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## **Does Pink Himalayan Salt have** any health benefits?

What is pink Himalayan salt? I Benefits and myths Risks and considerations | The bottom line

> "Pink Himalayan salt is a type of rock salt from the Punjab region of Pakistan, near the foothills of the Himalayas."

## What is pink Himalayan salt?

Pink Himalayan salt is chemically similar to table salt. It contains up to 98 percent sodium chloride.

The rest of the salt consists of trace minerals, such as potassium, magnesium, and calcium. These give the salt its light pink tint.

#### How it is used?

People use this type of salt and common table salt in the same way: As part of cooking to season meal, and to preserve food.

Blocks of pink salt sometimes become serving dishes, cooking surfaces, and cutting boards. Some people also use pink Himalayan salt in place of bath salts. It is also possible to buy lamps and candleholders made of pink salt.

#### Why does the body need salt?

Sodium is an essential trace mineral found in salt. The body needs this for a variety of functions.

#### It can support:

- Contracting and relaxing muscles
- Maintaining proper fluid balance and preventing dehydration
- Sending nervous system impulses
- Preventing low blood pressure

### Benefits and myths

- Rich mineral content
- Lower sodium
- A more natural salt
- An aid to hydration



#### Risks and considerations

Bear the following points in mind if using pink Himalayan salt:

#### Iodine intake

Iodine is a mineral that the body needs for maintaining proper thyroid function and cell metabolism. Great sources of iodine include fish, sea vegetables, dairy, and eggs, among other foods.

#### Sodium intake

Although sodium is necessary for preserving life, it is important to monitor the intake of any type of salt. While sodium is necessary in small quantities, too much can have a negative impact on health.

#### Too much sodium

The 2015 to 2020 Dietary Guidelines for Americans recommend that people eat less than 2,300 milligrams (mg) of sodium daily. This equates to approximately 1 teaspoon of regular table salt per day.

Certain quantities of salt contain the following amounts of sodium:

- 1/4 teaspoon salt: 575 mg sodium
- 1/2 teaspoon salt: 1,150 mg sodium
- 3/4 teaspoon salt: 1,725 mg sodium
- •1 teaspoon salt: 2,300 mg sodium

Consuming too much salt might even contribute to autoimmune diseases, such as multiple sclerosis, rheumatoid arthritis, lupus, and psoriasis, as it overstimulates the immune system.

Research from 2015 suggests a direct link between salt intake and obesity, with a 1-g-per-day increase in salt intake being linked to an increase of over 25 percent in the risk of obesity in both adults and children.

### The bottom line

At present, there is no scientific evidence to show that pink Himalayan salt provides more health benefits than regular table salt.



## **Benefits**

Himalayan salt was formed naturally from hearty 80+ minerals and elements – 85.62% sodium chloride and 14.38% other trace minerals including: sulphate, magnesium, calcium, potassium, bicarbonate, bromide, borate, strontium, and fluoride (in descending order of quantity).

Because of these minerals Himalayan pink salt can:

- 1. Create an electrolyte balance
- 2. Increases hydration
- 3. Regulate water content both inside and outside of cells
- 4. Balance pH (alkaline/acidity) and help to reduce acid reflux
- 5. Prevent muscle cramping
- 6. Aid in proper metabolism functioning
- 7. Strengthen bones
- 8. Lower blood pressure
- 9. Help the intestines absorb nutrients
- 10. Prevent goiters
- 11. Improve circulation
- 12. Dissolve and eliminate sediment to remove toxins

It is even said to support libido, reduce the signs of aging, and detoxify the body from heavy metals.



