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# Chapter 1: Making It Work for Weight Loss

## Why It's Not a Magic Fix—but a Catalyst

Let's be real for a second—if pink salt were a magic bullet for weight loss, we'd all be walking around with it in our water bottles and none of us would have to worry about cravings, bloat, or that stubborn weight that just. won't. budge.

But here's the truth: **it's not magic**. And you know what? That's okay. Because pink Himalayan salt *doesn't have to be magic* to make a real, noticeable difference in your life. It just needs to be a **catalyst**—a small shift that opens the door to bigger, more meaningful changes.

**NOTE:** This chapter isn't about unrealistic promises. It's about connecting the dots—how this natural mineral, when combined with the right habits, can amplify your results and help you feel *so much better* in your body.

You're not alone if you've tried *all the things*: low-carb, intermittent fasting, juice cleanses, or that weird cabbage soup diet from the early 2000s (guilty ♀). And maybe some of it worked—for a little while. But lasting weight loss isn't about punishment or deprivation. It's about **supporting your body** so it can finally do what it's been trying to do all along: **restore balance**.

Pink Himalayan salt—while it won't melt the pounds off by itself—**can be part of that support system**. And when it's paired with movement, clean eating, and intentional hydration, it becomes something powerful.

## How Pink Salt Supports Digestion and Curbing Cravings

Let's dig into why pink salt is so special—and how it actually supports your weight loss goals.

### 1. Digestive Support from the First Sip

Pink Himalayan salt contains over **84 trace minerals**, including magnesium, potassium, calcium, and iron. These minerals are not only important for overall wellness, but they also play a crucial role in **digestive health**.

When you drink water mixed with a pinch of pink salt (often called *sole water*), you're not just hydrating—you're **priming your digestive system**. Think of it like gently waking up your gut in the morning instead of throwing a double espresso at it and hoping for the best.

Here's how it works:

- **Stimulates stomach acid:** Pink salt can increase hydrochloric acid (HCl) production, which helps your stomach break down food more effectively. Poor digestion can often lead to bloating, sluggish metabolism, and—you guessed it—**weight gain**.
- **Encourages bile flow:** This is essential for breaking down fats. If bile production is low or stagnant, fat digestion is impaired, leading to fat storage instead of fat burning.
- **Reduces bloating and water retention:** It might seem counterintuitive to consume salt to reduce bloating, but the minerals in pink salt help regulate fluid balance and prevent the body from holding onto excess water.

**NOTE:** A pinch of pink salt in your water in the morning or before meals is usually all it takes to start experiencing these digestive benefits.

## 2. Curbing Cravings with Mineral Support

Ever find yourself desperately craving salty chips or chocolate? That's often your body's way of saying: "*Hey, I'm missing something!*" And more often than not, that "something" is **minerals**.

Mineral deficiencies are incredibly common, especially with today's processed diets. When your body is low in minerals, it sends out craving signals. But instead of asking for potassium, it just shouts: "Snack!"

Here's where pink salt shines again. Because it's unrefined and packed with trace minerals, it helps restore **mineral balance**—which in turn can help **quiet those intense cravings**.

I've had clients say, "Once I started using pink salt daily, my afternoon sugar cravings just... stopped." That's not magic—it's *mineral balance*.

## Pairing the Trick with Clean Eating

You can't out-salt a bad diet. Let's just say it like it is.

Pink salt can support digestion, reduce cravings, and boost hydration—but it works *best* when you're also giving your body **clean, whole, nourishing foods**.

### What Does Clean Eating Actually Mean?

We hear "clean eating" all the time, but what does it actually look like in real life?

- **Whole foods:** Think vegetables, fruits, lean proteins, healthy fats, legumes, whole grains—foods that look like they came from the earth.
- **Minimal ingredients:** If a food has an ingredient list longer than your grocery receipt, it's probably not helping your weight loss journey.

- **Low sugar and low inflammatory oils:** Cut back on refined sugar, canola oil, and trans fats. Replace them with natural sweeteners (in moderation), olive oil, avocado oil, and coconut oil.
- **Listening to your body:** Clean eating isn't about obsessing or restricting. It's about learning how different foods *make you feel*—and making choices based on that awareness.

