

Hello Friends



Maybe it's because I'm a Libra, but the need for harmony and balance is inextricably

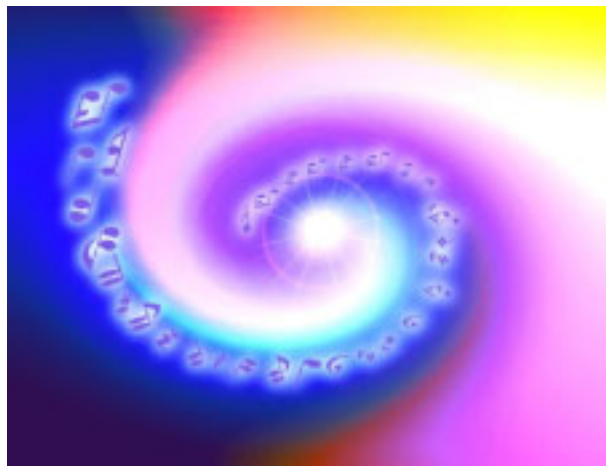
interwoven into the fabric of my being. These two powerful siblings have battled for my heart since childhood. Both have had their influence on me. I love both of them unconditionally. Each brings enormous gratification to my existence.

When I first read the book, Water & Salt, The Essence of Life, I was wonderstruck by the elegant simplicity and profound impact of these two elements, water and salt, on my life. I couldn't help but see that harmony and balance were once again vying for my attention. For hidden within the intricately beautiful crystals of OHCS, the unstruck chord of harmony and the delicate scale of balance had formed an alliance, a true symbiotic friendship, not only with each other, but with you and I as well.

When OHCS combines with water, the stored Energy – Life Force – Consciousness held within the crystals are released. The E – LF – C is directly related to the individual frequency patterns of the elemental minerals incorporated within the OHCS. As our body is exposed to the full spectrum of frequencies, it begins to resonate with them, resulting in Harmony and Balance.

A BODY IN HARMONY Creating Vibratory Balance With OHCS

Perhaps the most essential, and surely the most profound aspect of the Original Himalayan Crystal Salt, or OHCS as I like to refer to it as, is the Sole Therapy and its beneficial “side-effect” of



introducing its own frequency pattern or vibrational energy to your body. By now you know that I view everything from the perspective of Energy – Life Force – Consciousness. So when I talk about frequency patterns, I'm already referring to E – LF – C.

This frequency pattern is unique to OHCS, due to its special elemental composition. OHCS possesses 84 natural elements or minerals. From the periodic table of elements, we can find that each mineral has its own specific frequency or vibration signature that can be measured. Coincidentally, our blood contains a similar complement or spectrum of minerals, almost identical to the mineral composition of the OHCS. I like to refer to the blood as “Liquid Life Force.” Our bodies demand and are seeking the “full spectrum” in order to resonate in full.

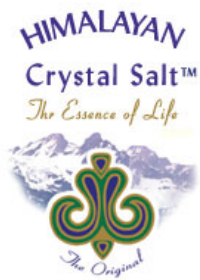
We can't talk about energy without talking about vibration. The words energy or power are always talked about using terms like frequencies or wave forms or vibrations (your ears detect the vibration energy of sound waves moving through air, for instance). These are just terms used to describe the Energy as it moves or flows.

Take the example of a tuning fork (that's that interesting looking two-pronged metal device that musicians use to tune their instruments or voices to). Let's say the fork is tuned to the note of A. If we hold the tun-

ing fork in front of our mouth and create the note of A with our voice, like singing one note in the exact frequency, the fork begins to vibrate with our voice. This is resonance. The energy of our voice caused the fork to start to vibrate. Resonant energy is when a wave or pattern of vibrational energy has the effect of causing another body to vibrate at the exact same frequency.

We can look at each of the 84 mineral elements in OHCS as a unique or individual musical instruments, possessing their own particular sound vibration; magnesium is a flute, potassium is a trumpet, sodium is a violin, etc. Individually, the element can play it's particular tune and will find some part of our body that resonates with it. But our bodies are wanting the impact of the complete orchestra. Like a symphony orchestra that is finely tuned, our bodies get tuned by each and every frequency of the





“The most relevant of Nature’s laws for us are perhaps the laws of Balance, of Biodiversity, and of Evolution towards higher consciousness”

Viktor
Schauberger

minerals, thereby fully “resonating,” which brings the body to its balanced state, the state of harmony, the state of balance, the state of homeostasis. We need the entire spectrum of frequencies from each mineral to be fully vital! This is the profound basis of the Energy content of the salt.

