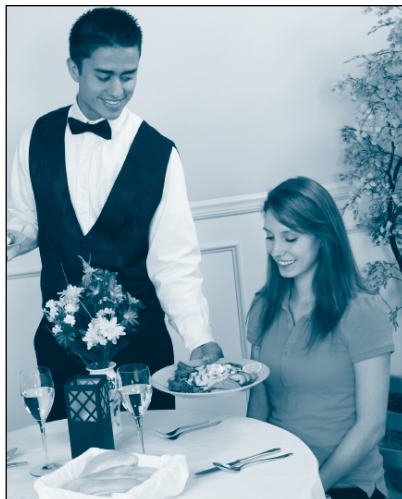


CRYSTAL BALANCE™ HIMALAYAN ROCK SALT

Mineral-Rich Gourmet Salt



The maître d' leads you and your date to your seats, and you slowly take in the ambiance of the award-winning restaurant. The snowy linen, the sparkling silver, the shimmering crystal...it is even more beautiful than you imagined. The menu is sublime, just as everyone told you it would be, and even a bit overwhelming. After the waiter takes your orders and the entrées arrive, he brings you a silver platter upon which tiny glass bowls are arranged. The bowls hold colored crystals—white, pink, beige, gray, black. He presents the platter and asks if you have a salt preference, or if you would like to try the chef's recommended salts, ones specifically chosen for your entrée.

Although most Americans think of salt as...well...just plain salt—throughout the world, various cultures have experienced salt that is much, much more than we ever imagined. Whereas some of us know the enhanced flavor of sea salt and others have tried flavored salts—salts mixed with herbs and spices—the idea of artisan or specialty culinary salts is new to most of us. Gourmet chefs are discovering rare salts that give an exquisite flavor to food. One of the most outstanding of these is rock salt from the Himalayas.

Source Naturals is pleased to bring you CRYSTAL BALANCE HIMALAYAN GOURMET SALT—a pure, natural salt of extraordinary taste from a unique array of natural trace minerals.



Strategies for WellnessSM

Throughout history, salt has benefitted humans. It has preserved food, enhanced flavor, imparted minerals and electrolytes that help us function. In Roman society, salt was so important, it was used as currency and soldiers were paid in salt. The Latin word for salt, *sal*, is the root for the English word *salary*. Based on this, we have the familiar phrase that a person is “worth his salt,” meaning worth the wages he receives. Salt is still an important part of our lives.

There are three main types of culinary salt: **curing salt**, to preserve foods and for brining to impart flavor before roasting; **cooking salt**, for seasoning in a rub or water during cooking; and **finishing salt**, for sprinkling on prepared food. Gourmets worldwide know that while salt is a traditional means of enhancing flavor, not all salts are created equal. The way gourmet salt responds to food flavors, aromas, textures, moistures, and colors depends on its mineral, moisture, and crystal properties. Artisan and specialty culinary salts are well known throughout Europe and North America, and featured at the finest restaurants. Chefs have their preferences: fleur de sel, sel gris, flake salt, quarried salt, sea salt, smoked or flavored salt. Certain rare salts give an exquisite flavor that is legendary. Himalayan salt is one of the most famous.

Benefits to the Body

Himalayan salt has health benefits that common table salt does not possess because it contains trace minerals. Its color and flavor come from these minerals, and it is these minerals that benefit the body.

While delighting your taste buds, the mineral content of CRYSTAL BALANCE HIMALAYAN GOURMET SALT also benefits your body. Just as we need to maintain a constant body temperature, our body needs to maintain a constant pH (acid-alkaline) level. The body's pH level can easily get out of balance through stress, emotional imbalances and an acidic diet. Acid-forming foods include meat, dairy, bread, pasta, sweets, caffeine, sodas and alcohol. If the body becomes more acidic, our health can be detrimentally affected. To neutralize acid, the body uses electrolyte minerals such as calcium, magnesium, sodium, potassium, lithium and phosphorus. The minerals in Himalayan salt can help maintain a healthy alkaline pH balance.

This salt contains magnesium, calcium, zinc, and dozens of trace minerals. Because these minerals are electrically charged, they help transport nutrients in and out of cells, transport electrical messages between neurons (nerve cells), and contribute to regulation of heartbeat. In ancient Ayurvedic practice, salt has been used to purify tissues and aid in producing digestive juices.

Treasure of the Himalayas

It is said that the salt deposits of the Himalayas were discovered by the horses of Alexander the Great in 327 B.C. After defeating Darius III, Alexander rested his horses in caves. The animals licked salt from the walls and quickly regained strength. The Himalayan region has had such a turbulent political history, its salt riches were ignored for centuries, when it was ruled by India, the Persians, Ghengis Khan, the Moghuls and the British, among others.

The wealth of this harsh, ancient land is its minerals, not least of which are the salts mined from Himalayan caves. The salt deposits are pure: untouched by pollution, neither bleached nor treated by modern chemicals. The salt is a rosy peach color that some compare to flowers, others to flushed skin. Its composition includes a profusion of trace minerals – magnesium, calcium, zinc, and at least 20 others. These minerals give CRYSTAL BALANCE HIMALAYAN GOURMET SALT its unique, exquisite taste.

Source Naturals invites you to experience the ancient treasure of the Himalayas—pure, unaltered, exquisite CRYSTAL BALANCE HIMALAYAN GOURMET SALT, to delight your senses while nourishing your body. Enjoy the exotic, sumptuous flavor of these extraordinary salts, while enjoying the health benefits of a wide range of trace minerals.

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