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Sometimes we can be severely misled by food manufactures. We often don't realize they are shaking the core of our well being, thus causing our body to suffer and slowly deteriorate. You can make a choice! Be destroyed by these forces or embrace them. Does reading this book indicates you are curious about Himalayan salt benefits for health and beauty or are you already enjoying the therapeutic advantages of this salt? Not only will this book open your eyes and mind about the purity and rich value of Himalayan pink salt. You will also learn about adverse effects of table salt on your body such as hypertension, neurological degenerative and kidney diseases, stroke and much more. Can you imagine putting bleach on your food? This is what table salt manufacturers do. Himalayan salt is pure and has every mineral your body needs and craves. This salt is no ordinary sea salt. There are several types of Himalayan salt including pink and black. Find out what differentiates it from other sea salts like celtic salt. Discover how to improve your long term heath with Himalayan salt lamp benefits and the advantages of the best bath salt. Use salt for food preservation and curing. Choose from a variety of tasty and enticing recipes. Try rock salt slab cooking. Aching joints? See the recipe on page 53. Problems sleeping? Go to page 51! Respect your health and body. Your health will respect you. Start today!