

# Why CELTIC SEA SALT?



At Oliver's, we only use Celtic Sea Salt. We like it because it is a WHOLE food. It has all its 84 known human-cell replenishing minerals and trace elements intact.

It's how it's harvested that makes this salt our favourite. Celtic sea salt is gathered and harvested near the coast of North-Western France, where the water is rich in a variety of minerals. The salt is channelled into clay ponds where the sun and wind evaporate the water leaving a rich mineral brine. A salt farmer uses wooden tools to speed the drying and helps the salt crystals form before it is packaged.

That's it! Biologically active, pure, moist Celtic Sea Salt. No chemicals, preservatives, or anti-caking agents, Nothing taken out, nothing added.

Dr. Jacques de Langre, a Californian Biochemist, has been studying the health benefits of sea salt for over 30 years, and has written two books on the subject.

## He says that:

- Refined table salt is pure sodium chloride, a toxin to the body which can cause high blood pressure, yet unrefined Celtic sea-salt is extremely healthy and has the opposite effect of refined salt.
- Nature put 84 elements in salt, as a buffer, to protect you from pure sodium chloride which is all that 'refined salt' is.
- Large companies extract all the precious elements out of salt so they can sell the minerals to chemical companies for a good profit. What is left is a by-product, pure sodium chloride. To this they add anti-caking agents, anti-yellowing bleaches, glucose and inorganic iodine.

**Dr Langre says that the major reaction to sea salt is a renewal of energy. Fatigue diminishes and you also have increased mental alertness.**

Note: Sea Salt is not the same as "Celtic Sea Salt". Celtic Sea Salt is moist, grey in colour, and will always be described as "Celtic Sea Salt".

**NOW AVAILABLE:**  
**Take Home Packs**  
Ask at the counter today.



**More Taste. More Energy. More Life.™**