Further, the minerals in OHCS are ionized (when we talk about ions we’re talking about Energy and Energy is the only subject we’re interested in, for without Energy there is no life), or fully charged. They have full potential! These charged minerals can readily be absorbed into our cells, and, with the presence of the natural sodium and potassium (the salt), the process of osmosis, or the transfer of the Energy into the cells, is facilitated. Remember, salt provides the conductivity for Energy to flow in the body. Without salt, there is no transmission or conductivity. Also, Energy can only move or flow in an Alkaline environment. The word Alkaline already implies Energy. When we put salt into our body, we are raising the pH or Alkalinity, thereby raising the potential for Energy to flow

Daily use will create in your body the exact vibrational energy pattern of the salt. In essence, your body will resonate with OHCS.

When water and OHCS combine, there’s an almost unlimited energy potential that’s released.

To better comprehend this energy potential imagine the evaporation of a primal, salty ocean, of some 300,000,000 years ago. After all the water dried up, the salt was simply left behind. Consider the tremendous energy that was expended by the sun, in its varying potentials, to evaporate an ocean that was many miles deep. Now add the Energy that OHCS was exposed to with the formation of the Himalayan Mountains. What happened to all this Energy? It’s locked inside each crystal of OHCS only waiting to be released and utilized.



When we once again add water to the OHCS, we free this unseen potential of energy of the sun. This energy is extremely powerful and also natural to you because your body, the material aspect, came originally from the primal sea and we have the same ocean water in our blood, in our sweat and in our tears. Our bodies recognize this “Original” salt and therefore, can easily recognize and assimilate it to extract the hidden energy.

I often speak of resonance. The opposite of resonance is dissonance. Resonance is when we “vibe” and dissonance is when we don’t “vibe.” Resonance feels good, dissonance feels bad. We experience the effects of these two opposite vibrations each day. We are always striving for “good vibes,” or resonance. Due to the universal law of attraction, we always attract vibrations that resonate with our own. If we want to feel good, we have to consider that we too must be both a transmitter and receiver of good feeling vibrations. What we send out, we receive back due to the law of attraction.

OHCS, being nothing more than an extremely high energy potential, can cause your body to begin to vibrate with the same frequency as the mineral-rich salt vibrates. This has been demonstrated in a double-blind study where every patient’s body was affected in the same positive ways when taking the OHCS Sole. (exhilarating and documented in the book, *Water & Salt, The Essence of Life*, by Dr. Barbara Hendel, MD and Peter Ferreira. <http://www.himalayan-crystalsalt.com/html/foreword.html>) The medical community refers to these effects in medical terms; improved respiratory, circulatory, and brain wave functions, normalized blood pH, etc. In my terms, our body fully resonates with the patterns of energy, therefore, it becomes balanced.

So, when you take the OHCS Sole, your body’s vibration pattern is raised to a higher frequency. Again, due to the law of

Simplicity is the ultimate sophistication.

Leonardo
DaVinci

attraction, waves of similar vibrational frequencies are automatically attracted to you from the unlimited subtle energy potential that makes up the entire universe, both seen and unseen. These vibrations will have an effect on you. Without your even trying, you will begin to think differently and will begin to see the world around you through different eyes; clearer eyes. The lower vibrational energies can no longer affect you because you're now vibrating at a higher frequency. You might even find yourself being attracted to different people and ideas. And, if others are taking the OHCS Sole daily (which we do), we will be vibrating at the exact same frequencies at some subtle level. On this level everyone will have similar perceptions and understandings because they're all attracting the same frequency patterns from the Universe. From this understanding we can say that we're all One. Isn't this the ultimate desired effect?

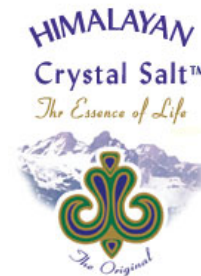
And all this happens with no effort on your part. All you need to do is to take your teaspoon of OHCS Sole every morning. Nothing could be simpler or easier and have such a profound and positive effect on you and the rest of humanity.

