

When purchasing crystal salt, be sure to check its origin and proof of quality

of their possible benefits. The salt from these areas are mostly crystalline rock salt or at best, a mixture of rock salt and crystal salt, due to the fact that the separation process was careless and machine managed. Oftentimes, pink shimmering rock salt is sold as “crystal salt” because, to the inexperienced eye, it cannot be identified by its appearance.

Although a variety of “crystal salts” will become available following the release of this book, some displaying almost equal chemical composition, offered by companies trying to convince you that it is of the same standard as we’re are talking about here in the book, it must be understood that natural salts from different sources also possess different biophysical properties. Remember how fascinated you were when first seeing

Crystal Salt from the Himalayan Mountains

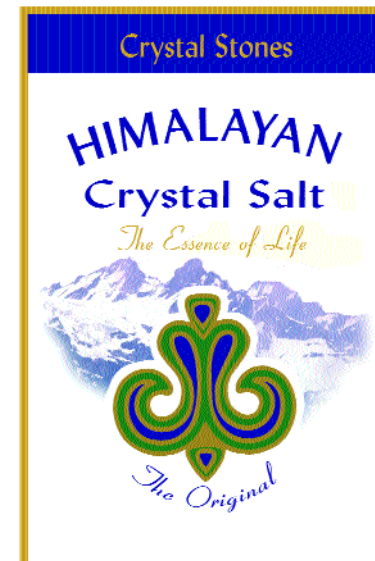
The scientific insights about crystal salt published in this book refer to one specific salt, mined from only one exclusive location in the Himalayan Mountains. The scientific research conducted by Peter Ferreira in this book, refers only to this salt, distributed in English speaking countries as “Original Himalayan Crystal Salt”, and meets the criteria for scientifically verifiable holism. It was only this pure crystal salt that was used to conduct our research. The degree of compression within this mountain range was so extreme that it created perfectly structured crystal grids within the salt.

The salt bears the official seal of the Royal family to denote its region of origin. This seal symbolizes the longevity and the holistic, natural lifestyle of the native people of this region. We are proud to have been granted permission to exclusively identify the original Himalayan Crystal Salt, which is the foundation of this book, with this seal. Initially, we also analyzed crystal salt

from a German mine in Berchtesgaden. The chemical analysis only slightly varies between this salt and the crystal salt from the Himalayan Mountains in Pakistan. However, the Original Himalayan Crystal Salt exhibited a structure that was substantially more perfect, more orderly and hence, contains that much more information.

The distribution of the elements also plays an important role. According to the global table salt regulation (Codex Alimentarius), consumer salt must consist of at least 97% sodium chloride. Even though this guideline has nothing to do with holistic nutrition, or in fact with any nutrition at all, it has to be observed in order to sell salt as food. This industrial standardization enabled the import of refined table salt while disabling salt mines to sell their natural rock salt as food, because the sum of natural elements within the rock salt surpassed the legal limit of the codex. However, the Himalayan salt we have been researching also satisfies the codex because of the extraordinary compression of its elements. It is not a question of the number of elements, but about how they are qualitatively available to the cells in our body. This structure of superior quality has been scientifically in the “Original Himalayan Crystal Salt.”

the individual structures, reflecting the energy potentials of the various water crystal photos from Emoto? Although it was only H₂O, we could clearly see that its individuality was totally dependent on its energy field. For salt and any other elements, the same biophysical science is enforced. This doesn’t mean that the original Himalayan crystal salt we have tested and used in our studies is the “best” salt available, because in biophysics there is no “best” or “worst.” Every source is



