

Sole

What is Sole?

Sole (pronounced Solay) is essentially water that has been fully saturated with a natural salt. This isn't just a small amount of salt dissolved in water, but rather water that has absorbed as much natural salt as it is able and will not absorb any more. The term Sole comes from the Latin "Sol" meaning Sun.



We've been told for years that salt can be harmful, so the idea of drinking salt water may sound counter-intuitive, but it turns out that this concentrated salt solution can have a variety of health-supporting uses. This remedy has been used for centuries in some countries and claims both anecdotal and scientifically supported evidence for the following uses:

Helps Hydration

The body naturally repairs and detoxifies during sleep, but in doing so, it uses up a good amount of water. This is why we are often more thirsty in the morning. Consuming a salt solution like Sole helps the body rehydrate.



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Helps the Body Detoxify

The minerals in Sole make it useful in the natural detoxification that the body already does. Sole is naturally antibacterial and can help remove bad bacteria in the body.

Boosts Energy

The minerals and stored energy in Sole help boost energy throughout the day.

Improving Digestion

Sole stimulates the digestive system promoting food absorption and regularity naturally.

Improving Blood Sugar

Some people note improvements in blood sugar levels after using Sole.

A Natural Antihistamine

Sole can work as a powerful natural antihistamine. This action is likely due to its balancing effects on the body.

Helps with Muscle Cramps

Can help prevent and remedy muscle cramps.

Bone Health

There is a theory that a potential cause of Osteoporosis and other bone disorders is the body utilizing calcium and other minerals from the bones for survival and to neutralize acidity in the blood. Sole is naturally full of minerals and alkalizing, so there is speculation that it is helpful with bone health as well.

Healthy Veins

By supporting the correct mineral balance in the body and blood, Sole can help reduce or avoid vein problems like varicose veins.

Blood Pressure

Contrary to what we often hear, many people notice a reduction in blood pressure from using Sole.

Weight Loss

By improving digestion and nourishing the body on a cellular level, Sole can help promote weight loss.

Healthy Skin, Hair and Nails

Sole's high mineral content makes it great for healthy skin (and acne problems), and for hair and nail growth.



It is interesting to note that the conventional treatment for many of the above problems includes removing excess salt/sodium from the diet. While table salt could certainly have a negative effect and is best avoided, natural salt contains over 84 minerals and is incredibly nourishing for the body.

How to make Sole

Ingredients:

A glass jar (preferably with a plastic-lined lid)

1-2 cups of Himalayan Salt, Australian Pink Lake Salt or Redmans Salt (American)

Filtered water or spring water

Instructions:

Fill the jar about 1/4 of the way with salt.

Add filtered or spring water to fill the jar, leaving about an inch at the top.

Put on the lid and shake the jar gently.

Leave on the counter overnight to let the salt dissolve.

The next day, if there is still some salt on the bottom of the jar, the water has absorbed its maximum amount of salt and the Sole is ready to use.

If all of the salt is absorbed, add more salt and continue doing so each day until some remains. This means that the water is fully saturated with the salt.

How to use Sole

Mix 1 tsp of the Sole into a glass of water and consume every morning on an empty stomach. **Do not use a metal utensil** to measure or touch the Sole with any metal object.

Make the mixture as above and store at room temp. It will last indefinitely as salt is naturally antibacterial and antifungal. More water and salt can be added as needed to keep up the amount in the jar.

To drink, add 1 tsp to a glass of water each morning before eating or drinking anything else. Do not add more, especially starting off! If this causes a detox reaction or headache, work up slowly.

I am not a doctor and as with any health advice, consult a qualified practitioner before adding any new supplements, especially if pregnant, nursing or if you have a medical condition.

(content taken + modified from The Wellness Mama)



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