

## Hello Friends



*All of us are in search of permanent happiness. It's what we spend most of our time in pursuit of. But understand, our happiness is not dependent on anything outside of ourself. It is fully within the potential of every human being once we understand the relation between our thoughts and our actions. Each action is preceded by a thought, and thoughts motivate us to act. Thoughts are nothing more than waves of energy to which we are receptive. Each of us is tuned, like a radio receiving set, to specific frequency patterns of energy. We receive those waves that are in resonance with us, like attracting like. It's the law. It's the way the whole universe, both seen and unseen, is set up. We are energy beings, living in an unseen ocean of energetic waves that cannot be seen but whose effects we can feel.*

*Remember, from the book Water & Salt, The Essence of Life, that food is really a conveyor of information, of Energy, of Life Force, and of Consciousness. Can our thoughts, therefore, our vibrations, be influenced by the food we eat? Can we, by choosing specific sources of energy or frequency vibrations from various food sources, actually re-tune ourselves to receive vibrations of happiness, peace, compassion, Love?, and in turn begin transmitting these to others?*

## A LOOK BEHIND THE VEIL Health & Happiness Are in Your Hands

Nutrition issues are rarely straightforward. For instance, experts tell us that iodine, usually in the form of potassium iodide, added to our diet, reduces the risk of goiter and thyroid disease. Iodine has been added to salt since the early



1920s because it was discovered that the soil in the area surrounding the Great Lakes was deficient in iodine and goiter was common there. It is now common practice to add iodine to salt and is, in fact, being implemented by government decree throughout the world.

The scientific insights on adding iodine and to salt and fluoride to water, must be critically examined. In the meantime, more people are suffering from the consequences of these substances than are claimed to be helped by them. The body is simply not in any position to metabolize artificially provided iodine or fluorine compounds. Food additives such as processed iodine, fluoride, thiozinate, chlorogen acid, and metal salts, have an accelerating effect on the production of nitrates in the stomach. But even now, most medical experts state that iodine in salt is no longer necessary due to the fact that our food supply now comes from a growing number of naturally iodine rich sources throughout the world.

We're all aware of the potential harm that any unnatural or not naturally occurring element can have on our body. Why do the food

and drug industries continue to promote the benefits of manufactured vitamins, minerals and other unnatural substances, and continue to claim that their addition to our food and personal care products are good for us? Reason

and intellect fail to comprehend this reality. But let's take a look behind the curtain. All scientific knowledge, with its vast scope, unlimited extent and untold possibilities, is, after all, a knowledge of the physical, material world, and does not constitute the fundamental knowledge. It tells only of the material creation and provides food for the intellect. It works within the range of the human senses, the laws governing their growth, and how the same can be conquered and pressed into service for the benefit of mankind.

What we're all really concerned with however, is the Reality behind the creation, the active Life Force - Energy - Consciousness which works through creation and through which we feel the power in all animated creation. One may know a lot about the world and yet be altogether ignorant

of the fun-



HIMALAYAN  
Crystal Salt™  
The Essence of Life



“What lies behind us and what lies ahead of us are tiny matters compared to what lies within us.”

Ralph Waldo  
Emerson

damental and basic life principle working within them.

When we talk about what the human body requires to achieve and maintain wellness, we must look comprehensively at the whole person; body, mind, and spirit. If we only look at the material aspect, material is all we will find. However, if we understand that the entire universe is composed of subtle energies, combining to form the matter of which all we see, touch, and feel, our perspective is radically and forever altered. The creative process of Nature is consistently to refine, diversify and produce higher forms of organic systems—to use a metaphor from human experience—to raise consciousness (consciousness as an integration of higher levels of connectiveness).

Our physical body, being composed of Energy–Life Force–Consciousness, lives entirely on these subtle existences. Without these, no life is possible. In fact, the absence of these in their original, unprocessed, unaltered forms, leads to death. Every thing, both animate and apparently inanimate, has its own vibrational or resonant frequency that can be enhanced by sympathetic vibrations, or harmed by destructive ones.

Fear too creates its own very powerful vibration pattern. It’s what keeps us slaves to others. For example, we all are resonating with fear when we’re exposed to television ads for pills and medications for a variety of disorders and ailments. The ads play on our fear (sympathetic vibrations) that our life will be worthless and miserable, perhaps even threatened, unless we buy and use their products. Dr. Masaru Emoto, author of *Hidden Messages in Water*, has demonstrated how destructive the power of the spoken word can be! As a society, we take mountains of these pills to counteract physical and emotional imbalances. But simply by following Nature’s clues we can regain both equilibrium and sanity.