## How to Make It Work

Here's a simple framework I use with clients:

1. **Start the day with a pink salt-infused water**
  - It sets the tone, supports digestion, and boosts hydration.
2. **Keep meals balanced**
  - Build every plate with **protein + fiber + healthy fats**. These three are the dream team for satiety and blood sugar control.
3. **Use pink salt to enhance flavor (not to over-salt)**
  - Pink salt makes clean food taste *amazing*. Just a sprinkle on steamed broccoli, grilled chicken, or roasted sweet potatoes brings out a rich, savory depth.
4. **Snack mindfully**
  - Try seaweed snacks, homemade trail mix, or hummus with veggies—crunchy, satisfying, and naturally mineral-rich.

**NOTE:** Clean eating isn't about being perfect. It's about consistency and intention. Pink salt simply helps you stay on track by curbing cravings and improving digestion.

## Movement + Mindful Sipping = Results

If I had a dollar for every time someone told me they were doing “everything right” but still not losing weight, I'd probably be writing this chapter from a beach in Bali.

But when we dig deeper, there's usually one thing missing: **movement + hydration with intention**.

Let's unpack both.

### 1. Movement Doesn't Have to Be a Gym Membership

We're not talking about 2-hour workouts or training for a marathon. What we *are* talking about is **moving your body with purpose**, every single day.

- **Walk daily:** Walking is so underrated. 20–30 minutes a day can improve metabolism, mood, and digestion.

- **Stretch and strengthen:** Light yoga, bodyweight exercises, or resistance bands can build muscle and support fat burning.
- **Do what you love:** Dance, garden, hike, chase your kids around the yard—**it all counts.**

I've seen women start walking every day and simply sipping pink salt water in the morning—and within a few weeks, they were sleeping better, had less bloating, and dropped inches without changing anything else.

## 2. Mindful Sipping: The Pink Salt Trick in Action

This is where pink salt really shows its superpower.

Here's how to do it:

- **Fill a 16–20 oz glass of water** (preferably room temp or warm)
- **Add 1/8–1/4 tsp of pink Himalayan salt**
- **Add a squeeze of lemon** (optional, but adds Vitamin C and taste)
- Sip it **slowly**, especially in the morning or before meals

This little ritual does more than hydrate—it:

- Prepares your digestion for food
- Curbs excessive hunger
- Keeps your electrolyte balance in check (especially if you're sweating or cutting carbs)

**NOTE:** If you're new to pink salt water, start small. Too much salt too quickly can lead to discomfort. Start with a pinch and build from there.

## The Human Side: My Experience and Yours

If you've made it this far, you're probably someone who's **tired of the diet rollercoaster**. You want something *real*, something that fits into your life without making you feel like a failure for having a slice of cake at your niece's birthday party.

I get it. I've been there. I remember the first time I tried pink salt in water—honestly, I didn't expect much. But over time, as I kept showing up, sipping slowly in the morning, tuning into my body, and cleaning up my meals without being militant—I saw changes. And they weren't just on the scale.

They were in the mirror, yes, but more importantly—they were in how I felt:

- **Lighter**, not just physically but mentally.
- **Energized**, without relying on three cups of coffee.
- **Empowered**, because I finally understood what my body needed.

This chapter isn't a "hack" or a "trick." It's a roadmap. A gentle guide. A reminder that the little things add up—and that yes, **you absolutely can do this.**

Let's wrap this up with a few things I want you to hold onto:

- **Pink Himalayan salt is a tool, not a cure-all.** But it can help you reset, restore, and feel more in control of your cravings and digestion.
- **Pair it with clean eating, movement, and hydration.** That's where the magic starts to feel real.
- **Go slow. Be patient. Stay consistent.** Results take time—but they're coming, especially when you support your body instead of punishing it.

**NOTE:** Start with one small change today. Add pink salt to your morning water. Go for a short walk. Make a clean, simple dinner. And celebrate that. It counts. You count.

# Chapter 2: The 7-Day Pink Salt Kickstart Plan

## What to Expect in the First Week

Let me tell you something upfront—this first week might surprise you. If you’ve never intentionally incorporated pink Himalayan salt into your daily wellness routine before, you’re in for a ride. Not the kind of ride that throws you off your balance, but the kind that gently nudges you toward feeling lighter, clearer, and more connected to your body.

