

Oliver's proudly uses and recommends only

Himalayan Salt - The King Of Salts

The Miracle of Himalayan Salt at a glance

- More than just salt, contains 84 minerals.
- From a time when the Earth was pristine.
- Contains no impurities from environmental pollution.

Salt is essential for life – you cannot live without it

At Oliver's we proudly use and recommend Himalayan rock salt. Most people simply aren't aware of the substantial difference between standard, refined salt and the king of salts, Himalayan rock salt. Himalayan crystal rock salt is more than "just salt" it contains 84 minerals. No other natural or man-made salt has this many minerals. Because of the quality of today's bankrupt soil much of our food is now lacking minerals. Himalayan rock salt is an easy and cost effective way to ensure your body is getting all 84 of these minerals. With recent research suggesting approximately 80% of adults are mineral deficient, why wouldn't you! Common table salt only contains sodium and chloride, with approximately 2.5% chemicals, such as moisture absorbents. This salt is dried at such a high temperature that any nutritional value is lost and the natural chemical structure of the salt is lost.

Himalayan salt comes from an environment free from modern society's pollution and because of its high mineral content there are many health giving benefits associated with the use of Himalayan rock salt.

Postulated health benefits

- Increases in energy and helps Chronic Fatigue Syndrome.
- Links to help Hypertension & Stomach Cancer.
- Assists in regulating water content throughout your body.
- May balance excess acidity from your cells, particularly the brain cells
- Has been shown to regulate your blood pressure, in conjunction with water
- May assist in stabilising irregular heartbeats.
- Assists in balancing blood sugar levels and helps reduce your aging rate.
- Enhances absorption of nutrients through the intestinal tract.
- Helps clear mucous and phlegm from the lungs, particularly useful in asthma and cystic fibrosis.
- Thought to act as a strong natural antihistamine to help clear up congestion in your sinus.
- Prevents muscle cramps.
- Helps to strengthen bone structure.
- Regulates sleep: It is a natural hypnotic
- Helps maintain your libido.
- May prevent varicose veins and spider veins.
- It keeps you safe and healthy during exercise; in fact, high-altitude hikers make sure they get enough so they don't go into hyperthermia.

Buy some to take home today.

Available in store at Oliver's Real Food



Himalayan rock salt uses:

- Use Himalayan rock salt on your food (put on after cooking, so the healthful minerals aren't lost during the cooking process).
- Put it under your tongue (to absorb the minerals helpful for increasing energy, reducing cramps, improving sleep, reducing high blood pressure and the list goes on [see above]).
- Use as an exfoliator (for a therapeutic effect exfoliate full body with the salt and leave for 5 minutes, allowing your skin to absorb the nutrients).
- Use it for sinus issues (warm water and Himalayan salt, use as a sinus drain).
- Try it as a natural mouth gargle.

Chemical content of Himalayan Salt

Hydrogen, lithium, beryllium, boron, carbon,, nitrogen, oxygen, fluoride,, sodium, magnesium, aluminium, silicium, phosphorus, sulphur, chloride, calcium, scandium, titanium, vanadium, chromium, manganese, iron, cobalt, nickel, copper, zinc, gallium, germanium, arsenic, selenium, bromine, rubidium, strontium, yttrium, zirconium, niobium, molybdenum, ruthenium, rhodium, palladium, silver, cadmium, indium, tin, antimony, tellurium, iodine, caesium, barium, lanthanum, cerium, praseodymium, samarium, europium, gadolinium, terbium, dysprosium, holmium, erbium, thulium, ytterbium, lutetium, hafnium, tantalum, tungsten, rhenium, osmium, iridium, platinum, gold, mercury, thallium, lead, bismuth. Polonium, astatine, francium, radium, actinium, thorium, protactinium, uranium, neptunium and plutonium.



More Taste. More Energy. More Life.™