



FREEDOM HARVEST FARM Sole (“So-Lay”) Mineral Water A Powerful Health Benefit

Sole water is made by saturating water with natural pink Himalayan salt.

****NOTE:** Using iodized salt/white refined salt will not deliver the same effect. Natural salts such as pink Himalayan, Real salt, or Celtic salt are also used. These natural salts contain minerals that are essential for health.

****Consult your trusted health care professional if you have any current health issues before using.**

This sole water is made by adding natural pink Himalayan salt to a glass jar until it’s a quarter of the way full, then filling the rest of the jar with water, give it a quick mix, cap the glass jar with a plastic lid (not metal) and let it sit on the counter for 12–24 hours. The water will turn clear.

If all the salt dissolves in the water, add more salt until it no longer dissolves (should have noted residual salt in the bottom). At this point, the water is considered fully saturated with salt and is ready for use.

To Use

1. Add 1 teaspoon (5 mL) of this saltwater mixture in an 8-ounce (240 mL) glass of water every day to experience the health benefits.
2. The same amount can be added to a larger amount of water if desired.

Benefits of Sole Water

1. Improved digestion
2. Lower blood pressure
3. Improved sleep
4. Prevents muscle cramps
5. Detoxify and balance pH in the body
6. Balance blood sugar
7. Improves bone health (minerals)
8. Increased energy
9. Acts as an antihistamine for allergic reactions
10. Flushes out toxins
11. Maintains proper hydration