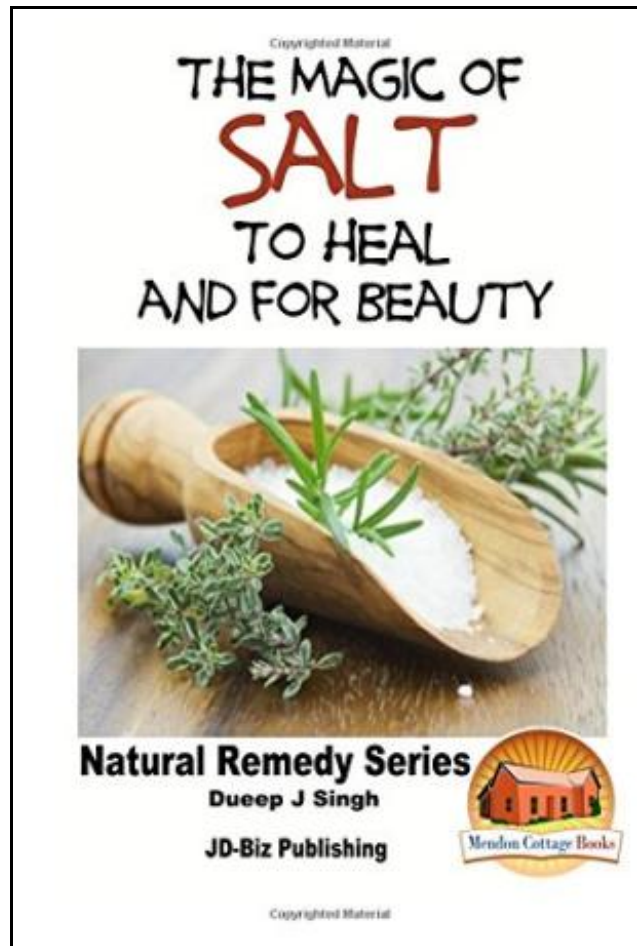


## The Magic of Salt to Heal and for Beauty



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*(Dr. Kayden Gerlach)*

## THE MAGIC OF SALT TO HEAL AND FOR BEAUTY



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Magic of Salt To Heal and for Beauty Table of Contents Introduction Production of salt Differentiate between rock salt and black salt How harmful is salt really? Salt to heal common ailments Buttermilk Diarrhea Recipe for Khichri - kedgerree Flatulence Headache Dandruff Removal Oil Taking Care of Tooth Trouble Cold and Cough Remedy Salt Fomentation Bronchitis Relief Arthritis relief Traditional arthritis oil Salt for Beauty Sea Salt Scrub Skin problems Pimples and acne Prickly heat Skin Moisturizer for Itching Eczema Cure Fungal skin infection cure Where Do You Buy Rock Salt/black salt? Salt in Your Cuisine Tips Tasty Salt Spicy Mix Appendix How to make onion flakes How to make ginger and garlic flakes Desi ghee Conclusion Author Bio Introduction In this book of our Miracle Series, you are going to know more about the power of a very common ingredient, found in every one s kitchen. This is salt, without which any salty dish is going to lose its savor and flavor. Imagine food without salt! Salt was held to be so precious in ancient times, that Roman soldiers were given salt daily at night, as salary. The idea was that they were going to have enough of salt in which they could cook their evening meal, with ground corn and onions. This was the diet on which the Roman legions marched and conquered half of the world. More than 3000 years ago, salt was used as a coin to ransom Kings and conquered prisoners, along with spices, which were considered to be more precious than precious stones and gold. It is a historically known fact that Portuguese, German and British rulers of...



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