## Khewra Salt Mine Info

The Salt Range, spanning the north of Punjab and extending all the way from Jhelum to the Indus River, is one of Pakistan's geographical treasures. Not only are its topographical features mesmerizing, but it also comprises a potent historical chapter to go with it. With a length of 175 km, the Range boasts of the ancient Katas Raj complex, held in immense reverence by the Hindus, as well as the forts of Rohtas, Malot and Kafirkot, the Takht-e-Babari, and the shrine of the grandson of Abdul Qadir Jillani. It also has five wildlife sanctuaries and the National Park of Chinji. The serene lakes of Ucchali, Kabikki and Namal add immensely to the place's tourist potential. However, no account of the Salt Range can be considered complete without a mention of one of its most significant features: the Khewra Salt Mine.

Khewra is Pakistan's largest and oldest salt mine, located in the north of Pind Dadan Khan. Its importance is elevated by the fact that it is the world's second largest salt mine, second only to the Sifto Mine in Ontario, Canada. It is easily accessible from both Islamabad and Lahore, falling midway between the two cities, and reached by exiting the Kallar Kahar interchange on the M2.

The Khewra Salt Mine is drawn upon eighteen storeys, spreading well above forty kilometers. One of these storeys was opened for public in 2003 to an enormous response. About 250,000 tourists visit the mine annually, stamping Khewra as one of Pakistan's most visited tourist spots. The mine produces around a hefty 387,747 tonnes of salt per annum. However, only half of this is excavated, so as to prevent the mine from caving in.



# **Khewra Salt Mine Images**







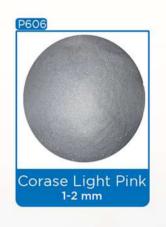






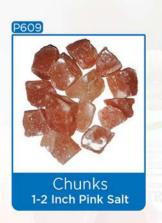










































# **PACKAGING**















# **PACKAGING**







# **PACKAGING**













## HOME DECOR

Rock Salt brings this natural treasure from the mines to your table. Himalayan salt is the best salt for edible whereas sea salt. Its freshness and additional iodine keeps your health maintain. Its crystal and white grains show its purity and prove it as an international brand. It is very important for a buyer to have right knowledge about Himalayan salt when it comes to buying salt lamps and other Himalayan salt products. Our sales team educates all the customers about the quality of Himalayan salt which help them to order efficiently. We facilitate our customers for any sort of customization from products to its packaging.

We provide a bunch of varieties in Himalayan Lamps and edible salt. Some of the famous categories of Himalayan products are as following.

- Natural Lamps
- Crafted Lamps
- USB Lamps
- Fine & Coarse
- Animal Licking
- Iron Basket Lamps
- Tequila Shots Glasses
- Candles

And many more are waiting for you and to make your environment healthier, safe and breathable.

### Why Do We Need To Use Himalaya Products?

#### Neutralizing electromagnetic radiation

We are embedded in a vast sea of electromagnetic (EM) radiation emitted by our electronics. Negative ions will certainly cancel out positive ions; however, to counteract electromagnetic radiation entirely, you would need to wrap yourself in lead sheeting, not just light a lamp next to the TV.

### Purifying the Air

Natural living aficionados boast that the core benefit of these lamps is "their incredible power to remove pollen, dust, cigarette smoke, and other contaminants from the air. And even though devotees admit "it's just a big chunk of salt with a light bulb inside" they claim that their efficacy stems from hygroscope, attracting and absorbing water molecules with contaminants inside, from the surrounding environment, trapping them into the salt crystal.







## HOME DECOR

### Himalayan Salt Metaphysical Properties

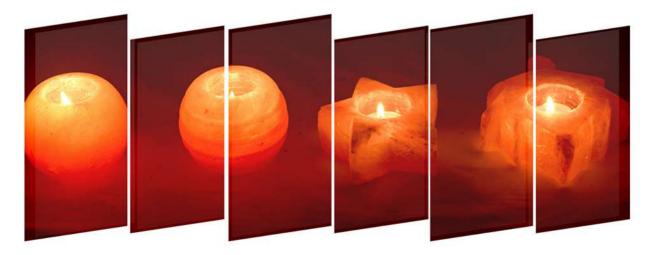
Himalayan Salt is also known as "Pink Halite" and yes, it is a form of (edible) crystal. It has many metaphysical properties and benefits.

