



Chohan Salt Lamps

Its Not Only Beauty Its Healthy



✉ info@chohansaltlamps.com

🌐 www.chohansaltlamps.com



HIMALIYA SALT

One of the most valuable and purest salt available is the Himalayan Salt. The salt was produced 250 million years ago when the sun dried up the original prehistoric ocean. It is completely perfect and natural, equal to the structure of the earliest primitive sea. The salt is full of minerals and nutrients that are also found in our bodies.

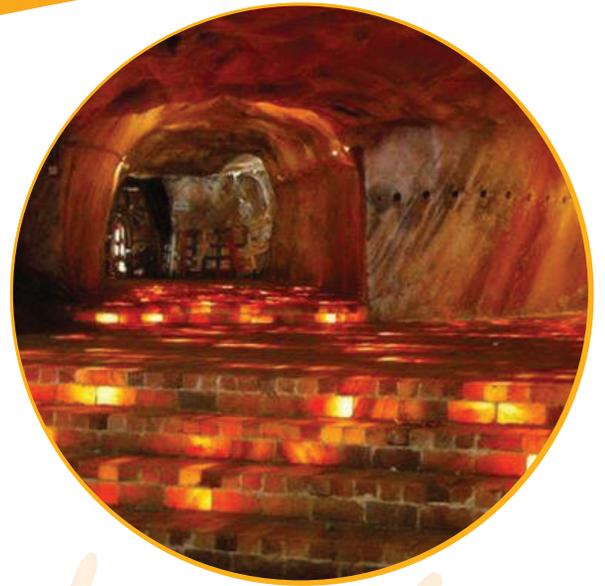
The Himalayan Salt comes in transparent, whitish, reddish or pinkish color and can be found on Salt Mountain and comes together where there is adequate pressure for it to form into a perfect crystalline constitution. The higher the transparency and neutral the crystal color, the higher its clarity. Like the diamond, the more geometric of the shape of the higher the energy content.

It has elements which are easily utilized by our cells. It is called "King Salt" because it was served to Royalty - ordinary people were only served Rock Salt. It contains 84 nutritional elements which are essential to our bodies' functions. It is clean and unpolluted, and has no impurities.

Himalayan Salt can support healthy balance throughout your body. Through supporting the balance of electrolytes in the body, it helps in getting homeostasis; it balances the chemicals that are conducive to the function of the body.

There are many uses for the salt including rejuvenating baths, drinking therapy, restoring skin, flavoring meals, and so many more.

The Himalayan Salt has a very high quality of natural clean sodium chloride and has a perfect crystalline formation. It is quarried and hand washed. It is also resistant to electromagnetic fields.



HIGHLIGHTS OF HIMALAYAN SALT

- o Pure, Unpolluted, Without Environmental Impact - From a time when the Earth was pristine.
- o Contains no impurities from environmental pollution.
- o Containing all of the 84 elements found in your body, the benefits of natural Himalayan Crystal Salt include:
 - o Regulating the water content throughout your body.
 - o Promoting a healthy pH balance in your cells, particularly your brain cells.
 - o Promoting blood sugar health and helping to reduce the signs of aging.
 - o Assisting in the generation of hydroelectric energy in cells in your body.
 - o Absorption of food particles through your intestinal tract.
 - o Supporting respiratory health.
 - o Promoting sinus health.
 - o Prevention of muscle cramps.
 - o Promoting bone strength.
 - o Regulating your sleep -- it naturally promotes sleep.
 - o Supporting your libido.
 - o Promoting vascular health.
- o In conjunction with water it is actually essential for the regulation of your blood pressure.



HIMALIYA SALT

THE HEALING EFFECTS OF HIMALAYAN SALT

For thousands of years salt has been known as a panacea. Alchemists called it "the fifth element" –besides water, earth, air and fire- because its qualities were comparable only to ether, the actual fifth element. Why are we so drawn to the ocean? Because our subconscious mind instinctively wants to return to the specific vibration state of the ocean from which we once emerged. This is where we can return to recharge our batteries and regenerate. It was only one hundred years ago with the advent of industrialization, that we initiated our disconnection from nature and her ways. Fortunately, we are witnessing a trend to return back to natural, holistic methods for living and caring for our body, including a shift back to utilizing natural salts in this process. People everywhere are reconsidering the healing effects of natural crystal salt. We can find it in skin care lotions, for use as bath salts and is even used in inhalation or cleansing treatments for illnesses of the respiratory system and for a variety of other indications.



