



HIMALAYAN PINK SALTS



BY KIMBERLY FISHER, FOUNDER EARTHLY INSIGHTS

If anyone knows me, they know I am on a quest to bring back the art of taking a bath. The ritual, the relaxation and the healing benefits has been lost over the years. Showers have over taken the bathtubs, but if you have one, it might just be the right time to start visiting them again or even more often.

In our fast-paced lives, taking a bath gets you to a place of quiet and reflection. Often times, we miss that enjoyment. Taking a bath with Himalayan Pink Salts, you will have some amazing results. The Himalayas, the world's tallest mountains extend approximately 2,500 kilometers across Asia and along the border between India and Tibet. Over Two-Hundred-Fifty million years ago, the planet was of pristine ecosystem and a primal sea existed where the iconic mountains now stand. The Himalayas formed approximately 40-50 million years ago, when the plates moved, India and Eurasia collided together.

Himalayan Pink Salt is believed to be one of the best sources of natural minerals on earth and gets its pink shade from the high mineral and iron content. It is a natural mineral made up of two electrolytes, sodium and chloride. Natural salt is one of the fundamental components for life and all living creatures. When using the Himalayan Pink Salts in a

bath or added to water, it creates a concentrated electrically charged blend containing 84 trace minerals that match those found in the body. Himalayan Pink Salt is also rich in vital minerals that our skin and body readily absorb including bicarbonate, bromide, calcium, copper, iodine, iron, magnesium, manganese, phosphorus, potassium, selenium, sodium, sulphate and zinc.

It has been suggested that every day we are exposed to anywhere between 700,000 and 2.1 million different toxic chemicals from our food, water, the air we breathe, clothing and or personal household products. Himalayan salt, not only pulls out waste toxins out of the skin, but it also draws water out of the body preventing water retention. Himalayan salt can reduce inflammation; therefore, it can be helpful to relax and allowing for a more restful sleep.

Feeling like you have aching muscles, or have inflammation? Himalayan Pink Salt offers relief due to the presence of magnesium and other trace minerals and studies have found that regular salt bathing can alleviate pain, reduce inflammation and improve rheumatological diseases.

If you like to do rituals as much as I do, look to a Full Moon ritual and use Himalayan Pink Salts. When the moon is full, our healing potential peaks and mineral absorption is optimized. During a New Moon, cleansing is peaked, and the body's potential to internally and externally cleanse and detoxify peaks.

Finally, think all Himalayan Pink Salts are the same? NO, I am afraid they aren't. To get the highest healing properties and the maximum benefits, look to have Pharmaceutical Grade, Optically Clean, and FDA Registered suppliers which means is guaranteed authentic and ethically mined. Look to get a certificate of Origin and if you have Organic Compliant and Kosher Certified, you are sure to have the truest quality of salt to help you on your relaxation and Rejuvenative healing.

Kimberly Fisher is a Reiki Master Teacher, Ayurvedic Energy Healing Practitioner, Medicinal Aromatherapist, Certified Teacher of Muna Ki-Rites, Reiki for Animals Practitioner, Health Coach and uses the plants ancient wisdom to help in everyday life. She brings years of experience and thousands of hours of working with clients. Kimberly sees clients at Lokahi Wellness at 2610 Big Horn Avenue, Cody.

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