Himalayan Crystal Mineral Salt has very similar properties to Rose Quartz and is an excellent crystal for love especially self-love. It not only helps one to experience self-love, but also, to take action and do things that self-love implies, for example; finding sense of purpose, to live a healthier lifestyle, learning to say 'no', or to take time for personal recreation and enjoyment.

For centuries pure salt has been used for protection; protection from evil, especially protection in and around the home. Salt is also used for purification, cleansing and dispelling negativity in many magical and traditional rituals. Pure Salts are also used to release attachments, including emotional attachments. It is recommended that those who work in environments of negativity or indirect communication, keep a piece of Pink Halite (Himalayan Salt) on their desk or nearby – in the form of a lamp is best.

Himalayan crystal Mineral Salt has gentle, but strong grounding and centering energies and is said to bring abundance and prosperity into a home.

## **Tea Light Holder**







## NATURAL LAMP















## NATURAL LAMP





## Available Size in Kg:

1-2 | 2-3 | 2-4 | 3-5 | 4-6 | 5-7 | 6-8 | 7-10 | 8-10 | 10-12 10-14 | 14-18 | 18-22 | 22-25 | 25-30 | 30-35 | 35-45 45-55 | 55-65 | 65-75 | 75-85 | 85-100































































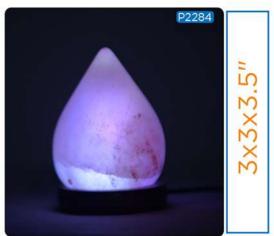










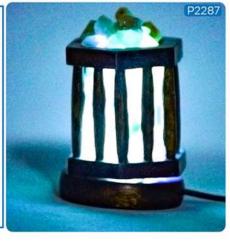








3×3×3.5"











# IRON BASKET WITH SALT CHUNKS



8X8X9"





8X8X7"

"6X7X7







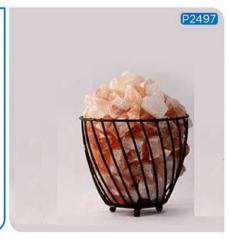
# IRON BASKET WITH SALT CHUNKS





8X8X7"







8X8X9"

8X8X9"









# IRON BASKET WITH SALT CHUNKS





8X8X7"

"6X7X7

"6X7X7



















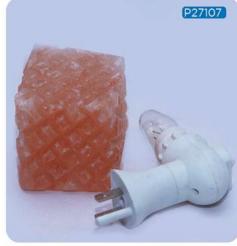






x2.25x2.75













2.25x2.25x2.





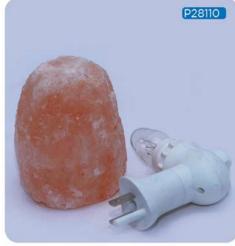






5x2.5x2"















.5x2.5x2.75











.5x2.5x2.5















x2.25x2.7





2.25x2.25x2.7







2.25X2.25X2.75"





2.25X2.25X2.75"

2.25X2.25X2.75"

2.25X2.25X2.75"









## NIGHT BASKET LAMP WITH SALT CHUNKS

2.25X2.25X2.75"





2.25X2.25X2.75"

2.25X2.25X2.75"





2.25X2.25X2.75"

2.25X2.25X2.75"

2.25X2.25X2.75"









# NIGHT BASKET LAMPS WITH SALT CHUNKS

2.25X2.25X2.75"





2.25X2.25X2.75"

2.25X2.25X2.75"





2.25X2.25X2.75"

2.25X2.25X2.75"