NEGATIVE IONS

Our world right now is full of environmental pollution, electronics, microwaves and high voltage networks which produce a lot of positive ions – which is not “positive” for us because it throws off the natural balance of positive/negative ions in our air. This imbalance can manifest itself in people in the form of headaches, lethargy, nausea, depression, indigestion, and irritability. We have Himalayan salt lamps and candleholder, the heat Produced by the electrical bulb in Salt Lamps or flame in the salt Candleholder adds negative ions back into the air which creates an environment for optimal health. Research shows the antibacterial influence of negative ions actually lowers the percentage of harmful bacteria in the air.

Perhaps you have noticed that your feeling of well-being is intensified in pure mountain air, or at the seashore, or after a thunderstorm. This is due to the higher concentration of negative ions in these surroundings.

The Salt lamps are scientifically proven to work like an air purifier and are often called Nature's Air Purifier. The lighted lamp emits negative ions that fight against positively charged particles that cause us to feel stuffy and sluggish. They clear the air and naturally dilute odors so that we can breathe easier.



SCIENTIFIC RESEARCH

Several scientific studies show that salt crystal lamps can increase the negative ion count by up to 300%. In nature Negative Ions are created by means of wind, sunlight, surf, waterfalls and rainstorms. Generally, a negative ion is an electronically charged molecule made up of oxygen. The impact of negative ions is powerful. Originally, it was found to speed recovery in burn or asthma patients, but was later discovered to affect serotonin levels in the bloodstream, stabilize alpha rhythms and to positively impact our reactions to sensory stimuli. The greater level of alertness can translate into improved learning, improved wellbeing and enhanced human performance on mental tasks.

Ionized air also substantially reduces the number of airborne bacteria indoors. Dr. Albert P. Krueger, a microbiologist and experimental pathologist at the University of California, found that an astonishing small quantity of negative ions could kill bacteria and quickly take them out of the air so they were less likely to infect people.

Even though they are not a "medical device", Salt Crystal Lamps, by emitting negative ions, significantly reduce a myriad of indoor air pollutants. Negative ions have known benefits, and may provide relief from sinus, migraine headaches allergies and hay fever, reduce the severity of asthma attacks, enhance the immune system, increase alertness, increase work productivity and concentration, increase lung capacity and reduce susceptibility to colds and flu.

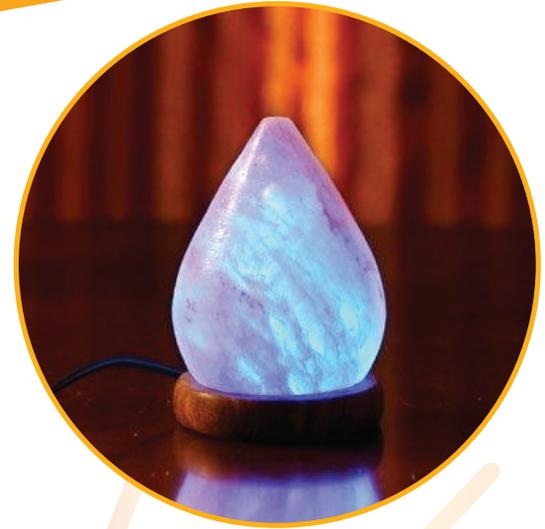


HIMALIYA SALT

HIMALAYAN SALT VS SEA SALT

Many people believe sea salt is a healthy alternative to table salt, but this is no longer the case. The oceans are being used as dumping grounds for harmful toxic poisons like mercury, PCBs and dioxin. Reports of oil spills polluting the sea are becoming more frequent. With some 89% of all the sea salt producers now refining their salt, today's sea salt simply isn't as healthy as it used to be.