Getting back to subtle energy. . .there are

subtle nonmaterial energies in the food we eat, which are used to produce thought processes and metabolic functions. The human body is like an energy path containing a complex vortex which transforms energy of matter into intellectual and physical actions. It is therefore axiomatic that the quality of our functions is dependent on the quality of the energy that we ingest.

It has to be understood that by changing or manipulating the physical aspect, we also change the subtle energy content. And our body is not interested in the material, but only in the content of energy (we refer to this energy as vitamins or minerals). We can see this each day as our body eliminates the material after it has extracted and utilized whatever energy the food we ate contained. We can eat a lot of material and gain zero energy benefit. This is true of all processed foods; foods that have been altered from their original as created by Nature. For instance, if we take calcium pills with the understanding that we can benefit from them, we are not properly informed. We can derive more benefit from the calcium in an Orange than by taking a mountain of chemically processed or created calcium pills. Our body is only looking for the ENERGY content, not the material! Food that has been structurally damaged, through processing, takes on negative energy that precipitates deterioration in the human being, affecting our actual overall wellbeing.

Maximum wellbeing can be achieved and maintained so easily. Balance the body, and the mind and spirit are also balanced. Balance the spirit, and the body and mind will follow. Balance the mind, and the spirit the body will follow. These are basic principles.

As an example of what I’m getting at here, a few of our customers have asked about fluoride in our salt, and whether it is harmful or not. First let’s look at fluoride in regards to our drinking water. For

“God is not a body,  
God is a Power.”

Sant Baljit  
Singh



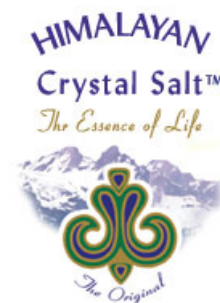
instance, some individuals mistakenly use the term “artificial fluoridation” to imply that the process of water fluoridation is unnatural and that it delivers a foreign substance into a water supply when, in fact, all water sources contain some fluoride. Natural fluoride, as such, is never added to the water, only silicofluorides (hazardous wastes containing many toxic pollutants) are used to artificially fluoridate water. Silicofluorides never occur naturally in nature, and they are 85 times more toxic than natural occurring calcium fluoride, found in most water sources. Therefore, the effect on the entire body will be different. Calcium is a well-known antidote for fluoride poisoning. When an antidote accompanies a poison, it makes the poison far less toxic to the body. *“The claim that fluoridation is one of ‘nature’s experiments’ is not valid because the salts put into the water supply, sodium fluoride or silicofluorides, are industrial by-products never found in natural water or in organisms. They are, furthermore, notoriously toxic, sufficiently so to be used as rat poison or insecticide. Calcium fluoride, on the other hand, which is the form commonly found naturally occurring in water, is not toxic enough for such uses.”* (Dr. C. G. Dobbs, (Ph.D., A.R.C.S.) Bangor, Wales, England).

If we look at the “chemical” composition of The Original Himalayan Crystal Salt™ (HCS), we find naturally occurring fluoride in the amount of less than 0.1 g/kg. Natural calcium is also present in the amount of 4.05 g/kg. In fact, chemical analysis (again, material analysis) will confirm the presence of each and every naturally occurring element in the OHCS, including arsenic, uranium, plutonium, mercury, gold, and dozens most of us have never heard of, exactly as found in our human bloodstream. Recently, we were told by an independent researcher that our salt contained the element promethium, rarely found on Earth. Its presence in our HCS was an important

discovery as promethium is only found in infants in the first three to four months after birth and is directly linked to the development of the body’s immune system. Personally, I had never heard of promethium but I’m happy it’s in the salt. I can’t speak about other crystal salts whose origins are known only to their importers. But I can speak for our Original Himalayan Crystal Salt brand of salt and what is known about it. Besides the hundreds, if not thousands of anecdotal stories told by those who have benefited greatly from its use, and continue to each day, we can also point to science for a perspective. In 2003, there was a comprehensive research study undertaken by the Inter-University of Graz, Austria, a medical university. The study demonstrated the positive effects of the HCS on a myriad of body functions. Patients saw significant changes in respiratory, circulatory, organ, connective tissue and nervous system functions. Patients also reported increases in the quality of sleep, energy, and concentration levels, brain activity, weight loss, enhanced consciousness and noticeable hair and nail growth. Though not quantifiable, these claims are nonetheless intriguing.