- **If you want to achieve a higher level of awareness**
- **If you want to begin to attract higher, more positive vibrations to yourself.**
- **If you want to see the world knit together in the silken bonds of Oneness.**
- **If you want to eliminate all destructive vibrations from this world.**
- **If you want to see Love dominate over hatred.**
- **If you want to become a source of unity, friendship, solace, and peace.**

Then take your OHCS Sole every day for the rest of your life.



OHCS is an acronym for Original Himalayan Crystal Salt



Q Can OHCS protect me against the harmful radiation I'm exposed to while traveling on board an airline?

A Throughout history, salt has been used as a ward, to keep evil spirits or energies away or to bestow upon someone a special protection. We know today that these "evil spirits" are no more than vibration patterns of energy that are dissonant to our wellbeing. We need protection from these harmful frequencies and OHCS, with its 84 elements, each having its own specific frequency pattern, is capable of absorbing a wide range of radiation frequencies.

Even the Nuclear Regulatory Committee (NRC) uses a type of salt mineral pill, potassium iodide (KI) to give to power plant employees nationwide. Radioactive iodine is only one of several radioactive substances that could be released either by nuclear or conventional explosion that spreads radioactive material. Potassium Iodide salts would be ineffective against other radioactive substances like plutonium, strontium, or tritium. OHCS contains 84 ionic minerals. While it contains potassium and iodide, it also possesses 82 other frequencies completely naturally.

Q My OHCS Sole is over 6 months old. I keep adding water and salt to keep it going. Can it go bad or have some bacteria growing in it?

A OHCS is a natural preservative which inhibits the growth of molds and bacteria. It literally pulls the life-sustaining moisture from those harmful bodies, making them unable to grow or reproduce. Your OHCS Sole solution will keep almost forever without becoming contaminated.

Q Does this salt contain iodine, or do I need to take tablets or something to get the necessary iodine?

A Yes, OHCS contains 0.1g per kg of natural iodine. There are two opposing opinions regarding the need for added iodine in our diet today. I've been a vegetarian for over 35 years and take no supplements whatsoever. Yet, I show no symptoms of any deficiencies in minerals. If you feel that added iodine is necessary, then by all means you should do as you feel.

Q I wish I could eat fresh cooked stuff every day, but a few times a week I have to have something like a South Beach frozen pizza or the like. How does that affect the helpfulness of OHCS Sole?

A We all eat foods that we know aren't the most beneficial. But because we like them or they provide an emotional support, we're going to eat them anyway. Don't feel guilty about eating these types of products. Guilt creates dissonant vibrations. Just be sure to give yourself the things that are good for you on a regular basis and the stuff that's not so good won't have such a negative impact. That's why it's important to take your 1 teaspoon of OHCS Sole every day. The important thing to know is that the OHCS Sole will automatically create a change in you without any effort on your part. It will create its own frequency pattern in you that will attract similar, positive frequencies from the atmosphere around you. In this way, you will begin to think differently and have a more positive outlook on your life. Just by taking 1 teaspoon of Sole, you can be happy. Sounds too good to be true? Just find out for yourself.

SPRINGTIME ALLERGIES? OHCS to the Rescue

It's that time of the year, spring is in full swing and winter is slowly becoming a memory. Some people will be planning family picnics, trips to the ballpark and other ways to enjoy the warm weather. But if you're among the 35 million Americans having to deal with spring allergy symptoms, springtime can be a dreadful experience.

Allergic rhinitis, or hay fever, is triggered by "allergens," substances that initiate an allergic response, such as pollens or molds, according to the American Academy of Allergy, Asthma and Immunology (AAAAI). Many trees, grasses and weeds have small, light and dry pollens that are easily carried by the wind. Some of the major outdoor allergens that cause allergic reactions during this time of year are trees such as oak, elm, birch, ash, hickory, poplar, sycamore, maple, cypress, walnut, and western red cedar; and grasses such as timothy, Bermuda, orchard, red top, and sweet vernal. In late summer and fall weeds such as ragweed, sagebrush, pigweed, Russian thistle and cocklebur,

become problematic for allergy sufferers.

People with allergies experience symptoms resulting

from a reaction triggered by allergens to which a person is sensitive. These typically inhaled allergens combine with an antibody called immunoglobulin E (IgE). IgE, the "allergic antibody," is normally present in very low levels, but is found in larger quantities in people with allergies. This pairing of the allergen and IgE causes the release of chemicals such as histamine which cause inflammation in the nose and airway leading to symptoms of itchy, watery eyes, sneezing, nasal congestion, a runny nose, drowsiness and headaches.