If you were to look into a microscope at sea salt (pictured left) you would see it has irregular and isolated crystalline structures disconnected from the natural elements surrounding them. Thus, however many vital minerals it may contain, they cannot be absorbed by your body unless your body's net gain is small as the body expends tremendous energy to vitalize them. Compared to the great loss of energy. Because the crystalline structure of crystal salt is balanced (pictured right), it is not isolated from the 84 inherent mineral elements, but is connected to them in a harmonious state. This means the energy content in the form of minerals can be easily metabolized by your body. When you use little energy this salt it has a vital energetic effect. Your body gets an ample net gain with little loss.



SALT LIGHT TEHRAPY

The Himalayan Salt comes in transparent, whitish, reddish or pinkish color and can be found on Salt Mountain and comes together where there is adequate pressure for it to form into a perfect crystalline constitution.

LIGHT THERAPY

Europeans take a unique approach to light therapy. Since most European countries are at latitudes farther north than most, they are accustomed to long winter nights. Light is important to mental well being. Light therapy is a common treatment in the North Countries where one finds high rates of depression that doctors have found are related to the long winter nights experienced by the people who live there. Salt lamps can be used for corrective light therapy and they can be used for preventative light therapy and to adjust our emotional conditions. Salt comes in a very useful spectrum of colors that create different moods. So you can choose one or more different light colors to fit your current condition and need for light therapy.

Red: is the provocative color that boosts your vital forces and gives you an energetic outlook on life.

Apricot: is said to help you overcome over come emotional blocks, improve open mindedness and increase vital energy.

Orange: is supposed to aid relaxation and improve body harmony. It is also said to be very helpful in overcoming stress, and nervous shock. It also is supposed to increase creativity and your outlook on life.

White: brightens your outlook and has a calming effect that helps you concentrate and enrich your emotional life.

Preventative light therapy consists of keeping mood-adjusting lights in home to not only Provide the necessary spectrum of light to prevent Seasonal Affective Disorder, but also to adjust the living conditions to a more pleasant situation.



Where to use Salt Lamps

The benefit of ionizers is well known. While most ionizers on the market are man made machines, the salt crystal lamp is a beautiful alternative of Mother Nature, without any noise and NO harmful OZONE!

In Your Home:

Use these lamps in bedrooms, children & baby rooms, living rooms, hall ways or anywhere else where you want to create a tranquil, cozy, relaxing and serene atmosphere.

Office and Computer Users:

Place a Salt Crystal Lamp near your computer to reduce fatigue and EMF (electro magnetic pollution) created by office equipment. The lamp will also improve your concentration.

Meditation:

Use them for Yoga and meditation: When you repose in peace and quiet, a Salt Crystal lamp near you is known to enhance your meditative

Massage Rooms:

A lamp or two in the massage room will greatly enhance and create a soothing, relaxing, calming and refreshing environment.

Natural Health Centers:

A Salt Crystal Lamp glowing in your consulting or treating room assists the healing process and creates a calming environment.

Psychiatrist:

A lamp or two in the waiting room will create a relaxing and calming atmosphere.

Allergy Sufferers:

A Salt Crystal Lamp in your vicinity will help your wellness and keep the air around you clean, ionized naturally, and beautifully.



Care of Your Salt Lamp and Candles

Salt Lamps and candles have the ability to draw water from the surrounding atmosphere. Salt Crystal Lamps and candles should never be sprinkled with water, kept in a moist room or be placed outdoors. Sometimes, in moist or humid conditions, the surface may be slightly damp to the touch. Lighting it for a few hours will dry it very quickly. If crystallization occurs, just wipe with a damp cloth.

It is recommended that you light your lamp or candle every day for the best air purifying results. This will maintain a constant negative ionizing process and also repel excess moisture build up around the lamp or candle.

CLEANING YOUR SALT LAMP AND CANDLE

Gently wipe the lamp or candle with a damp (not soaking wet) towel or sponge to remove dust. Once cleaned, dry with a paper towel or turn on the lamp or light the candle for a while. If you choose to place a Salt Crystal Lamp or candle on a wooden surface, please ensure that it has a waterproof base so that you do not damage your furniture.



