

Generations ago, people regularly turned to salt water, mineral water and salt mines to seek remedies for chronic congestion problems. Due to prohibitive distances, clinics were established in towns around the globe to deliver salt-based remedies to sufferers of a variety of illnesses. The name given to this type of rehabilitation: Speleotherapy. Salt has been used for many centuries to dry bronchial tubes and rid sinus cavities of bacteria and microbes. It's a natural evolution to the Himalayan Salt Lamp which uses a low-wattage light bulb and/or candlewick to disburse negative ions emanating from the salt crystals. The redder the color, the higher the mineral content.

Place a Himalayan Salt Lamp in your bedroom to help clear sinuses during the night when the body's defense system is most relaxed and receptive and to help intensify your sleep experience. Install one in the room in which you relax -- family room, living room, and den--to freshen the air and make family time, reading and hobbies more pleasurable. Enjoy reduced fatigue--especially during that 3 p.m. slump--by putting a Himalayan Salt Lamp to work in your home office. You'll not only transform the air you're breathing, but you'll reduce the amount of electro-magnetic pollution office equipment disburses. Keep a lamp nearby when you're studying to increase your powers of concentration when you peruse material you're learning. Meditation practitioners extol the virtues of the Himalayan Salt Lamp when used in conjunction with yoga, deep breathing and other meditative efforts. Allergy sufferers are said to benefit greatly from exposure to this clean, naturally-ionized air.

Himalayan salt contains over 84 minerals and trace elements. Found at locations so high there's not a trace of pollution or environmentally compromised material in the air, Himalayan salt is light years away from the chemically-altered salt reduced to a sodium and chloride mix most commonly found on grocery shelves and rarely touted as being beneficial to the human body. Negative ions are disbursed from its crystals. To add to its mystique, authentic salt crystals come from the deepest mines on earth located under the foothills of the Himalayan Mountain range. Crystals are hand-harvested from mineral deposits on salt cave floors that have been dated by geologists to the Precambrian Age, approximately 250 million years old.

84 minerals and trace elements found in Himalayan Pink Salt:

Aluminum	Arsenic	Ytterbium	Thulium
Beryllium	Manganese	Europium	Cesium
Boron	Iron	Gadolinium	Barium
Calcium	Ruthenium	Antimony	Rhenium
Carbon	Cobalt	Terbium	Lanthan
Chloride	Molybdenum	Indium	Tantalum
Flouride	Zinc	Titanium	Neodymium
Gold	Francium	Plutonium	Lead
Hydrogen	Vanadium	Promethium	Tellurium
Iridium	Polonium	Uranium	Phosphate
Lithium	Chromium	Samarium	Iodine
Magnesium	Germanium	Strontium	Erbium
Mercury	Radium	Water	Actinium
Nitrogen	Nickel	Dysprosium	Cerium
Osmium	Bismuth	Protactinium	Nitrate
Oxygen	Copper	Holmium	Praseodymium
Phosphorus	Bromine	Silver	Lutetium
Platinum	Astat	Neptunium	Hydrogencarbonate
Potassium	Technetium	Tin	Wolfram
Scandium	Rhodium	Thorium	Ammonium
Silicon	Selenium	Zirconium	Ytterbium
Sodium	Gallium	Rubidium	Palladium
Sulfur	Niobium	Cadmium	Hafnium
Thallium			