Since allergies can lead to other chronic conditions such as asthma, they should not be taken lightly. If seasonal allergy symptoms are making you miserable, you would benefit greatly with one or more of the therapeutic applications of OHCS. . . nasal and eye washing, Sole inhalation therapy and using the OHCS Salt Air Inhaler

The foundation upon which to build your defense is the Sole drinking therapy. Start each day with 1 teaspoon of Sole in a glass of water and drink it. In this way you will establish the necessary protection from dissonant frequencies that you're exposed to, as pollens and molds.

Irrigation of the nasal passage with a Neti pot using a 1-3% OHCS Sole solution and rinsing the eyes with a 1% OHCS Sole

solution will provide instant relief for itching eyes and runny nose and lasts for several hours. It's clean, natural, and totally rejuvenating.



solution will provide instant relief for itching eyes and runny nose and lasts for several hours. It's clean, natural, and totally rejuvenating.



Finally, for relief of bronchial congestion and stuffed head, the OHCS Sole inhalation therapy is recommended. Just add 1/4 cup of OHCS Sole to 2 cups of boiling water and, covering your head with a towel, breathe deeply the salt-laden steam.

Naturally, an important component of any allergy management plan is trying to avoid the pollens and molds that make you sneeze and wheeze. Here are some tips:

- Keep windows closed at night to prevent pollens or molds from drifting into the home.
- Use an air conditioner and dehumidifier to keep air clean, cool, and dry.
- Keep car windows closed when traveling.
- Minimize outdoor activity on days when the pollen count or humidity is reported to be high or on windy days when mold and pollen are blown about.

To find out the pollen count for your area, visit the NAB Web site at www.aaaai.org/nab.



NEW PRODUCTS



HIMALAYAN CRYSTAL SALT™

REJUVENATION *Bath* - An Original Himalayan Crystal Salt bath har-

monizes your bio-energetic weak points and helps to create balance in the body. The bath purifies the respiratory system while the exhilarating aromas of natural, essential oils charge your senses and refresh your elemental being. Your skin will feel smoother and more elastic as the natural, energy potential, the 84 trace minerals within the crystal salt, are released into the water.

One Pound Jar (1 lb.) \$26.50



RELAXATION *Bath* - Harmonize your body and soul through the resonant

effect of this therapeutic bath. The pleasant aromas calm the nerves, allowing for deep, uninterrupted and restful sleep. The soothing effect will indulge your senses and relax your muscles. You will experience an overall transformation as you absorb the Energy- Life Force potential released from the crystal salt. Your skin will feel smoother and more elastic. The bath will neutralize the body's acidity, further improving the regeneration of cells.

One Pound Jar (1 lb.) \$26.50

Visit our [Specials](#) page online to see our [Introductory Offer](#)



Himalayan Crystal Salt™ INHALER



The Benefits of the Atmosphere of a Salt mine in Your Home

The Salt-Air Inhaler is a convenient drug-free and non-invasive device for enjoying the benefits of salt-air therapy. The use of salt for therapeutic treatments of asthma and other respiratory ailments is nothing new. Halotherapy (Halo=Salt in Greek), and Speleo-Therapy (Speleos=Cave), are well known in Europe. Both treatments fall under the category of physical therapy, or drug-free treatment of disease.

Salt inhalation was recommended by Hippocrates, the father of modern medicine, who applied the age-old method of inhaling the steam from boiling saltwater.

Daily Use For Several Minutes Can

- Ease Breathing
- Support Rehabilitation & Medical Therapies
- Clean the Respiratory System

Salt-Air Can be Very Helpful For Respiratory Problems Caused by:

- Pollen & other Allergies
- Asthma
- influenza & Other Infections
- Dehydrating, Recycled Air Aboard Airlines
- Smoking

Breathing through the Salt-Air Inhaler for 15-20 minutes per day draws moist air across the holistic, mineral-rich salt, the benefits of which affect the entire respiratory system.



This device contains Original Himalayan Crystal Salt that is mined from an exclusive source in the Himalayan Mountains. This 250 million year old salt comes from a pristine eco-system and contains 84 ional minerals and trace elements.

Refillable - The OHCS salt inside the inhaler is effective for a period of two years.

