

## How to make a sole from hand-harvested natural sea salt?



A sole of naturally hand-harvested sea salt WITHOUT added Iodine you can make at home in no time! Such sea salt contains 84 minerals. Preferably like salts coming from Ston, Nin Velebit origins from Croatia or Celtic Sea salt.

### **Sole, water of life:**

A saturated solution of sea salt in water is called a sole. This sole can be seen as a reconstruction of the primeval water. A dilution of 1 percent is a real water of life, just like body water, and therefore completely body's own.

Nowadays we are often insufficiently able to get all the necessary elements from our diet. In addition, we are exposed to all kinds of foreign substances due to environmental pollution. In the exchange process between the sole and the body's own fluid, the body is enriched at the cellular level with original minerals and trace elements. Waste is removed; the original balance is restored.

### **Making a sole:**

A "sole" is a saturated solution of sea salt in water. Fill a preserving glass with salt crystals in it with structured water or clean filtered. After 4 hours a saturated solution is formed and it is ready for use. The solution is saturated when the crystals no longer dissolve. The sole has an unlimited shelf life and can be topped up with water until the crystals are (almost) dissolved. Undiluted sole can be used as a purifying mouthwash or nasal rinse or for external use on sprains, insect bites, swelling and other skin conditions.



**Attributes:**

An empty (jam) jar + lid  
 Bag of hand harvested sea salt WITHOUT added iodine  
 Carafe with clean, preferably filtered structured water or spring water.

**Method:**

Fill an empty (jam) jar (NO metal lid, preferably plastic) 1/3 with sea salt and 2/3 with water and then shake well and with the lid firmly closed. Add a teaspoon of this saline solution to your drinking water once or twice a day. This saline solution has almost the same composition as that of the human blood plasma.

**Application:**

You can take a sole if you have lost a lot of minerals. This can be during exercise, a visit to the sauna or in warm weather. Also, due to excessive drinking of water, a lot of electrolytes can be passed out. By adding a teaspoon of sole solution to your drinking water, you create mineral water.

**Tips:**

It is best to keep a sole dark in a kitchen cupboard or refrigerator  
 Always shake before use (the minerals are then evenly distributed over the liquid)  
 Change the sole as a whole every 3 months.

**Why remineralize?**

Almost everyone knows that soda and sugar are bad for your teeth. Most people think that the feces of the bacteria in the mouth create the holes. Although that is partly true, it is not the whole story. Processed foods are extremely low in vitamins and minerals. When your body takes processed food, vitamins and minerals are needed for its processing. Because they are not in that diet, your body takes them from the reserves. The bones and teeth are the body's mineral buffers and are thus drained and weakened.

Have you ever noticed that more and more children are walking around with braces? It is almost the case that you are an exception if you do not have to wear the braces. Dentist **Weston Price** saw this trend already 100 years ago. When ancient peoples switched from their natural diet to a Western diet, the dental problems quickly came into play. This also makes sense. The body invests the most in the vital organs. That is why the kidneys contain a lot of vitamin C and the liver contains iron and B vitamins. The skeleton is less important than the heart, so the body will invest less in the skeleton in case of a nutritional deficiency. Our food no longer consists of food, but is largely just filling. For that reason, there are many people on the bracket.

The daughter of **Ramiel Nagel** (author of the book *Healing Tooth Decay*) started developing dental problems at the age of 1. The teeth almost crumbled completely. He thought to solve the problem by eating healthy for a while, but that was not quite the answer. You have to eat the right food. The most important thing is to remineralize your teeth. You can do this with a sea salt sole, plus by eating vegetables and nuts. In addition, it is very important that you get enough fat-soluble vitamins. These are vitamins A, D, E and K. D and K in particular are crucial for strong bones and teeth. Ramiel Nagel's daughter now has super strong teeth, which will last for years.

**Applications of a Sole:****Sole drinking cure.**

Every day in the morning on an empty stomach, dissolve 1 or 2 teaspoons of the sole water in a glass of spring water, freshly squeezed fruit juice or raw milk and drink it. There is no better, cheaper and more effective way to give yourself natural minerals. At first you can get a diarrhea of these or flatulence. One way to solve this is to take the Sole a half an hour before or after a meal. If this does not help, it is better to build up slowly and start with half a teaspoon per day. You can store the concentrated salt water in a cool place out of sunlight. In this way it has an infinite shelf life.

**Sole as a nose and mouthwash**

You can also rinse your mouth and nasal passages with such a saline solution. The mucous membrane will shrink due to the sole water. You can also steam: use about 8% sole on water and bring it to a boil. Turn off the fire; a towel over the head and pan and inhale the vapours, for ten minutes.

It also helps against inflamed teeth, molars and jaws with a mouthwash. It is also an effective means of rinsing if you have inflamed gums. It also dissolves mucus in colds or allergies.

**Sole as an eye wash**

Use for dry eyes, eyestrain, eye infections and barley grains. First of all, remove all make-up. Then fill a small egg cup with a 1% sole solution.

Keep the egg cup over the eye so that the liquid cannot drain. Then lean your head back and wash the eye by blinking.

**Sole to brush your teeth with.**

You can use the sole by simply putting a few drops on your toothbrush and brushing as usual.

Gum infections really disappear like snow in the sun.

The above is just a selection of the possible applications of Sole. You can clean your face with it; it helps and works also against psoriasis. You can take a real dead sea bath with it at home. You can rub your cuticles with a cotton ball to keep them supple.

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