



Making Sole (So-lay) –

Step by step instructions...

Step 1.

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 Sole Therapy solution is, a super-saturated, salty water.

Here's how to make it: Place 1 inch of Himalayan Salt Crystals in a glass jar, preferably one with a plastic lid. Add 2 to 3 inches of good quality artesian or spring water (Fiji Water is recommended), above the crystals, completely covering them with water. Let sit overnight.



Step 2. If all the salt crystals have dissolved, add a few more salt crystals to the water. Your Sole Drinking Therapy 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 Sole solution, after some time, add more water and more salt until the water is again saturated. Remember, there should always be undissolved 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, before eating or drinking anything, add one teaspoon of the Sole to a glass of artesian or spring water (Fiji Water is recommended), and drink. Your body will receive the energetic vibration pattern of the Sole Therapy Drink and hold it for 24 hours. Keep the container covered to prevent the water from evaporating. Otherwise, no special storage is needed. The fully saturated Sole solution will keep forever! Salt is a natural anti-bacterial and natural fungicide. It simply cannot spoil or go bad.

Sole = A fully saturated solution of water and 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 undissolved on the bottom of the jar, indicating that the

solution has reached its saturation limit. The water is now fully saturated with salt. This is what we call Sole

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.

For Example:

A 1% Sole solution is 1 part Sole and 99 parts water.

A 5% Sole solution is 5 parts Sole and 95 parts water.

An n 8% Sole solution is 8 parts Sole and 92 parts water, and so on.

How to Make Various Concentrations of Sole Solution For Various Applications

Percentage of Solution	Amount of Crystal Salt	Amount of Water	Application
1% Sole Solution	1/2 tsp. (2g)	200ml Water	For Eyes & Nose
	2 tsp. (10g)	1000ml Water	For Inhalation
	1 Kilo (2.2 lbs.)	100 liter / bath tub	For Sole Bathing
2% Sole Solution	4 tsp. (20g)	1000ml Water	For Inhalation
	2 Kilos (4.5 lbs.)	100 liter / bath tub	For Sole Bathing
3% Sole Solution	6 tsp. (30g)	1000ml Water	For Inhalation
	3 Kilos (6.6 lbs.)	100 liters / bath tub	For Sole Bathing
10% Sole Solution	6 tsp. (100g)	1000ml Water	For Partial Bathing
	12 tsp (200g)	2000ml water	For Partial Bathing

For a complete list of applications, please refer to the book - *"Water and Salt - The Essence of Life"*.

Information provided by: <http://www.shirleys-wellness-cafe.com>

The Himalayan Crystal Salt Sole (So-lay) solution supplies the body with the natural energy stored in the salt crystals. The human body can hold this energy for up to 24 hours. Using the Sole, you can:

- harmonize alkaline/acidity
- create balance in the body and normalize blood pressure
- dissolve and eliminate sediments which lead to stones and various forms of rheumatism like arthritis and kidney and gall bladder stones
- lower your craving for addictive desires
- combat skin diseases by cleaning from inside out