\$59.95

More on line at: [Salt-Air inhaler](#)

Sacred Geometry

OHCS Represents Perfection



In the wake of the tremendous success of the book, *The DaVinci Code*, we are witnessing a kind of Renaissance, an awakening to the hidden, cryptic meanings of the words and symbols of both the ancient and contemporary world. Modern science has discovered a simple mathematical equation that, when fed into a computer, creates a pattern called the “fractal,” which repeats itself infinitely both microscopically and macroscopically. Some refer to the formula that creates the fractal as “God’s Creation Formula.” We now know that we live in a mathematically perfect universe, a universe governed by geometry and numbers. Creation itself can be understood in the manifesting or materialization of Energy into perfect geometric shapes and forms, known as Platonic solids. Behind each one of these shapes is a “secret code,” which can be unlocked by one having knowledge of an esoteric or metaphysical nature.

One such person was Viktor Schauberger, who possessed a rare gift. The following is an excerpt from the book, *Hidden Nature, The Startling Insights of Viktor Schauberger*. This book has attained a high status on my list of required reading and has broadened my perspective of the incredible, hidden, unseen Power which motivates and enlivens everything in our world.

“Viktor Schauberger saw mathematical patterns and rhythms as the heartbeat of the Universe, and was fascinated by the traditional use of the language of number and form to codify how they are repeated and in what form. It is difficult for us, schooled in a rationalist worldview which separates form from the natural order to see that they are part of one whole. The ancients regarded mathematics and geometry as the tools to understand patterns in Nature and in the Universe. The religious leaders of old, who were also the scientists and mathematicians, did not make our mistake of putting different phenomena in separate compartments. To them, the world of matter and reason

and the world of spirit and the awareness of God were all one. In the context of myth and symbol, they used numbers and forms in a way that would satisfy the spiritual sense of meaning and the scientific need for structure and reason. Out of this process arose the traditions of numerology and sacred geometry.

In all the ancient cultures, the square symbolized the Earth of matter and rationalization, and the circle the encompassing world of spirit and feeling. How to bring them into balance was called 'squaring the circle' and was the pursuit both of architecture and philosophy. The sum of the sides of the square was equal to the circumference of the circle, so they come into harmony by enclosing the same area. This is sometimes used as a metaphor for the balanced personality. So 'circling the square' indicates someone whose rationality is greater than his/her sense of feeling.

As with other problems in sacred geometry, though it is not possible to draw this relationship by simple measurement, because it is part of the natural order, that is where the solution is to be found — in fact in the relationship of the size of the Moon to the size of the Earth. You draw a square around the circle of the Earth (each side of which will equal the Earth's diameter). Then you draw the Moon on the same scale, sitting on top of the Earth. A circle with its centre as the centre of the Earth, and its circumference passing through the centre of the Moon will have a circumference equal to the sum of the sides of the square enclosing the Earth.

This figure (Fig. 1.1) also contains the 3-4-5 Pythagorean triangle which connects the corners of the Earth and Moon squares. It was from such relationships that the 'Pythagorean canon of proportions' was created. The basics of musical harmony depend on intervals created by these divine proportions. There were canons of architecture, of painting and of musical harmony taught in the medieval mystery schools, and partly revived in the Renaissance.

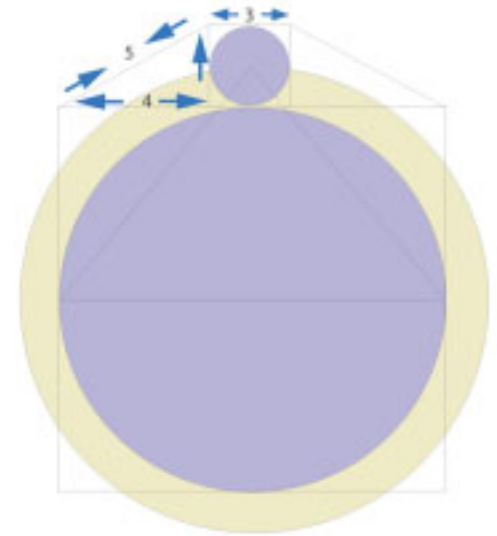


Fig. 1-1 Squaring the Circle

Sacred geometry is based on the observation of cosmic relationship. The Great Pyramid's base straddles the Earth's equatorial diameter, its apex is at the center of the Moon, which is in true proportion to the Earth, and held to the square by a Pythagorean 3-4-5 right-angled triangle.

