



- PREPARING SOLE, THE ENERGY BATCH

1. fill a good closeable glass jar with Himalayan crystal salt rocks
2. fill the glass jar with water, if possible healthy water
3. let it stand for at least 8 hours or over night (the crystal salt rocks dissolve to a concentration of around 26%)

It is important to maintain the saturation point for optimal results. This is achieved by seeing the Himalayan Crystal Salt Rocks at any time. As soon as they disappear the “sole” solution may not be around 26%. The glass jar can be filled with water as required and more Himalayan Crystal Salt Rocks can be added as the other rocks dissolve. The “sole” is sterile and can remain in the same glass jar for quite a while. Suggestion: do not stir the “sole” and leave the sediment at the bottom of the glass jar. After a few months you may change the water and start over again. The remaining Himalayan Crystal Salt Rocks can be reused and put into the new water.



- DRINKING “SOLE” (BRINE)

An excellent way to start the day, since the Himalayan Crystal Salt has all the minerals and trace elements, which are required by our bodies.

1. put one (1) drop of the sole into a big glass of healthy water and drink it, if possible on an empty stomach
2. the next day put two (2) drops of the sole into a big glass of water and drink it, if possible on an empty stomach
3. the third day put three (3) drops of the sole into a big glass of water and drink it, if possible on an empty stomach
4. gradually increase the sole amount to one (1) teaspoon into a big glass of water and drink it, if possible on an empty stomach
5. stay with one (1) teaspoon and take the sole every day
6. if you can't drink salty water on an empty stomach, drink it after about a half an hour after breakfast

You may put a few drops of the “sole” into your bottle of water, which you consume throughout the day. (4 to 6 drops per Lt). Quality and regularity, not quantity is important. Use “sole” for cooking rice, potatoes, pastas or gravy. One (1) drop of “sole” relieves itchy mosquito or spider bites.

→for more information on healthy water go to www.santevia.ca

"Our Himalayan Crystal Salt is tested in a Canadian ISO 9001 registered laboratory"