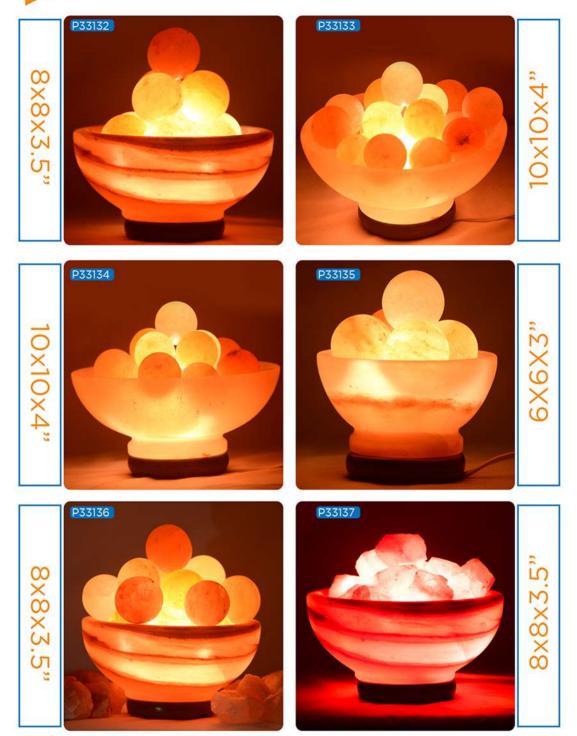


2.25X2.25X2.75"





## **BOWL LAMPS WITH CHUNKS**







## **BOWL LAMPS WITH CHUNKS**







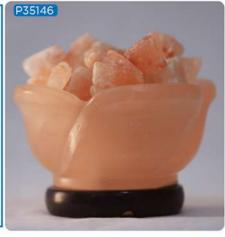
### **BOWL LAMPS WITH CHUNKS**

10×10×4"



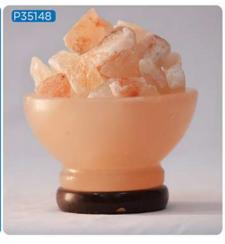


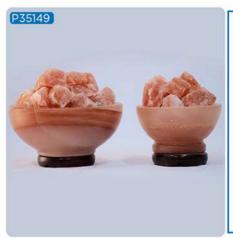
10×10×4"





10x10x4"





8×8×3.5 / 6×6×3.5"

10×10×4"

10x10x4"







# TEA LIGHT HOLDER







### TEA LIGHT HOLDER



Star/Heart/ Candle: 4x4x1.5" or 4x4x2"

Cylinder/Rose/vDrum Candle: **3x3x3.5**" Dimand: **3x3x3.5**"



### WOODEN/MARBLE BASES







safety lamp base this is a safer, better quality, more beautiful lamp base with fine booch.









P39166

[P39167]

