## Making Sole

Everyone knows that salt dissolves in water, right? But did you know that if you keep adding salt to a glass of water you’ll get to a point where the water becomes super-salty or saturated with salt? Did you also know that when the water becomes super-salty or saturated with salt that the salt will just sit on the bottom of the glass without dissolving? This is exactly what the Original Himalayan Crystal Salt® Sole is, super-saturated, salty water.

### How to make Sole

Step 1: Fill half a jar with Himalayan Salt**®** stones in a glass jar, preferably one with a flip lid. Then fill with water and let sit for 24 hours.

**Step 2:** If all the salt crystals have dissolved, add a few more salt crystals to the water. Your Original Himalayan Crystal Salt® Sole is ready when the water becomes fully saturated with salt and cannot hold any more.

The salt will no longer dissolve at this stage. Your finished Sole should resemble the photo at left. There should always be salt crystals in the jar. As you use up the Original Himalayan Crystal Salt® Sole, after some time, add more water and more salt until the water is again saturated. Remember, there should always be un-dissolved salt crystals on the bottom of the jar. This is your visual proof that the water is totally saturated with salt.

**Step 3:** Each morning(or as doctor recommends), shake it up and take one tablespoon of the Original Himalayan Crystal Salt® Sole and leave it in your mouth for a few seconds then swallow, and chase it with a glass of water. Keep the container covered to prevent the water from evaporating. Otherwise, no special storage is needed.

The fully saturated Original Himalayan Crystal Salt® Sole will keep forever! Salt is a natural anti-bacterial and natural fungicide. It simply cannot spoil or go bad.

The Concentration of Sole

When the percentage of concentration of the Original Himalayan Crystal Salt® Sole are talked about in the book Water & Salt-The Essence of Life, they mean the ratio of water to salt.

Sole = A fully saturated solution of water and the Original Himalayan Crystal Salt®. The water becomes saturated with salt when the water can no longer dissolve more salt. At this point, the salt crystals remain un-dissolved on the bottom of the jar, indicating that the solution has reached it’s saturation limit. The water is now fully saturated with salt. This is what we call Sole. One teaspoon of Original Himalayan Crystal Salt Sole contains 478 mg of Sodium - That’s equivalent to 20% of the USDA’s recommended daily allowance of 2,500 mg.

Sole Solution = When we speak of a sole solution, we speak of a diluted quantity of the concentrated Sole in water. When we take the fully saturated Sole and add water to it, we create a Sole solution. Many of the therapeutic application for the Original Himalayan Crystal Salt® require a Sole solution.