quiet living.

However, for the past 2 years I have been plagued with intense episodes of hot flashes and night sweats. Since I'm so busy, I have a tendency to overlook my personal needs. I'm sure many of you can relate to this. So I just decided to quietly suffer through this phase of my life, telling myself that "one day it will be over." I repeated this mantra each day—for three years! Yes, and one day very recently it was over.

A friend of mine sent me a box of [Femenessence](#) to try. Well, I am not an easy one when it comes to taking pills. I believe in my daily Sole (for the 84 minerals) and I trust fresh fruits and vegetables to give my body what it wants. So the package just sat on the counter for days. One evening, at dinner, I just happened to glance over at the package and my inner voice pushed me to take 2 capsules.

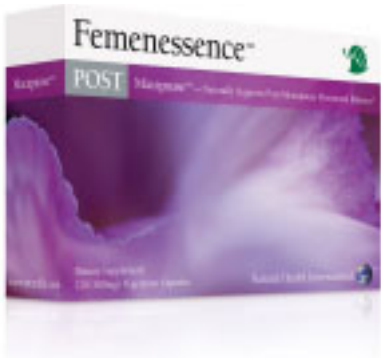
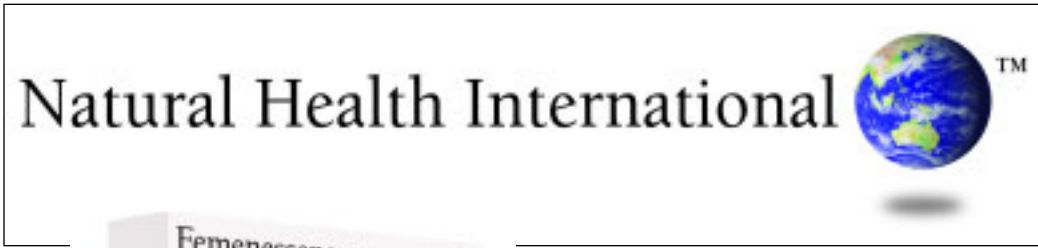
That evening, as I slipped under the covers of my bed, I braced myself, as usual, for my nightly assault of hot-flashes and sweating. But nothing happened. I had my first undisturbed sleep in three years and haven't had a single hot-flash since. I am taking [Femenessence](#) now twice a day and I feel so great! All my hot flashes, night sweats, and dizziness have vanished. I feel like a well-rounded women again.

Therefore, my humble advice to all the women who are suffering like I did: You have nothing to loose and a lot to gain by trying [Femenessence](#). I would really like for you to feel as good as I feel!"



Jan Roberts has spent almost 40 years in the health care industry, 20 of those working in the area of women's reproductive health. She is a pharmacist with a postgraduate diploma in Clinical Nutrition and the Australian representative for Foresight the British Association famous for its work in promoting preconception health care. As co-author of the international best selling series The Natural Way to Better Babies... Better Pregnancy... Better Birth & Bonding... and Better Breastfeeding, Jan has presented 'preconception' and 'wellness' workshops and seminars to the general public and health professionals around Australia and NZ since 1987. She has made frequent appearances on radio and TV and regularly contributes to various magazines and journals.

ALL NATURAL ALL CERTIFIED ORGANIC



How Can Femenessence™ Macapause™ Help You - a post-menopausal woman?



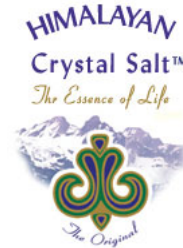
How Can Femenessence™ Macalife™ Help You - a peri or pre-menopausal woman?



It cannot be repeated often enough: Drink plenty of water to flush out toxins in your body.

# Sole Drinking Therapy

## Making And Using Original Himalayan Crystal Salt™ Sole



### What Is Sole?

**Sole**, pronounced so-lay, is an extremely concentrated solution of water and Original Himalayan Crystal Salt that has been scientifically shown to have a positive effect on a myriad of body functions. When water and Original Himalayan Crystal Salt combine, the two individual ions of sodium & chloride, plus the additional ions of the other 82 mineral elements of which are found in the salt's crystalline structure, are released into the water. Some of these ions are + positively charged and some are - negatively charged. Positive doesn't mean good and negative doesn't mean bad. They're just electrical potentials, like the two poles of a battery, plus + and minus -. The presence of these elements in the water in the form of ions or electrical charges is what gives the **Sole** its ability to "Charge" you body with Energy. Your body can utilize and benefit from this energy.

No where else can you find a more complete source of trace minerals.

**Sole** Is Basic And Essential To A Balanced Metabolism.

### Making Sole... First The Basics

Even though making Sole is as easy as mixing water with salt, it's the ratio of salt to water that's key to making Sole properly.

**Here's The Idea** – If you take a container of water and add salt to it, the salt will begin to dissolve. But keep adding salt to the water and it will eventually become super-salty. It will reach a point called saturation where the water becomes totally "full" of salt and even if you keep adding salt, the water cannot dissolve any more salt. The "extra" salt will just sit on the bottom of the container in the water without dissolving. This is exactly what Original Himalayan Crystal Salt® **Sole** is—super saturated salty water. Here's how you make it.

**DIRECTIONS:** Fill a short, wide-mouthed glass jar, like a jam jar or short pickle jar, with Original Himalayan Crystal Salt™ Stones. Fill the jar with your preferred drinking water and let it sit for about 8 hours (or overnight) to allow for the water to become fully saturated. That's it! Your Sole is now ready to use.

- Keep the jar covered so the water doesn't evaporate.
- No special storage is needed. Keep it on your kitchen counter for convenience.

After some time you will need to add more water and more salt to the jar to keep up your **Sole** production. You can always tell if your **Sole** solution is super salty or saturated when you see undissolved salt crystals at the bottom of the jar. If they all dissolve, add some more salt crystals.

**Recommended Daily Use:** Put one (1) teaspoon of **Sole** into a glass of your preferred drinking water and drink it every morning.

Remember, It's About Quality, Not Quantity – More Is Not Better!

**IMPORTANT!** - Taking a teaspoon of salt is not the same as taking a teaspoon of Sole. 1 teaspoon of **Sole** has only 478mg of sodium whereas 1 teaspoon of Original Himalayan Crystal Salt has 2,292mg of sodium.

The USDA recommends no more than 2,500mg of sodium per day for adults.

### 3 Easy Steps



Get Jar & Water



Fill Jar With Salt & Water



Begin Your Sole Therapy