American BlueGreen, LLC has been working now for some time with a network of doctors, therapists, practitioners, energy workers, chiropractors, and other health and medical professionals who understand the value of the 84 naturally occurring minerals and trace elements in our salt and the benefit that they give to the human body. Each of them understands the difference between “man-made” and “natural” minerals, and chooses the natural.

In the end, each of us has to look inside ourselves for the answers. Knowledge of this world, of all the material manifestations of Energy – Life Force – Consciousness that we can see, is far different from that knowledge of the Ocean



or source of unlimited Energy – Life Force – Consciousness that we cannot see. We are ever engaged in the objective world and we find it difficult to introvert and witness firsthand, the truth. Each of us is endowed with intellect, reason and discrimination. And, each of us can search our own hearts to find the answer we seek.

The questions are: Are the 84 naturally occurring minerals and trace elements included in The Original Himalayan Crystal Salt good for you or harmful to you? Does Nature with all of Her intelligence and perfect order, including Her perfect formulations for salt which contains all natural elements, intend for you to be harmed in any way? Can human beings become truly free, not in a political sense but in the fact that they no longer need to depend on any person, thing or outside agency to come between them and their own inner capacity to achieve and maintain wellbeing? Do you believe that there are those whose goal is to instill fear in you to keep you away from ever experiencing the value and benefit of Nature’s perfect remedies, including our Original Himalayan Crystal Salt, for yourself?

*“Cold hearted orb that rules the night  
removes the colors from our sight,  
red is grey, and yellow, white,  
but we decide which is right,  
and which is an illusion”*

Moody Blues

It is my sincere wish that we can all rise above petty differences and realize the Unity that exists already inside each of us.



## Pakistan/India Earthquake Relief Fund

We at American BlueGreen, LLC are gladdened and relieved to bring news that our Pakistani salt partners were not harmed in any way by the recent and tragic earthquake which has to date claimed the lives of nearly 80,000 of their brothers, sisters, mothers and fathers. Many of you have expressed concern for their safety and well-being and we have conveyed your heartfelt sentiments and desire to help to our business partners there with the following response:

*Dear Ed,*

*It is so kind of you and your customers to offer help for the earthquake victims. Quite a number of our associates have sent the donation directly to us for further deposition with the relief operations organizations.*

*We have been depositing these amounts with one of the organizations named EDHI FOUNDATION. This organization is headed by Mr. Edhi who, one day would definitely be nominated for a Noble Prize for all of his efforts rendered towards humanity.*

*If you desire to send your donation this way you can send it to the following:-*

TITLE OF ACCOUNT: MUSHTAQ ALI  
A/C NO.: 170 101 006 749  
BANK: ASKARI COMMERCIAL BANK  
CIRCULAR ROAD—LAHORE , PAKISTAN  
SWIFT: ASCMPKKA  
FAX: +92-42-763 5919



*Once again I thank you for your kind thoughts.*

*Erfan*

If you would like to know more about the EDHI Foundation and how you can help, [Click Here](#)

American BlueGreen, LLC thanks all of you who have responded to this urgent call for help.

With Sincere Thanks,

From a Recent Dr. Robert Rowen's  
Second Opinion Newsletter  
[www.secondopinionnewsletter.com](http://www.secondopinionnewsletter.com)

## How FDA Regulations Could Prevent Access to Healthy Salt

by Dr. Robert Rowen

How would you like to have the FDA's greedy little fingers rummaging through your salt shaker? Well, it could happen if a "public interest" group gets its way. This group wants the FDA to regulate, of all things, how much salt you use.

The Center for Science in the Public Interest is in court in an attempt to have salt listed as a food additive. That way, the FDA can stick its nose into its use in prepared foods. Now don't get me wrong. I'm all for less bad salt use. But I'm not for the government zipping your mouth closed. In fact, the less this government agency does, the better. The FDA has repeatedly shown contempt for human life by stamping out safe alternatives to drugs. At the same time, the FDA knowingly allows petrochemicals to kill and maim, which enhances corporate profits.