P39168

P39169







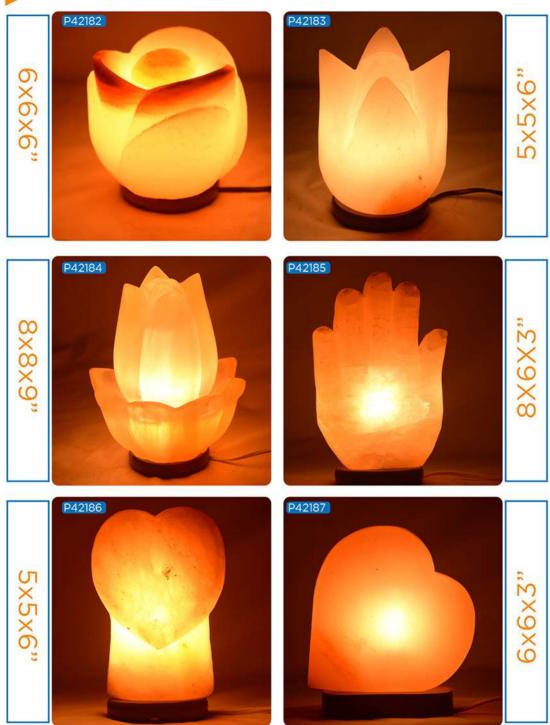






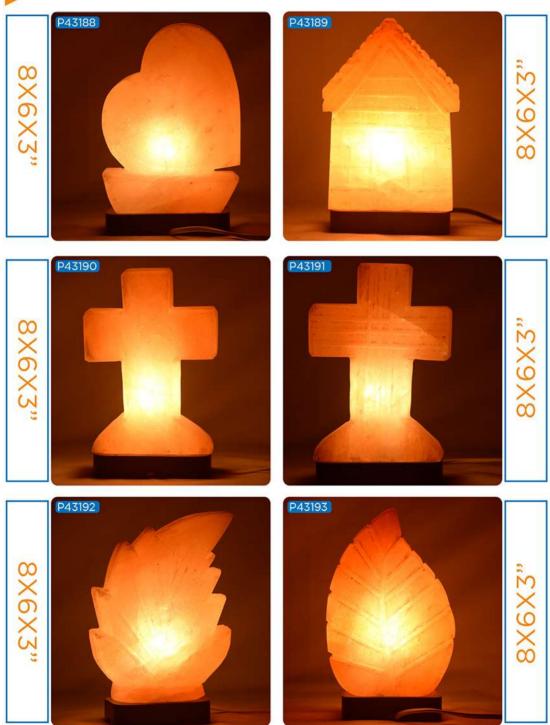












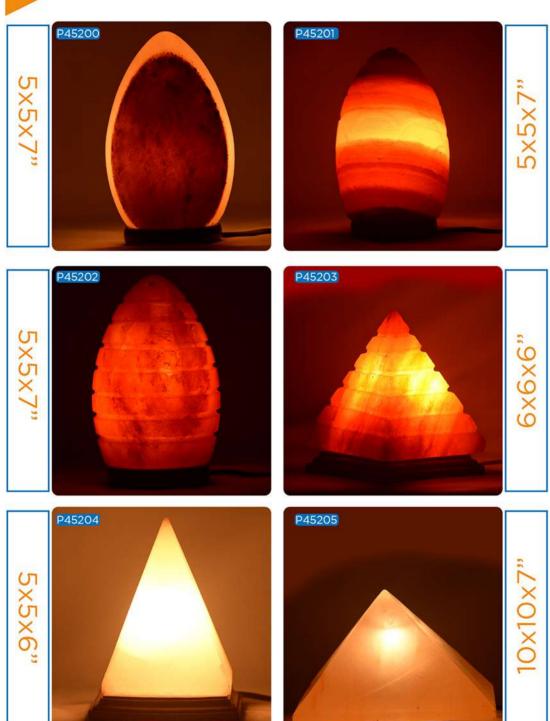






































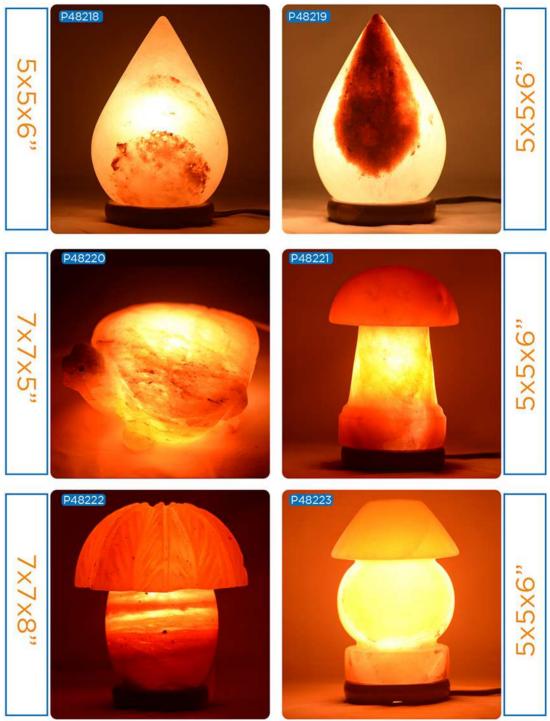










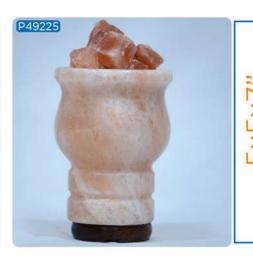


















5x5x5"





































































































