



Sole - An Ocean of Energy

When water and salt connect, the negative poles of the water molecules surround the positive ions in the salt, and the negative ions in the salt are surrounded by the positive polarized particles of the water molecules. This changes the geometric structure of the water and the salt, and creates something entirely new, a third dimension. The water is no longer water and the salt is no longer salt. The elements have liberated themselves from their restrictions, given up their polarities and become a third substance, a whole new synergy.

Sole's Therapeutic Effects

The crystalline structure of salt, as sole, has such a lasting effect, that its frequency can be maintained within our body for over 24 hours. Sole will give our body the exact vibration that it is missing.

The amount of sole you drink is not the primary concern, because the biophysics is all about the QUALITY, not quantity.

- Drink one teaspoon of sole in natural spring water every morning on an empty stomach. Again, it is not the amount that you consume, but the regularity with which you consume it. Bio-chemically, the stomach and intestinal activity (peristalsis) is stimulated within minutes, which in turn stimulates your metabolism and digestion.

Electrolytes are created which improve the body's conductivity and stimulate the circulation. Salt allows the current to flow. Every single element within the salt has its own vibrational pattern that resonates with the vibrational patterns in our body.

If the cleansing effect is too intense, you can reduce the amount of sole to a couple of drops, rather than a teaspoon per day. This depends on your individual constitution and judgment.

- For children and babies, a few drops of sole are sufficient. The less salty the sole solution, the more likely your child is to drink it. Adding a couple of drops of sole to your child's meal is adequate.

How to Prepare the Crystal Salt Sole

Place several crystal salt stones in a 1 to 2 quart glass jar with a non-metal lid. Cover the salt crystals with pure, living spring water, like FIJI Water. Allow to set overnight, check to see if the crystals have dissolved. If they are completely dissolved, add more crystal salt stones and let it set for several more hours. Keep doing this until the water can no longer dissolve any more salt, and the crystal salt stones remain at the bottom of the jar.

The water has reached its 26% salt saturation level. You now have Sole. At this point, the salt crystals will no longer dissolve until you add more water. Once the solution arrives at 26% (26 parts of salt to 100 parts water), it is saturated and becomes sole. Therefore, you must look to see that there are always salt crystals remaining at the bottom of the jar, as an indicator that this solution is saturated!

You can always add water to the jar to replenish your supply of sole. Just remember, once the crystals have fully dissolved, you must add more crystals so that there are always un-dissolved salt crystals left in the Sole. In this way you always know that the sole is fully saturated. This jar of sole doesn't need to be stored in any special manner, wherever it is convenient for you. The sole is a sterile solution and naturally prevents all kinds of germs, viruses, bacteria or fungi from forming in the jar.

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