The Golden Mean

The search for perfect proportion, a shape for containment that is aesthetically pleasing, led to the discovery of the 'Golden Mean' or $\sqrt{3}$ rectangle. The square is too mechanical, a long rectangle too awkward. The shape that 'seems' to be just right is a square rectangle with the proportions 1 : 1.618. This turns out to be the magical proportion favored by Nature in her designs. A series of these, reducing in size, form a perfect spiral, like the nautilus shell.



Spiral forms often display a similar “sacred” proportion of 1 : 1.618; numbers in the Fibonacci series, for example, which maintains the (Golden mean proportions indefinitely, and dictates the beautiful spirals in a sunflower head, Nature’s ingenious way of packing the

maximum number of seeds into the head. An intriguing form that arises in Nature, either on its own, or as part of a more complex form, is the *vesica pisces* (Fig. 1.3). It is the feminine principle of generation from which spring all other geometrical forms, from triangles, squares, polygons, to Golden mean rectangles, which abound in sacred architecture.

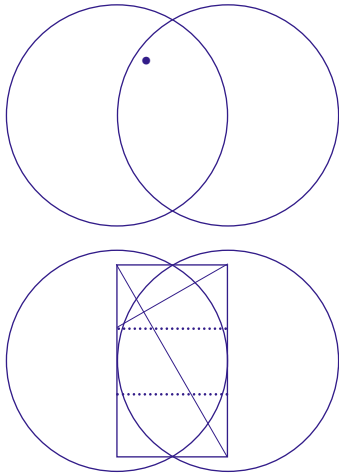


Fig. 1.3 Vesica Pisces

“The Vessel of the Fish” is the simplest and most informative geometrical symbol, being the orifice of two interpenetrating circles which inspired the master masons of the medieval cathedrals. Many Christian symbols, including the fish and the bishop’s mitre, have been derived from the vesica. On the top is the fish, whose eye corresponds, on the bottom, to the geometric ‘eye’ of the $\sqrt{3}$ rectangle enclosing the eye.

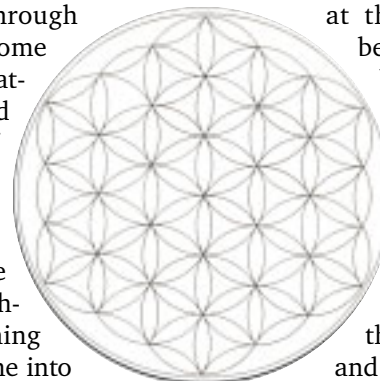
All traditional arts and sciences were based on the same cosmic truths expressed in number, and the sacred numbers were the ratios in a revealed world order, drawn from the experience of mystics and confirmed by precise measurements of the solar system. Sacred buildings from Stonehenge to the Temple of Solomon, ancient Egyptian paintings, the works of Michelangelo, all have their magical effects and power over human consciousness attributed to the use of these divine proportions.

The Middle Ages were a time when the physical and the spiritual were completely intertwined, but our histories, based on the rational “Enlightenment” worldview, regard those centuries as a time of ignorance and deprivation. In fact they were seething with creativity and inspiration:

thus the Gothic cathedrals which relied more on an understanding of correct proportion than on reasoned engineering skills. Medieval musicians were fascinated that if you divided an open string by whole numbers, you can get notes that are in exact proportions. They rediscovered the miracles of harmony, and easily accepted them as Divine. This may be the reason for the extraordinary beauty of medieval chants.”

