



HIMALAYAN SOLE

(Do not use any metal implements when making or using sole as these can de-ionise and degrade your solution)



WHAT IS SOLE?

Sole, (pronounced so-lay) is completely saturated salt water. This means that the water will become so saturated with the salt, that it can't possibly absorb anymore, leaving salt remnants on the bottom of your container.

THE BENEFITS OF SOLE

For Drinking - It's great for replacing electrolytes, rehydrating, boosting energy levels and detoxifying the body. It helps improve digestion and balances blood sugar levels. It's a natural anti-histamine and helps improve skin, nails and hair. It also balances the body's pH, helping to alleviate acid induced health issues. Strengthens veins, promotes bone health, normalises blood pressure and stimulates the metabolism. It has also been shown to help lower addiction cravings, soothe skin conditions, help with mouth problems and sore throats.

For Bathing - A 30 minute bath with sole, has been likened to a three day detox. It will help with electrolyte replenishment, elimination of toxins from the body and any health issues. It makes your skin feel soft and will help with any skin problems.

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HOW TO MAKE SOLE!

For drinking - Equipment: A glass jar with lid (not made of metal), a wooden or plastic spoon and Himalayan Salt.

Directions: Start by pouring 2-3cm of salt (or 5-6 chunks) into the bottom of your glass jar, then pour in filtered, room temperature water until you have approximately 2cm left at the top of your jar. Give it a stir or seal the jar and give it a shake. Leave to sit overnight. The next day, check to see if your salt has dissolved. If all your salt has been dissolved, add some more and leave it for a few more hours. You should always have a layer of salt on the bottom of your jar. This means that the water can't possibly absorb any more. *Note: your sole will last a long time, there is no need to throw out any unused sole. You can keep using it and topping up your water, until you have completely finished the sole. Then just wash your jar out and start again.*

For more information and for directions on how to make sole for bathing, please visit the blog -
www.melaniesholistichealing.wordpress.com/2015/07/14/salt-water-drink-it-are-you-crazy

HOW DO I TAKE SOLE?

It is best to take the solution upon rising and on an empty stomach. Take one level wooden/plastic teaspoon of sole and add it to a full glass of water (approx 250ml) and drink!! You can do this every 24 hours.



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