

Please note: the following statements do NOT substitute a visit to your physician or naturopathic doctor!!

## WHAT IS OSMOSIS?

Osmosis is the **passage of water** from a region of high water concentration through a membrane **to a region of low water concentration** . In other words, it is the movement of water from an area of low solute content to an area of high solute content. In our bodies, our cells are constantly moving water in and out. In order for this to happen we need certain elements readily available, otherwise we would not survive. Some of the most important elements are Sodium, Potassium, Magnesium, and Calcium (these act as the above mentioned solutes). These are all found in **Himalayan Crystal Salt**. An adequate level of these electrolytes (the above mentioned elements that is) allows osmoregulation to occur. Osmoregulation is our bodies natural maintenance of water levels in and out of our cells. **Himalayan Crystal Salt provides our bodies with the much needed essential elements that allow us to adequately absorb and move water within our cells.**

For more information please check in the search engine under **Nobel Prize in Chemistry 2003**. Than go to the top " Chemistry 2003 " and, in the gray field, click on "advanced information" .

Precisely for these reasons we are able to offer you the high quality Himalayan crystal salt. Our crystal salt from the Himalayas is a 100% natural product with high bio-energetic quality, without additives, containing all the minerals and trace elements that are required by the body.