5×5×7"





4×4×6"





























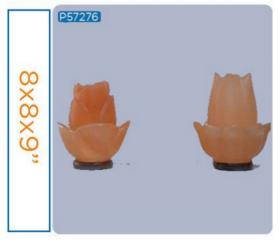


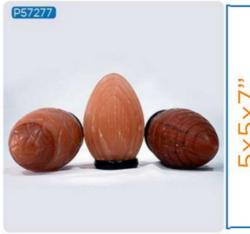
















### **HANDY CRAFT**

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# PARABOLIC LAMP



**Boat Lamps** 



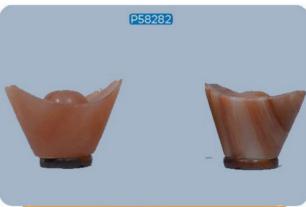
**Boat Lamps** 



**Angle Pack** 



**Bowl Lamps** 



**Boat Lamps** 





### MASSAGE PRODUCTS





#### -Available Size-

#### **Massage Stones:**

Round line: 2x2x5 | Mobile shape:3x2x1 | Soap imperial:3x2x1

Soap square: 3x2x1 | Round massage: 3x3x1 | Round tyre: 3x3x1

Soap oval: 3x2x1 | Heart shape: 2x2x1 / 3x3x1 / 4x4x1.5

5x5x1.5 / 6x6x1.5





Bath Salt Bathing in a solution of warm water and bath salts will work to draw out impurities, pollution, toxins, oil, dirt and sweat from the skin as well as increases blood circulation. They aid in the healing of dry skin, making skin soft and supple



KITCHEN WARES

5x5x7

5x5x6" 6x6x6"



P61294

5x5x7" 5x5x7"

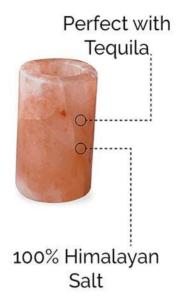
5x5x6" 6x6x6"





### TEQUILA SALT SHOOTERS























Available Size: 2 x 2 x 3 P62296





### TEQUILA SALT SHOOTERS

#### Himalayan Salt Shot Glasses Takes Tequila to New Heights

When throwing back shots of Tequila Cabeza, your favorite mezcal, or El Jimador, having salt and a slice of lime on hand has become absolutely necessary for some, while others have taken pride in the no-backs, no-chasers mentality to fully experience tequila's complex flavor

For those who do choose to enjoy their agave shooters with the popularized before-and-after shot routine, these Himalayan salt shot glasses may make you think twice about skipping Taco Tuesday.

These unique shot glasses were solely created to complement the smoky and slightly sweet flavor of your favorite agave liqueurs. Each piece is hand carved from a single piece of pink Himalayan salt, which is a mineral packed crystal that is imbued with a variety of trace minerals from its ancient sea bed abodes.

The salt provided from these shooters will add a subtle salinity to any shot of choice. Keep in mind, though, that these glasses are made of salt and they will dissolve when left with in contact with liquid for too long-and your drink will begin to brine. When taken as intended, you'll be astonished at how much Himalayan salt enhances the flavor of your favorite tequila, especially compared to regular ol' table salt.

The glasses boast a natural, anti-bacterial surface that requires minimal cleaning and maintenance, although keeping the shot glass dry at all times is extremely important. Simply rinse the glass after use and dry immediately with a paper towel.

You could also look into other intriguing ways to utilize Himalayan salt. For instance, Sea Salt provides a wide variety of this nutrient packed salt product, from coarse to fine grinds, which add some fresh new flavors in the kitchen. With its versatility, himalayan salt makes for an amazing holiday gift.







### **ELECTRIC CORD**













"

We have all certified electric cords like AMERICAN, EUROPEAN, UK, and AUSTRALIAN.

Note that we import all electric switches from China.



