

HIMALAYAN SALT was formed in the Precambrian era, about 600 million years ago, as a great inland sea evaporated. The salt is rich 84 important trace minerals (for example: 1.2% sulfur, .4% calcium, .35% potassium, .16% magnesium, and 80 other trace minerals - key to the balance of the human body). Volcanic and other geological activity then sealed the salt in a hermetic vault where, over eons, it was subjected to the intense pressure and heat of the deep earth. Over countless ages the land rose to become the Himalayan Mountains.

Our Himalayan salt slabs can be used as plates & platters and also cooking tools including: sautéing, grilling, chilling, curing, baking and searing! You can enjoy serving cold foods on the slabs such as tomato & mozzarella salad, sushi or fresh fruit. You can also heat the slab on a stove top, grill top or oven and cook your fresh foods directly on top of the slab!

COOKING ON YOUR SLAB

Every type of food will react uniquely to your salt slab. The effect of the salt on the food will depend on a variety of factors - moisture, fat content, thickness, and the temperature of the slab. Moisture in the food will pick up salt faster, while fat will repel the salt. If your food is too salty, apply a thin layer of oil to the block. ***The more you “oil your slab” (olive oil, grape seed oil, truffle oil...any is fine) the less salt will infuse your food!*** Foods that cook quickly usually work best, so make sure pieces are cut to an appropriate thickness and that the block is hot enough. Cooking on a salt slab that hasn't been heated high enough will not only over-salt your food, but it will also degrade your slab much faster.

HIMALAYAN SEA SALT BENEFITS

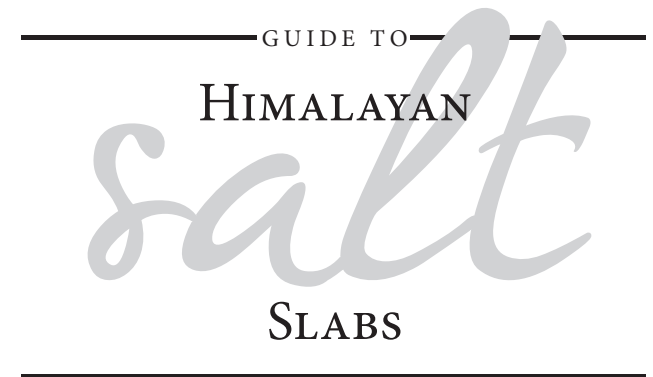
Every human body reacts to pure Himalayan Sea Salt exactly the same way. The ENERGY contained in this beautiful salt brings your body's regulatory system (homeostasis) into balance. A balanced homeostasis means everything is NORMAL. Normal organ functions, Normal blood pH, Normal digestive system functions, Normal brain activity, Normal respiration, and it also helps remove heavy metals from your body.

There are no thoughts, no actions, no LIFE, without salt in your body. Every function of your body absolutely relies on SALT. Your body is craving the exact salt of which you are made. Remember – the higher quality of ENERGY you put into your body – the higher quality of your LIFE. PERIOD! Salt is the transmitter and conductor of all electrical activity (Energy) in your body.

With Himalayan Sea Salt, you won't suffer the effects of edema (water retention), because your body will no longer need to sacrifice its own precious cell water as a means of protecting your organs from the damages of the poisonous sodium found in most processed and chemically refined salts, including “man-made sea salts.”

As a matter of fact, results of a comprehensive double-blind scientific study of pure Himalayan Sea Salt conducted at the Inter-University of Graz, Austria, demonstrated that patients in the study who used Himalayan sea salt “saw significant positive changes in respiratory, circulatory, organ, connective tissue and nervous system functions.” In addition, some of the other benefits reported by the patients in the study, that you too might experience include:

- Increases in the quality of sleep
- Increased energy and concentration levels
- Increased brain activity
- Weight loss
- Enhanced consciousness
- Noticeable hair and nail growth
- And even more benefits, such as greater peace of mind and a sense of “connectedness” that had been previously lacking or diminished in life



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himalayan salt slabs

COOKING INSTRUCTIONS

The Himalayan Salt Slabs can hold any temperature you bring it to for a good while. Because Himalayan Salt Blocks generally have an extremely low amount of porosity, and virtually no residual moisture (.026%), the salt plates can be safely heated or chilled to great extremes. The slabs have been tested them from 0°F up to 700°F (-18°C to 370°C). Salt melts at 1473.4°F (800.8°C).

We do not recommend heating the slabs above 450 degrees.

HEATING YOUR SLAB

Be sure the slab is completely dry. If used previously, the slab should have rested for at least 24 hours. The first few times you heat up your salt slab, cracks will appear, and the color may change from its original pink to a whiter color. This is normal. However, after several uses, the salt slab may regain some of its original coloring.

For a Gas Range: Put the your salt slab directly on the stove top. Set heat to low, give the slab at least 15 minutes to heat up. You may notice moisture accumulating at the edges. As the salt slab heats, this will evaporate off. The slower you do this, the better. Allow more time for larger slabs, especially 12x8x2in and larger. Increase the heat slowly – low-medium for 15 minutes, and then medium-high for 15 minutes. If extremely hot sauté temperatures are desired, increase flame to full high for another 5 to 10 minutes.

For an Electric Range: If heating on the stovetop, select a circular ring of metal, such as a tart pan with a pop out bottom, pastry ring, or wok ring, and place it on the burner. Place the salt slab on top of the ring. Place a circular ring of metal such as a tart pan with a pop-out bottom to create a small air gap between the heating element and the block. Once set up, heat similarly to a gas range.

For a Grill: Place your salt slab on the grate. If using a charcoal grill, keep the coals to one side and place the slab on the other side, to expose it to less direct heat. If using a gas grill, start the heat on low as you would with a gas range. Increase heat slowly until the slab is ready to use, as described in the gas range instructions.

For an Oven: We do NOT RECOMMEND using an oven to heat your salt slab, as damage to your salt slab and/or your oven may result. If you would like to bake on your salt slab, heat it as described above to at least three hundred degrees, and then move it into a hot oven.

HOW DO YOU KNOW THE BLOCK IS READY?

If you have a laser thermometer, the block should be at 450 degrees F. If you don't, simply sprinkle a few drops of water on the block. If they sizzle away instantly, the slab should be hot enough.

CLEANING INSTRUCTIONS

If hot, allow your slab to cool completely before cleaning it. Moisten the salt slab with a damp, clean cloth (do not use soap at any time). Try cutting a lemon in half and scrubbing the slab with a fresh lemon to remove any stuck food matter. Then wipe again with a dry, clean towel. Try to keep the slab as dry as possible – the less water the better. If taken care of, a large salt slab can provide dozens of uses. The powerful antimicrobial properties of the salt insure that it is always proper and ready for future use, with no need for detergents.

STORING INSTRUCTIONS

Store in any location where humidity is at a minimum. If you live in a humid climate, wrap the block in a towel and put in a dry cabinet.

Disclaimer: The statements enclosed herein have not been evaluated by the Food and Drug Administration. The products mentioned are not intended to diagnose, treat, or prevent any disease. Information and statements made are for education purposes and are not intended to replace the advice of your family doctor. You should discuss your necessary natural salt intake with your doctor to ensure you are receiving the daily requirements.