If the government does regulate salt, you'll probably end up getting more bad salt shoved in your face, and zero ability to buy good salt. After all, there's far more money made in sales of bad salt than there is in good salt. And you know the government loves money. Its relationship with the drug industry proves this is true.

So what's the difference between good salt and bad salt? Regular refined salt is sodium chloride with added aluminum and other materials. There's very little in it that's good for you. Avoid it!

Good salt, on the other hand, comes straight from the sea or deposits of old seawater, and is completely unrefined. Your body has almost the same proportion of minerals as that found in seawater. So salt from the sea provides most of the minerals your body needs for good health.

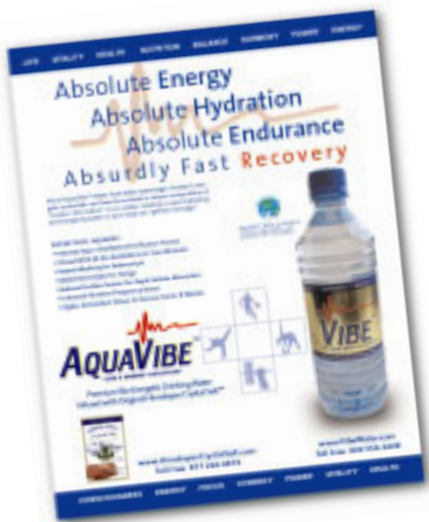
I have recently discovered Himalayan Crystal Salt, which I believe is a therapeutic mineral replacement for you. It's great for lightly salting your food. You can order it from: American BlueGreen, LLC (541-464-5942)

[www.HimalayanCrystalSalt.com](http://www.HimalayanCrystalSalt.com)



OHCS is an acronym for Original Himalayan Crystal Salt

**One of the Strongest Men in the World Drinks AquaVibe™ Bottled Water Infused With Original Himalayan Crystal Salt™.**



Upcoming Ad For Event

**Tiny Meeker is a Bench Press Record Holder and an AquaVibe™ and OHCS\* Sole Drinker**

See Tiny, Global Water Solutions, makers of AquaVibe™ Water, and American BlueGreen, LLC, importers of the Original Himalayan Crystal Salt™, at the

World Bench Press Dead Lift Championships November 16-21 at the Reno Hilton Hotel Reno, NV

Watch for Tiny's performance on ESPN, Friday, Nov. 18<sup>th</sup>

\* OHCS - Original Himalayan Crystal Salt

Q  
A

Can I do the Sole therapy while fasting?

The Sole therapy is a perfect compliment to fasting because it supports the detoxification process. Keep in mind, especially while fasting, to drink plenty of water.

Q  
A

Can the Sole therapy also be taken during pregnancy and while breast feeding?

Original Himalayan Crystal Salt is a precious, natural food and, therefore, can also be used during these special times of your life. You wouldn't change from eating brown rice to eating processed, white rice during this period of time, would you? Just be moderate with your salt intake and remember, it's about quality, not quantity.

Q  
A

How often should I clean my sinuses during the flu season?

A 1% Sole solution is equal to the concentration of salt in our tears. This same salty fluid is also keeping the mucous membranes in our noses moist. Therefore, you can do nasal and eye flushes using a 1% Sole solution as often as you like. This simple and natural method will very often provide better relief than over-the-counter and prescribed medicines and has absolutely no harmful side effects.

Q  
A

It is true that you have to use more OHCS in our cooking or food preparation than common table salt, to achieve the same results?

You can never achieve the same results because OHCS tastes entirely different from most other salts. OHCS is milder and less aggressive than processed table salt, therefore, you might be inclined to use more of it to make up for what your taste buds are used to. Not to worry. Because OHCS is a natural, holistic salt, your body will not suffer if you use a little more. Just keep in mind that there are recommended daily dosages of sodium provided by the USDA, who tells us that your daily intake of sodium should be in the 2,500mg range. Of course if you work out or sweat a lot, your body needs more salt. Try to use common sense and don't be extreme with anything you put into your body.



## MORE... FUTURE OF LABELING IN THE QUANTUM UNIVERSE

CONSUMER NOTICE: Because of the “Uncertainty Principle,” It Is Impossible for the Consumer to Find Out at the Same Time Both Precisely Where This Product Is and How Fast It Is Moving. (Note: This one may be optional on the grounds that Heisenburg was never quite sure that his principle was correct)

IMPORTANT NOTICE TO PURCHASERS: The Entire Physical Universe, Including This Product, May One Day Collapse Back into an Infinitesimally Small Space. Should Another Universe Subsequently Re-emerge, the Existence of This Product in That Universe Cannot Be Guaranteed.

