

HIMALAYAN CRYSTAL SALT LAMPS – GENERAL AND SCIENTIFIC INFORMATION



250 Million Years in the Making

250 million years ago two of the worlds land masses collided and pushed up the ocean floor. The bottom of that ancient sea bed became the Himalayan Mountains and the beautiful Himalayan Salt Crystal Lamps were born.

Himalayan Crystal Salt lamps are naturally beautiful, especially when glowing in low light. **No two salt lamps are identical.** Each is unique and **hand-carved from 250-million-year-old Himalayan Crystal Salt**, ready to illuminate any indoor environment with a healthy, natural glow. These lamps make excellent and unique gifts.



Known as "**Vitamins of the Air**", the Salt Crystal Lamp is Nature's best Ioniser which provides multiple health benefits including enhancing immunity, improving sleep and relieving migraines.

Find out more about the health benefits of these lamps: www.TheUniverseWithinUs.com.

The salt crystal lamps have a similar effect to the ioniser. However, the natural ionisation of a crystal lamp cannot be compared to an ioniser. An ioniser can only have an ionisation effect.

However, salt crystal lamps have many advantages in many aspects, including improving the general atmosphere of a room. If the lamp is next to a television or computer monitor (do not place a lamp on top of a TV or computer), its effect, through its electromagnetic field, is in approximately the 100-160Hz zone. Our brain waves however, produce only 8Hz according to the Schuman resonance frequency. Therefore, the body is exposed to up to 20 times higher frequency patterns than it is generally used to. The consequences of this exposure results in nervousness, insomnia, lack of concentration and weaknesses. In addition, there will be an accumulation of more free radicals in the body, known to be a cause of cancer. The salt crystal lamp binds the negative ions with the excess positive ions. When the lamp becomes warm, it absorbs moisture and the crystal will be damp on the surface. This builds up the ion field. Through the lamp, the positively charged atmosphere of a room can be neutralized. In addition to this, the colours of the salt crystal stones have a healing effect. The therapeutic value of the coloured crystals can reorganize the epidermal layer of our skin. Tests made with children having ADHD symptoms have shown that after only one week of exposure to crystal salt lamps, their symptoms subsided. After removing the lamps, the symptoms returned.

Salt lamps are famous for emitting negative ions that are essential for our health and well being. The warmth of the salt draws in moisture from the air and converts any damaging positive ions to negative ions in the surrounding area. Today's technology including computers, TV's, microwaves, cordless phones, mobile phones etc emit large amounts of positive ions. The potential outcome is physical and mental fatigue. Having a salt lamp converting positive ions into negative ions will assist health and well being and will assist against:

- ▶ Stress
- ▶ Anxiety
- ▶ Depression
- ▶ Arthritis
- ▶ Hypertension
- ▶ Insomnia
- ▶ Allergies
- ▶ Headaches
- ▶ Sinus
- ▶ Migraines
- ▶ Colds
- ▶ Aches
- ▶ Bronchitis
- ▶ ADHD
- ▶ Premature Skin Aging
- ▶ Asthma
- ▶ Skin Conditions
- ▶ Muscle Spasms
- ▶ Fatigue - physical or mental

Some of the things negative Ions clean the air of are:

- ▶ Dust
- ▶ Dust mites
- ▶ Animal dander
- ▶ Mould spores
- ▶ Bacteria
- ▶ Pollen (grass, weed and tree pollen)

Have you ever felt tired and uncomfortable inside a big office building? Or else, perhaps you remember feeling relaxed and energized standing near the ocean or by a waterfall? There's a scientific reason for how you felt those days and it has nothing to do with work waiting to be done, or the promise of a nice vacation.

The air all around you is made up of molecules, all of which have an electrical charge on them.

Depending on how many electrons circle a molecule, everything in this world has either a positive charge or a negative charge. Inside buildings or inside your home, the molecules have a positive charge.

And unfortunately, most air-borne allergens and pollutants also have a positive charge. Out in nature, especially by water, the air molecules have a negative charge, which makes them nice to breathe and to be around.

This is one set of circumstance where 'negative' is better than 'positive'. Negative ions are good for you! **They bring oxygen to your brain, boost your immune system, and lift your mood.** Studies show they even help lessen depression and cure Seasonal Affective Disorder (SAD). You can get negative ions outdoors most of the time while at the beach or after a storm, and at a very low level you can even get them in your bathroom when you run the shower.

Things to Consider

- ▶ **Our well being and our efficiency are considerably dependent on the quality of the air we breathe.** Air consists of many electrically charged particles - positively, negatively charged or neutral particles. The quality of the air we breathe depends on the kind of electrical charge and concentration of the ions.
- ▶ Salt crystal lamps are known to improve the quality of the air by producing negative ions which are good for our health.
- ▶ **The environment we live in today has far more sources of positive ions than in the past, creating an electrical imbalance in the air.** Various human activities and electrical appliances produce positive ions which are the reason for the deterioration of our physical and emotional well being; eg discharge of voltage in high-voltage networks, heating and cooling systems, TVs, radios, transmitters, radar systems, computers, exhausts and cigarette smoke.
- ▶ Scientific tests have revealed that the ratio of negative to positive ions should be between 1.02 to 0.98 and the air's composition of negative ions should range between 1000-1500/cm³. Measurements have shown that the number of negative ions decreases to 200/cm³ in a closed room containing several people.
- ▶ Negative ions can be found in billions, on mountaintops, water falls and by the sea. They give the air its invigorating freshness, which is so good for us.
- ▶ **In Europe, bioenergotherapists and homoeopaths recommend salt crystal lamps to assist in the treatment of many health conditions.** Salt crystal lamps are highly suitable for daily use near televisions and computers, around smokers, in offices with air-conditioning, during massage therapy, in meditation rooms and anywhere else you want to restore or preserve the natural air quality. Non-illuminated crystals (cool) work as mini ionisers, however the salt crystal lamps which are illuminated from inside (warm) emit a higher number of ions. Today, the health benefits of ionisers are well recognised; whilst most ionisers on the market are man made machines, the crystal salt lamps are Mother Nature's beautiful alternative.
- ▶ **The environment of an unborn baby is water and salt.** Nursing mothers find Salt Crystal Lamps recreate a natural, secure environment for their babies. **The results being increased feeding, sleeping and a calmer baby.** The associated warm glow of a Salt Crystal Lamp becomes a signal for a baby to relax and slip into a refreshing sleep

A series of 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. A positive ion in the air is a molecule that has lost its electrons through process of air pollution. In fresh country air we find up to 4000 negative ions per cubic centimetre - the size of a sugar cube. Near strong surf or close to a waterfall up to 10.000 negative ions can be found, however the **number of negative ions in major capital cities at rush hour does not even reach 100.**

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 well being and enhanced human performance on mental tasks.

Ionised 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", by emitting negative ions Salt Crystal Lamps 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.

Himalayan Salt Crystals are one of the most powerful enhancers of life force, thereby supporting a greater self-healing capacity of the body, and clarity of the mind.



Let us deliver your gift!



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For more information on our extensive range of Salt Crystal Lamps and our **WHOLESALE PRICES**, please visit us at:

www.TheUniverseWithinUs.com