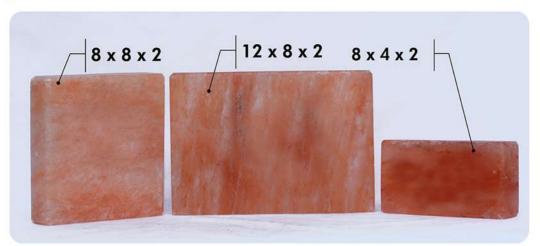


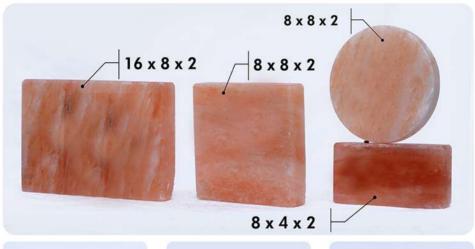


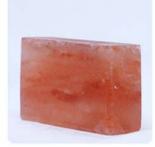




### **TILES**











### ─ Available Size —

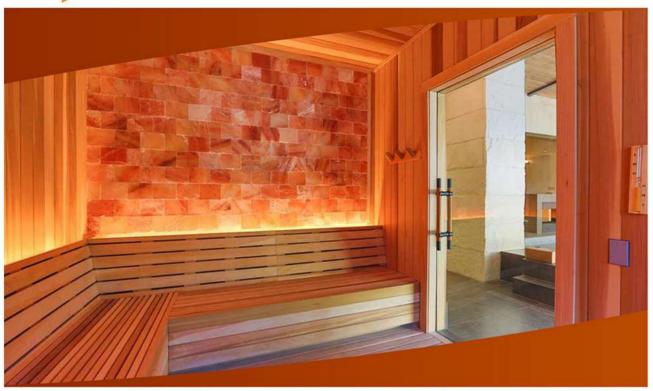
8x4x1" | 8x4x2" | 8x8x1" | 8x8x1.5" | 8x8x2" 12x8x1.5" | 12x8x2"







# TILES

















### **ANIMAL LICK**

#### Himalayan Rock Salt: Why we should feed it to our cattle?

Many dairy s have long been giving their stock Himalayan Rock Salt, with many now following suit. But what are the benefits?

Many dairy farmers across the country have begun giving their livestock Himalayan Rock Salt and are lauding the benefits, but what are the benefits and what is Rock Salt?

Himalayan rock salt, mined in the Himalayas, is a great way of boosting your animal's efficiency. The benefits of rock salt were first noticed when sick elephants were seen traveling miles to find it.

It is particularly important for cattle, as it provides them with a range of vital minerals, with results showing it greatly improves the overall health of cattle. The salt encourages saliva flow, which then helps increase the PH of your animal's rumen. Sodium, of course, is an essential element in the diet in most animals, including cattle.

#### **Instant Benefits:**

There are many benefits, the first of which is increased milk yields. This is why dairy farmers are increasingly using the supplement, with trials showing it can increase yields by almost 13%!

Another benefit is that it helps animals get more out of their feed. That is when given Rock Salt, they are better able to digest the feed and make the most of its nutritional value. In dairy cows, the salt actually helps balance the sodium-potassium ration in their diets.

#### **Health Benefits:**

There are also many health benefits connected with giving your cattle Rock Salt. Rock salts contain over 80 different trace elements, with many minerals of benefit to the bovine breed and their health.

Rock salts help reduce Cud Ball, reduce the risk of Frothy Bloat, harden up the hooves of your animal, HELPX improve blood formation - which helps improve fertility, and it also helps stop cattle from drinking their own urine.

#### **Problems without Salt:**

Should your animal have a sodium restriction in its diet for a long period, it could cause serious damage.

A prolonged restricted period can cause permanent central nervous system damage, can result in lower daily weight gain and usually results in a poorer feed conversion rate. It also brings your animal down to a lower quality grade.

