



## MEDICINAL SALT

## <u>Health Benefits of Pink</u> <u>Himalayan Salt</u>

- Create an electrolyte balance
- Increases hydration
- Regulate water content both inside and outside of cells
- Balance pH (alkaline/acidity) and help to reduce acid reflux
- Precent muscle cramping
- Aid in proper metabolism functioning
- Strengthen bones
- Lower blood pressure
- Help the intestines absorb nutrients
- Prevent goitersImprove circulation
- Dissolve and eliminate sediment to remove toxins