## SALT FACTS

### No Salt, No Independent India

It was Mahatma Gandhi who made the Indian National Congress and the cause of Indian independence a mass movement. One of his primary tools in accomplishing this metamorphosis was *the salt satyagraha*, the salt campaign.

Before the British created artificial trade barriers, India had affordable, readily available salt. Although their extensive rock salt deposits in Punjab were unusually pure, . . . Indians preferred solar-evaporated sea salt because it was more accessible. On the west coast, in Gujarat, salt has been made for 5,000 years. On the east coast is a salt-producing area known as Orissa, a tract that is 320 miles long and 10-60 miles wide. In Orissa, the poorest of peasants could make salt to use or sell. In the late 18th century, as the British Empire expanded, hunting overseas markets, they were expected to provide these markets. However, Liverpool salt could not compete with the price and quality of Orissa salt. Eventually, the British army occupied Orissa and in 1804 their salt became a British monopoly. Within ten years it became illegal for anyone to other than the British government to produce salt there.

Finally, in 1930, Gandhi decided to defy British law and put an end to the monopoly. In a letter to Lord Irwin, viceroy of India, Gandhi wrote: “. . . I regard this tax to be the most iniquitous of all from the poor man’s standpoint. . . The wonder is that we have submitted to the cruel monopoly for so long.”

He walked from his ashram, 240 miles to the sea at Dandi, where he and his selected followers defied the government by scraping up salt. On April 5, after twenty-five days of marching, Gandhi reached the ocean. He waded out to a point where a thick crust of salt, evaporated by the sun, was cracking. He bent down and picked up a chunk of the crusty salt and in so doing broke the British salt law. “Hail deliver!” a pilgrim shouted.



Senator John McCain of Arizona must have been talking to Mrs Bush about George’s Himalayan Crystal Salt addiction because now he too can’t leave home without it.

Is this an example of “A Life Less Ordinary?” I’d say not! Cameron puts a little OHCS between her cheek and gums for an instant energy rush.



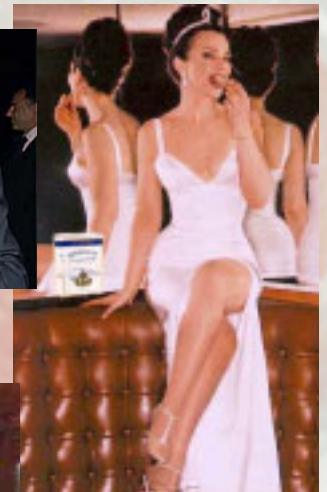
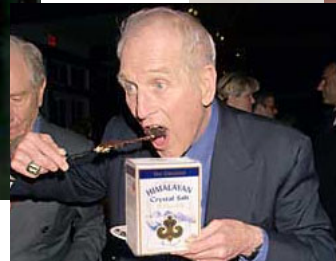
Kiefer has survived how many seasons of 24 Hours? Those on the inside know that our salt has given him the protection from all the “bad” vibes he encounters.



“What I’m good at is understanding what’s going to be popular.” Simon has judged that our OHCS is truly an American Idol.



Mr. Newman secretly wishes he had discovered our OHCS to make it his “Own.” Please forgive us Paul, for not bringing it to your attention sooner.

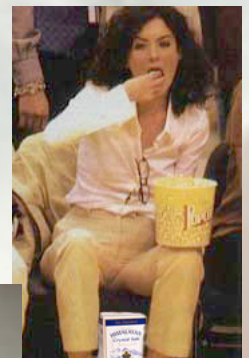


Mirror, mirror on the wall, Fran’s the greatest beauty of all. Her secret? Always conscious of her health and wellbeing, Fran Drescher keeps herself in tune with OHCS.



Jennifer too has joined the “Salt Lovers” club. Here she is at a recent event, unabashedly flaunting her box.

We would have given a free box of our OHCS to Eminem to get him started on the Sole therapy because from the looks of his eating habits, he desperately needs it.



Lara keeps her box between close at hand, just in case an emergency popcorn urge hits her.