Sodium is vital for cattle, to prevent severe performance issues. An animal's fertility, milk production, and growth are all affected should it become deficient. Cattle have a potassium-rich diet, as they consume a high quantity of forage. This affects sodium levels in stock and their ability to absorb magnesium. Grass fertilized with nitrogen and potassium may also result in your animal developing a deficiency.



### **ANIMAL LICK**



#### Requirements:

Cattle only require approximately 10kgs a year of salt in their diets, with prices varying from  $\[ \in \]$ 0.95 -  $\[ \in \]$ 1.10 per animal each month. As the mineral comes in the form of a rock all that is required is to let your cattle lick the rock a few times. It can also be bought, quite conveniently, in the shape of a salt-soaked silage pit cover. This means farmers can have better control of rations.

Rock Salt is not expensive, and could ultimately make farmers more money. Increased daily weight gains, milk yields and better overall health of stock is only a good thing for farmers. Dairy farmers have begun to use it to great effect, now it's over to the beef industry!













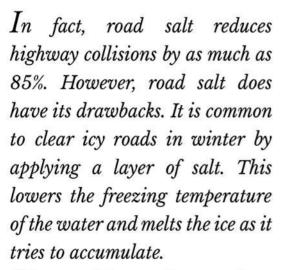


#### **Available Size**

1-2kg | 2-3kg | 3-5kg | 4x4x6" | 4x4x5" 5x5x6" | 6X6X6" | 6X6X8" | 7X7X4" | 7X7X6" 6X6X8" | 7X7X4" | 7X7X6" | 7X7X8" | 8X8X4" 8X8X6" | 8X8X8"



### ROAD SALT



When cold weather arrives, stores stock up on big bags of road salt and you may see it sprinkled on sidewalks and roads to melt ice. But what is road salt and how does it work?

Road salt is halite, which is the natural mined mineral form of table salt or sodium chloride (NaCl). While table salt has been purified, rock salt contains mineral impurities, so it is typically brownish or gray in color. Machines mine the salt, which is crushed and packaged for delivery.









### FLAKE SALT (FLEUR DE SEL)

With so many different types of salt available today, it can be confusing. How do you know which one is best? What are the fleur de sel and sea salt benefits? Here's a quick overview of the difference between fleur de sel, sea salt, and regular salt.

Fleur de sel and sea salt are both derived from seawater. Fleur de sel are the distinctive pyramid-shaped crystals that rise to the top during the evaporation process. Like a delicate flower they bloom and float on the surface and must be gently harvested by hand. Crystals are very difficult to achieve. A unique set of oceanic and environmental conditions must align for them to form.

Sea salt is what's left after evaporating all the seawater. It is a grain, not a crystal, and contains traces of sediment that give it a slightly bitter taste. Regular or table salt does not come from the sea at all. It is a refined product made by injecting water into an underground salt deposit to form a brine, which is then heated to evaporate the water. 100g Net







# FLAKE SALT (FLEUR DE SEL)

Salt Spring Sea Salt is made with the finest hand-harvested fleur de sel crystals and infused with locally sourced ingredients. You will see, taste and appreciate the difference. Here's why.

Purity – Fleur de sel is the purest form of salt you can get. It contains absolutely no gypsum or other impurities from the sea.

Taste – Because it is so pure, there's no bitterness. It melts slowly on the tongue and provides a delicious crunch as it enhances the flavour of the food. Chefs worldwide consider it to be the crème de la crème of salts.

Variety – Our flavour-infused sea salt using local organic herbs, fruit, spices, wine and beer are truly unique. You won't find anything like them in the world.

Beauty – You first eat with your eyes. Our flavour-infused crystals come in an array of colours that visually tempt the taste buds when sprinkled randomly on top of food.

Health – Fleur de sel is as natural as you can get. Once you use start using it as a finishing salt, and taste the difference it makes, you won't ever want to cook with regular salt again. This will reduce your overall salt intake.







P72316



### **DEODORANT STICK**





### SALT INHALER