BENEFITS OF BATH SALT

Would it be nice if when taking a bath, it will not only clean the outside of your body but also inside? Well, that would be a perfect bath. Most of us are conscious about our physical appearance especially with our skin. And unlike the ordinary bath that we take every day which can actually remove moisture from our skin, a Himalayan Salt Bath moisturizes our skin by allowing water to be absorbed at the upper layer of our skin. So to help you in having a beautiful skin and healthier body, you can try the Himalayan Salt Bath.

There are many benefits you can get from a Himalayan salt solution. It can be a relaxing and soothing effect for your body. The bath will also make your skin cleaner and smoother which will make you look young and feel good about yourself. Additionally, it has healing effects on foot fungus, wounds, skin irritations, insect bites or blisters. It also serves as a therapy to joint diseases such as rheumatism.

SALT IN FOOD

Salt is the most common ingredient in our food, yet we never really pause to think about it or pick the best. Is it because we think there is no choice, except in the brands? Allow us to shed some light on this and introduce you to crystal salt (better known as Original Himalayan Crystal Salt).

Crystal salt is as old as the hills and its health enhancing properties. This crystal salt reflects the wholeness, richness and purity of its source in underground salt deposits in the Himalayan region. When the ancient seas evaporated, these deposits were created under great pressure during the formation of the Himalayas hundreds of millions of years ago. Protected from pollutants and impurities by nature, the salt remains unrefined, untreated and free of additives. The large salt crystals are simply cut up, rinsed with water, sun dried naturally and ground into a fine powder.



CRYSTAL SALT AND HEALTH

Crystal salt has proven to be an advantageous substitute for common table salt in the daily diet in the following ways

- o It increases the Hb% (Hemoglobin) in blood and prevents mineral deficiency anemia.
- o It has a weight reduction property; beneficial for over weight individuals.
- o It exhibits hepatoprotective action against liver injuries.
- o It also prevents lipid per oxidation and free radical production which are major causes for Diabetes,

Hypertension, Heart diseases, Neurological diseases, cancer etc. This will also help to reduce the complications arising due to diabetes like diabetic neuropathy, retinopathy, angiopathy etc.

ROAD SALT

Winter storms endanger roadway users and paralyze economic activity. Sensible Salting keeps roads open and safe. Highways are the arteries linking our economy and our society. But only if they are open and safe. Driving in a snowstorm increases a driver's risk of a crash far more than driving impaired by alcohol or drugs. We need to operate our roads so that would-be highway users can be assured that they and their cargos can arrive safely within a predictable window of time. Snow and ice contribute to congestion and traffic crashes. Winter weather congestion affects 70% of U.S. roadways

To maintain traffic safety and mobility during snow and ice emergencies, highway operations agencies use rock salt, solar salt and to some degree, evaporated salt, mostly in Europe. That's been true since the 1940s in snowbelt regions worldwide. Development of the new technique of preventive anti-icing has brought new focus on using salt to combat winter ice storms on roads in what has been considered the Sunbelt.



INDUSTRIAL SALT

Rock Salt has been around for a while, but since this product has so many widespread uses, the salt industry has become more competitive over time. This motivates manufacturers and consumers alike to determine the most competitive uses for industrial salt.

INDUSTRIAL SALT USES

In the oil industry, salt is used to increase the density of mud and soil, which creates a more safe and efficient drilling rig. Although salt may not be used extensively in off-shore drilling, enormous amounts of salt are required to facilitate drilling on land. Pharmaceutical companies also use salt in the process of making capsules, as well as the production of saline solutions, which have widespread secondary uses. Saline solutions are not only useful for contact solution, but also for intravenous formulas. Salt use by the medical and pharmaceutical companies accounts for a large percentage of the total national industrial salt usage.

Of course, the majority of the world's industrial salt is used to deice roads and to create a safer driving surface, not only for the public, but for government use as well. Sixty to eighty percent of globally mined salt is used to improve the safety of public transit in one capacity or another, but usually to decrease the freezing point of snow and ice.

Salt is often spread on roads prior to inclement weather, allowing a surface layer of brine to provide further protection against ice.



Contact Details



www.chohansaltlamps.com



info@chohansaltlamps.com



0092 (333) 8118610, 0092 (321) 6009955



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