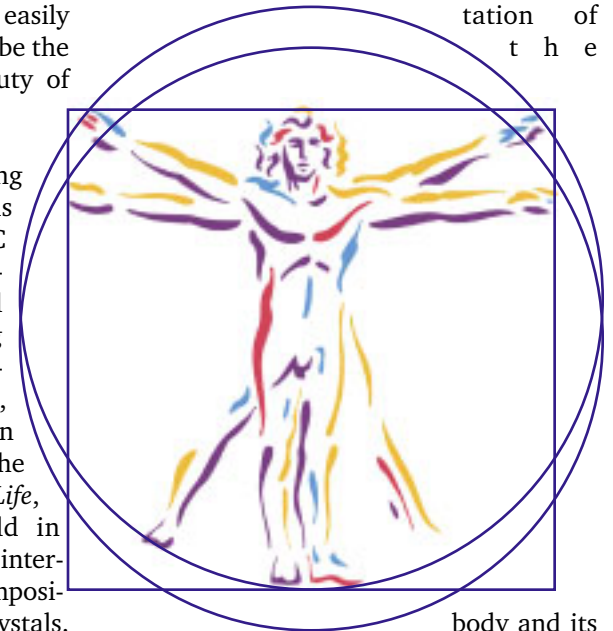
In past newsletters I’ve been talking about the Platonic bodies or solids and the manifestation of E-LF-C into various shapes. Sacred geometry states that shape generates all the laws of physics. Understanding shapes or geometry is the foundation to understanding everything, including you own true self. When Peter Ferreira, the co-author of the book, *Water & Salt, The Essence of Life*, went trekking around the world in search of the perfect salt, he wasn’t interested so much in the chemical composition, but in the shape of the crystals. Knowing that shape or geometry determines the Energy content, Mr. Ferreira went looking for the “perfect” shaped crystal. Because salt always forms into “cubes,” one of the five Platonic solids, Peter knew that if he found a flawless cubic shape, he would find a perfect salt. This might seem a bit “far out” to the left-brained developed Western mind. But if we look deeper into the subject of Sacred Geometry, then Peter’s premise is a sound one.

Sacred Geometry is nothing more than a language, a language through which everything has come into being or has been created. It is sometimes referred to as the “language of silence” or the “language of light.” Perhaps the penultimate sacred geometric shape is the “flower of life,” for within this shape is everything that exists or is yet to come into existence. All life manifests or is accomplished through this pattern or



shape. Want to know more?

I want to skip ahead a bit and reveal some more mysteries surrounding Leonardo and his famous drawing, “Proportions of the Human Body.” He realized the incredible space or geometry surrounding the physical manifestation of the



body and its relationship to the transcendental number, 1.6180339, the phi ratio. He understood that all organic life is based on the phi ratio. All the bones in the fingers, feet, and legs stand in phi ratio. All laws are contained in the body’s proportions. With the arms extended straight out and the feet straight down, a square is formed around the body. Its center is at the base of the spine, where the original cells that formed the body originate. When the arms and legs are spread, a sphere forms with its center at the navel. The circle and square meet at the feet, and the distance between the navel and the base of the spine is exactly one half the distance from the top of the head to the circle’s edge. If you move the center of the circle down from the navel to the base of the spine, you get the image of phi ratio, the perimeter of the square and the circumference of the circle being equal. Next issue we’ll remove the veil of mystery altogether.

Serious Moon Phase Bathers - Save \$67.50



1 Bag = 10 Boxes
FREE SHIPPING

Serious about your Moon Phase bathing? Here's your 5 months supply. Many of our Moon Phase Bathing customers would like to buy our bath crystals in bulk to keep up their twice-monthly therapeutic bathing.

Save almost \$7 per kilo (30% discount) when you purchase our 10 kilo bulk packaged bag of bath crystals. The same bio-energetically potent crystals of original Himalayan Crystal Salt as in our 1 kilo boxes but packed in a convenient 10 kilo (22 lbs.) cotton, drawstring bag for commercial applications by spas and other therapy facilities. It's like buying 10 boxes of bath crystals. **\$157.50** [Click Here](#)

SALT FACTS

SALT - A SMALL BUT PERFECT THING

In 1744, Guillaume Francois Rouelle, a member of the French Royal Academy of Sciences, wrote a definition of salt that has endured. He said that a salt was any substance caused by the reaction of an acid and a base. For a long time, the existence of acids and bases had been known but little understood. Acids were sour tasting and had the ability to dissolve metal. Bases felt soapy. But Rouelle understood that an acid and a base have a natural affinity for each other because Nature seeks completion and, as with good couples, acids and bases make each other complete. Acids search for an electron that they lack, and bases try to shed an extra one. Together they make as well-balanced compound, a salt. In common salt the base, or electron donor, is sodium, and the acid, or electron recipient, is chloride.

It turned out that salt, was a microcosm for one of the oldest concepts of Nature and the order of the universe. From the fourth-century-B.C. Chinese belief in the forces of yin and yang, to most of the world's religions, to modern science, to the basic principles of cooking, there has always been a belief that two opposing forces find completion—one receiving a missing part and the other shedding an extra one. A salt is a small but perfect thing.

From *Salt - A World History* by: Mark Kurlansky

