



OCEAN FARMING

Mix together:

4 Ounces of **Salt of Life Solé**

32 Ounces of good **quality** water

Ocean farming was discovered after 40 years of research by Dr. Maynard Murray who wondered why sea plant and animal life had **vigorous health**, were less susceptible to aging, and didn't fall prey to degenerative disease like land life and humans did.

Dr. Maynard Murray started his research in 1936 and was a **pioneer** in conquering human disease using only clean, unpolluted, ocean water in agriculture to replace the minerals depleted from our soils. He believed sea energy agriculture was the answer for proper nutrition, stronger immune system and a **longer, healthier life**.

Ocean farming using Salt of life pure, ethically-mined, **non-commercialized** Himalayan salt has been reported to be alkalizing and mineralizing for our soils producing greener gardens, **nutrient-dense** foods and beautiful blooms.



SLEEP AID

In a glass jar with a lid, mix together:

5 Teaspoons of organic raw honey, **locally** sourced

1 Teaspoon of Salt of Life **Finely Ground**

Place 1/2 tsp **under the tongue** at night where it will be quickly absorbed by the body. Keep mixture by bedside, this action has been reported to contribute to a restful night's sleep and to waking up feeling refreshed.



DENTAL HYGIENE

Pour Salt of Life Solé directly onto toothbrush and gently brush. Follow up by **swishing** additional Solé around the mouth, **pulling** in and out of teeth using your tongue.

This action may prevent bleeding gums and, with repeated use, may make **teeth whiter** over time. Using the undiluted Solé as a mouthwash may also **balance the ph** of the normally acidic mouth.



SALT SPRAY FOR HAIR

Mix together:

1 Cup of Water

2 TBS of Solé

2 TBS of coconut oil **or** substitute 1/2 tsp of conditioner for softer hair

2 TSP of Aloe Vera Juice

Few drops organic vanilla or other favourite essential oil scent.

Add all ingredients to spray bottle and spritz hair all over. As hair naturally dries, use fingers to scrunch into beachy waves.



THERAPEUTIC FOOT SOAK

Add a 3/4 cup of Solé to a large bowl and soak for 20-30 minutes. Let air dry. This action may **reduce foot odors, cracked heels** and **foot fungus**.



MINERAL BATHING

Hippocrates, the Father of Medicine and famous for studying the healing powers of water, noticed how fisherman had very few infections or complications after soaking injured hands or other wounds in seawater. After studying the effects, he recommended to his patients to bathe in warm, **pure** sea water for health. He called this treatment “**Thalassotherapy**”

Preparation: Soak 4 or 5 large Solé rocks in 4 cups of quality spring water for 24 hours. After 24 hours, remove the Solé rocks and set aside, add all of the mineral electrolyte Solé solution to a drawn bath with a temperature of your liking.

Best results: Bathe for 20-30 minutes. Do not towel or rub dry after bathing, but **air dry** naturally. **Rest** at least for two hours, ideally overnight.

Salt of life mineral baths are one of the most popular alternative ways to use the **Solé** solution as it contains a mineral content **4** times higher than the **Dead Sea** and has been reported to be highly beneficial for skin issues.

For soft **nourished skin**, bathe on a Full Moon where your skin is reported to be at its highest ability to absorb the minerals. Bathe on a New Moon for an effect that may equal up to a **3-day detox**. Always drink plenty of water 24 hours after mineral bathing



CONSTIPATION

Mix together:

4 Tablespoons Salt of Life Solé

1 Liter of water

Known as the **Salt Water Flush** or SWF, a highly effective colon cleaner that may flush toxins. **Many people prefer** this to colonics or enemas both for **ease** of use and cost.

Stir or shake ingredients together and drink the entire contents within 10 minutes for best results. Best done in the morning and have easy access to the bathroom as colon usually begins evacuation within 20 to 30 minutes.



AYURVEDIC FOOT SCRUB

"The doors to the body's inner pharmacy are under the bottoms of your feet"

Dr. Vasant Lad, Ayurvedic Physician

Mix together:

2 Cups of Salt of Life **Fine Grind**

1 Cup of **organic** coconut or grapeseed oil

Blend together with a wooden spoon on low-med heat for a few minutes and store in a glass jar.

An **ideal foot scrub**. Focus scrubbing 1 minute **vigorously** on each part of the foot: toes, soles, and heels before bed. Rinse well and repeat nightly.

Foot scrubbing daily has been reported to relieve pain, prevent and cure illness, reduce stress and produce deep sleep relaxation. Massaging and salt scrubbing feet can be traced back 5,000 years in Ayurvedic medicine.



SINUS RELIEF

Mix together:

2 Cups of **lukewarm** quality water

1 teaspoon of Solé

Pour into a Neti-pot and follow the directions on the package of your Neti-pot. Nasal irrigation has been reported to be highly beneficial for **healing sinus issues**, remember how good your sinuses feel after swimming in the ocean? Repeat once a day if desired.



INSECT BITES

Mix together:

2 TBS Solé

1 Cup of warm water

Soak washcloth or cotton Q-tip and **compress** onto skin. Let air dry and repeat as needed. Has been reported to **Reduce itchy**, swollen bites.



CANKER SORES

Swish Solé inside mouth, or for small children, dip a Q-tip into Solé and press onto Canker sore at bedtime. Repeat next day if necessary but reported to be normally **healed** by the morning.



COLD SORE

Dip Q-tip or wash cloth into Solé and **dab** onto cold sore, **repeating** every hour for a day. Repeat next day if necessary. Normal healing reported to be within a day or two.



SORE THROATS

Gargle with Solé 2 or 3 times a day for healing. Repeat next day if necessary.

Reported to be an excellent natural **throat remedy** for singers.



COLDS & BRONCHITIS

Heat a **pot of water** and add 1/2 cup of Solé for every 4 cups of water.

Cover head with a towel, **inhale** the Solé steam, being careful not to keep face too close to the pot. Breathe in steam for **10-15** minutes and have tissue handy as phlegm/mucus reported to start to **release** within half an hour. Repeat as necessary. May also be helpful for Asthma relief.



DISCLAIMER:

The information on this website is not intended to replace a one on one relationship with a qualified health professional and is not intended as medical advice. These products are not intended to diagnose, treat, cure or prevent any disease or condition. If you are pregnant, nursing, taking medication or have a medical condition, consult your health professional before using products. Always consult your doctor before starting any program.