

# Himalayan Crystal Salts

## Salt Lamp Benefits & Uses

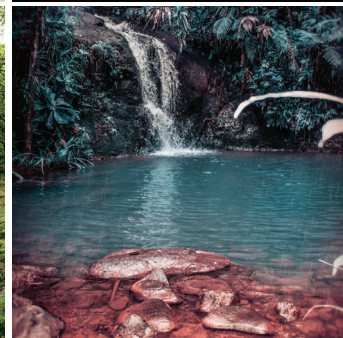
Many of us live and work in surroundings dominated by technology; computers, televisions, microwave ovens, air conditioners and heaters, just to name a few. This technology (that has become part of our way of life) emits an excessive amount of positive ions into the air we breathe, which can result in mental and physical exhaustion and effect overall wellness. The most dangerous levels of positive ions occur in Polluted Cities. Exhaust fumes from cars, trucks and buses; factory smoke, cigarette smoke, dust and soot, and electromagnetic pollution all combines to create a potent mixture of POSITIVE IONS and OZONE that gradually destroys our lungs and ruins our health.

Maybe you've noticed that your feeling of well being is intensified in pure Mountain air, or at the seashore, or after a thunderstorm. This is due to the higher concentration of negative ions in these surroundings. It is no coincidence that healing spas are, as a rule, located in areas with foaming salt water or roaring mountain springs which generate plentiful negative ions, this causes air particles to achieve electrical or ionic balance.

*How healthy is the air in your home or workplace*

Scientific studies show that Crystal Salt Lamps can increase the negative ion count by up to 300%. Negative ions are created naturally by wind, sunlight, surf, waterfalls and rainstorms. Generally, a negative ion is an electrically charged molecule made up of oxygen. A positive ion in the air is a molecule that has lost its electrons through the process of air pollution. In country air we find up to 4,000 negative ions per cm<sup>3</sup> and near strong surf or close to a waterfall up to 10,000 negative ions can be found. This can decrease to as little as 200/cm<sup>3</sup> in a closed room containing several people and less than 100 in major cities during the rush hour! What are you breathing in?

**Negative ions are remarkable.** Asthma and allergy sufferers notice almost immediately the difference in the ionized air of a room with Crystal Salt Lamps turned on, and another room without one.



Breathing becomes easier and airborne allergen levels are significantly reduced. Migraines can be reduced and often eliminated by plentiful exposure to ionized air.

The psychological effects of Crystal Salt Lamps have been well noted and doctors throughout Europe and Asia are recommending Crystal Salt Lamps as a tool in the treatment of depression, attention-deficit disorder, anxiety and other mind maladies. Crystal Salt Lamps are very popular tools for colour therapy and light therapy, and are particularly popular in health practices.

# The Science speaks for itself

## Scientists from around the world have published the following findings:

- Depression, migraines, palpitations and irritability were remarkably reduced
- 55% of Asthma sufferers and 62.9% of Hay fever complaints did not suffer their complaints after 6 months use of Crystal Salt Lamps
- Increases in human alertness levels have been observed
- 500 patients were treated for 5 years; hyperthyroid cases were cured with ionization at a rate of nearly 50%.
- Bacteria counts were lowered drastically: Streptococci, Klebsiella, Escherichia, Staphylococci, Candida, and pseudomonas counts lowered by 50% within 6 hours and 70% within 24 hours
- Air-transferred bacteria cultures were virtually eliminated in 60 minutes with high negative ion exposure
- Headaches in office air-conditioned computer room reduced by 78%.
- Hospital usage for burn victims. Sealed room with negative ion treatment for severe burn patients reduced pain to zero without the usage of morphine or narcotics in 85% of the cases
- 57% of post surgical cases experienced significant pain reduction upon negative ion treatment
- Cigarette smoke and domestic smells are counter-balanced by negative ions

## The benefits from placing a Crystal Salt Lamp in your child's room:

- Asthma and allergy sufferers will notice the difference in ionized air. Breathing becomes easier and airborne allergen levels will naturally be reduced
- A comforting night light. Studies have shown that conventional night lights can have a long term detrimental effect on a child's vision
- Studies have also shown that children, who have been diagnosed with attention-deficit disorder, have had their behaviour greatly moderated when exposed to these lamps
- Placed near your child's computer will reduce fatigue, minimize the effect of harmful radiation and improve concentration





# Benefits of Crystal Salt Lamps and Candle Burners



## At Home:

Use these Lamps in bedrooms, living rooms, hallways or anywhere else you want to create a tranquil, cozy, relaxing and serene atmosphere.



## Office Use:

Place a Crystal Salt Lamp near your Computer to reduce fatigue and EMF (electro magnetic pollution) created by office equipment. The Lamps will also improve your concentration.



## Feng Shui:

A few Crystal Salt Lamps placed at strategic spots will enhance chi. A Lamps in the relationship corner will be greatly beneficial.



## Meditation:

Use them for Yoga and meditation: When you repose in peace and quiet, a Salt Lamp near you is known to enhance your meditative experience.



## Healing Rooms:

A Lamp or two in the massage room will greatly enhance and create a soothing, relaxing, calming and refreshing environment.



## Reception Areas:

A Lamp or two in the waiting room will create a relaxing and calming feel.



## Allergy Sufferers:

A Crystal Salt Lamp in your vicinity will help your wellness and keep the air around you clean, ionized naturally and beautifully