This label is your guarantee that you have the Original Himalayan Crystal Salt as talked about in this book

dependent on its measurable, individual energy frequency spectrum and, therefore, not comparable. But to know for certain how beneficial a “crystal salt” can be for us, we need to seriously analyze it thoroughly. These studies take a considerable investment in both time and money. Only then, after having conducted the research, can you really know of its true benefits in respect to our physical and mental well-being. Additionally, we would like to remind the reader that this book is, in general, about the subject of biophysics. And, that the holistic and biochemical perspectives are shown to you only so that you can see that all things existing, even the “invisible,” are connected to each other. When Peter Ferreira made his first physical and biophysical measurements to prove his thesis that salt is more than its chemical composition, he made his initial testing with patients in the healing chambers of the salt works in Berchtesgaden, Germany. This underground salt universe, which is the most famous salt mine in Germany, is at the center of the intersections of energetic grids of the Earth. Only by understanding the neutral physical properties of salt in general, has Peter proven that, even without ingesting any salt, the patients’ energy fields were immediately affected in resonance to the physical energy frequency spectrum present where this salt occurs. Tests performed on patients two hours after having left the salt chamber revealed that their positively changed organ and cell status had maintained the same energy level as while in the salt mine. Knowing that not everybody has the opportunity to visit such healing chambers as the salt works, Peter started to analyze the effects of drinking a teaspoon of pure, crystal salt solution from this mine. Amazingly, patients who never were physically at the salt mine adopted the resonant energy field spectrum of the mine and maintained it for more than 24 hours. This encouraged patients to use the crystal salt solution as an every-day treatment until their self-regulatory systems could start to regenerate. After years of testing, Peter Ferreira started to use rare crystal salts from places in the

Himalayan Mountains, known energetic points on the Earth grid net. That is the reason why the “Crystal Salt,” in biophysical terms, became so valuable in connection with the “Living Water” for creating the “Sole”. The sole releases its stored energy potential, in relationship to its source, into our entire physical being, whereas our entire body reacts in resonance with the desire to regenerate to its healthy, complete origin, by enhancing our consciousness level with the given information pattern. Therefore, thousands of patients were able to completely recover from serious health defects by understanding these simple, natural rules. But again, even though it appears to be a “Miracle” - it is just the natural and universal law of “Cause and Effect”. When thinking about health, don’t make it complicated. Nature is easy to understand. Just allow yourself an open mind to understand what “Life” really is.

The aim of all of our studies was to prove the so-called “invisible” and to make readers aware that reality it is not always what we see and touch, but more, what is the invisible force behind the creation of what we call matter - our “LIFE FORCE”!!!

What You Should be Aware of When Purchasing Crystal Salt

Naturally, in order to preserve the inherent vibration pattern within the Original Himalayan Crystal Salt, it must be hand-mined. This increases not only its value, but also consequently, its price. Expect to pay more for this salt than for other table salts, sea salts or rock salt. Therefore, be mindful of the quality of the product you intend to buy. Be critical, and ask the merchant where they get their salt from, which region, which salt mine. Also ask for the required analysis of the crystal salt. Request the verification of the presence of all the natural elements and of their availability to the cells. Investigate as to whether the salt fulfills the Codex Alimentarius, and make sure it was manually hand-mined and prepared. You must be critical, due to the unfortunate fact that a number of “crystal

The crystal salt releases its stored energy potential, in relationship to its source, into our entire physical being



salt” merchants have emerged with their eyes on profits rather than on our health. They are hawking common rock salt or inferior salt from mines in Poland, the salt plains of Pakistan and elsewhere, bearing the label of high quality, Himalayan crystal salt. It would be regretful if some commercially minded exploiters, with eyes only for profits would discredit such an important discovery as the utilization of precious water and salt for maintaining our health. The original Himalayan crystal salt from the Himalayan Mountains that was used for conducting the medical research revealed in this book continues to be utilized by the medical profession

and possesses all named essentials and fulfills all requirements. It is sold throughout Europe and is now available in the U.S. Today there are several hundred doctors and therapists utilizing this ancient holistic knowledge. For thousands of years, doctors have successfully treated their patients with nothing more than water and salt!

More and more people are discovering salt as a vital source of life

For more information, please contact the independent Water&Salt Association - whose address you will find in the Resources section in the back of this book. You can also find a list of addresses for further information about the Original Himalayan Crystal Salt and other resources in the Appendix.

Healthy Energy Management with Water and Salt

Surely there are other deposits of crystal salt in the world and our planet has an abundance of it. Industrialization may have supplanted this ancient knowledge, but it’s time to revive this know-how and rediscover crystal salt as a vital food source. You will be surprised how quickly you can regain your body’s natural energy balance. There are many health-conscious individuals who shop at health and natural food stores. However, many are simply nonchalant in regard to the most important foods, water and salt. One study showed that those subjects that were less health food conscious, but were drinking the highest quality water and consuming the highest quality salt, for the most part had healthier organs than the health conscious people who paid no attention to the quality of water and salt they were consuming. Understand that you can become physically and mentally independent when you choose to drink natural, artesian, living spring water and you choose to eat pure crystal salt, instead of table salt. However, this is not about just regaining your total health. What we’re also discussing here is about balancing and managing your energy, which can be maintained by the information bound in the water and the salt. These two elements hold everything to satisfy your body and your mind.

Water and Salt as Real Foods

This combination of water and salt, this natural crystalline sole, is not a wonder drug. Rather, it’s simply a living food source. Water and salt can reestablish order from chaos in your body. However, you must first realize the cause of this chaos and remove it for long-term beneficial effects. In many cases, a change of diet is necessary. Crystal salt also releases the toxins and superfluous waste products in your body that can then be transported and excreted through your system.

Biophysically, water and salt, when combined together, give you everything your body and mind needs

Appraising Natural Salts

Earth and her oceans are rich in salts. However, high quality crystal salt is comparatively rare.

It is enormous pressure that creates the precious geometric structure in the crystal salt.

In the wake of the scientific discoveries surrounding crystal salt, profit-minded freeloaders have emerged hawking inferior salts as high quality “crystal salt”.

The most extensive research has been done with Original Himalayan Crystal Salt coming from one exclusive source in the Himalayan Mountains.

The Healing Effects of Salt

Many people are irresistibly drawn to the ocean because instinctively, we want to return to our origin

For thousands of years salt has been known as a panacea. Alchemists called it “the fifth element”—besides water, earth, air and fire—because its qualities were comparable only to ether, the actual fifth element. Why are we so drawn to the ocean? Because our subconscious mind instinctively wants to return to the specific vibrational state of the ocean from which we once emerged. This is where we can return to recharge our batteries and regenerate. It was only two-hundred-fifty years ago, with the advent of industrialization, that we initiated our disconnection from nature and her ways. Fortunately, we are witnessing a trend to return back to natural, holistic methods for living and caring for our body, including a shift back to utilizing natural salts in this process. People everywhere are reconsidering the healing effects of natural crystal salt. We can find it in skin care lotions and for use as bath salts, and it is even used in inhalation or cleansing treatments for illnesses of the respiratory system and for a variety of other indications.

The Neutralizing Effect of Salt

The healing properties of salt are also known in allopathic medicine. The largest and oldest salt works in Europe occupies the royal salt mine of Wieliczka, Poland, just 7.5 miles outside of Krakow. Here, a hospital was carved out of the expansive salt mountain, seven hundred forty feet below the surface, specifically for asthmatics and patients with lung disease and allergies. Several thousand patients have been successfully treated in this hospital. The healing rate is astonishingly over 90%. Recognition of the healing effects of salt chambers has influenced the construction of a similar underground spa located in the salt mine of Berchtesgaden in Germany. The therapeutic benefits of long-term residency inside the healing salt chambers are allopathically acknowledged. The healing effects were originally thought to be related to the purity of the air within the mine’s chambers. But if it was only a question of the purity of the air, why was the air in the cave so healthy, and the air above-surface so unhealthy? One cause has been determined. Our houses are charged with electromagnetic devices, such as TVs, stereos, computers, microwave ovens and the basic electric currents running through our walls. And, when not at home, we hold cell phones to our ears while driving in our cars and walking through our daily lives. This electro-smog causes an excess of positively charged ions that disturb the balance between the positively and negatively charged particles. Further, it creates an excess positively charged, chemically unbound particles in the air. Only thirty seconds on a cell phone are enough to open up our blood-brain-barrier, a natural barrier that protects our brain from toxins, for eight hours. A Swedish study showed that ninety percent of the women who used a copper-T I.U.D. as their birth control method, while simultaneously using cell phones, developed uterine cancer; the cause being that the I.U.D. functioned as a transmitter and receiver of unnatural, dissonant vibrations.



Harmful radiation for the body— the cell phone