But let’s set realistic expectations too. You won’t suddenly lose ten pounds overnight, and your cravings won’t vanish with a puff of pink salt magic. What *will* happen is a shift. And trust me, I’ve seen this shift happen again and again—for myself, and for the people I’ve helped.

**NOTE:** In the first 2–3 days, you may notice more frequent urination. This is actually a good sign! It means your body is flushing out excess water and toxins while adjusting to better hydration and mineral intake.

You might also feel more energized—or even tired. Why? Because pink salt helps regulate hydration and electrolytes. Your body is rebalancing. If you’re feeling off, don’t panic—give your body the grace to recalibrate. It’s like hitting the reset button.

### Physical Changes to Watch For:

- Reduced bloating
- More stable energy levels
- Less sugar and junk food cravings
- Clearer skin
- More satisfying bowel movements (yes, we’re going there—it matters!)

### Emotional & Mental Shifts:

- Better sleep (especially if you sip pink salt water in the evening)
- Improved mood
- Less anxious snacking or boredom eating
- A stronger sense of connection between your body and your habits

**NOTE:** If at any point in the week you feel overwhelmed, just go back to basics. A glass of water, a breath, a walk. Simple actions create powerful results.

## Daily Routines, Recipes, and Reflections

Each day in this plan builds on the last. I've structured it to be simple, intentional, and supportive—not restrictive or rigid. Here's the daily rhythm you'll follow:

### Morning Routine:

- **Pink Salt Sole Water:** Mix 1/8 to 1/4 tsp of pink salt in 16 oz of room temperature water. Sip slowly on an empty stomach.
- **Stretch or Move Gently:** A 10-minute walk or light stretching to get your system flowing.
- **Morning Journal Prompt** (see journaling section below)

### Midday Routine:

- **Salt-Enhanced Lunch:** Choose from one of the recipes in the next section.
- **Hydrate:** Another 16 oz glass of water, plain or with a pinch of pink salt if you're sweating or low energy.

### Evening Routine:

- **Warm Digestive Tonic:** A mug of warm water, pink salt, lemon, and a splash of apple cider vinegar before dinner or bed.
- **Gentle Movement:** Evening walk or simple yoga flow.
- **Evening Reflection**

## Sample Meal Plan with Salt-Enhanced Dishes

Here's a nourishing 7-day meal plan with dishes that are flavorful, mineral-rich, and balanced. Each meal includes an optional way to incorporate pink salt—not just for taste, but for function.

### Day 1

**Breakfast:** Scrambled eggs with spinach and pink salt, side of avocado toast (gluten-free optional)

**Lunch:** Quinoa salad with chickpeas, cucumbers, lemon, olive oil, and a pink salt sprinkle

**Dinner:** Baked salmon with pink salt, dill, lemon, and steamed broccoli

**Snack:** Apple slices with almond butter + pink salt

### Day 2

**Breakfast:** Greek yogurt with berries, flax seeds, and a tiny pinch of pink salt for flavor balance

**Lunch:** Lentil soup with carrots, celery, turmeric, and pink salt

**Dinner:** Stir-fried tofu with pink salt, garlic, ginger, and mixed vegetables

**Snack:** Cucumber slices with tahini and salt



### Day 3

**Breakfast:** Oatmeal with chia seeds, cinnamon, banana, and pink salt

**Lunch:** Chicken salad with olive oil, lemon juice, and salt-seasoned greens

**Dinner:** Zucchini noodles with avocado-pink salt pesto

**Snack:** Handful of roasted salted pumpkin seeds

### Day 4–7

Repeat any favorites, or mix and match meals. Use salt creatively: add it to roasted veggies, dressings, or even watermelon (trust me—it's amazing!).

**NOTE:** Don't fear salt—fear imbalance. Pink Himalayan salt supports hydration and balance, not bloating and puffiness like processed table salt.

## Journal Prompts to Track Progress

Reflection is where transformation sticks. Each day, take a few minutes to write. You'll be amazed how much clarity and motivation this brings.

### Morning Prompts:

- How do I feel physically this morning?
- What's one thing I can do today to nourish myself?
- What intention do I want to set for today?

### Evening Prompts:

- What did I eat, and how did it make me feel?
- Did I stay hydrated today? If not, why?
- What emotions came up today?
- What's one win I'm celebrating, no matter how small?

This 7-day plan is more than a dietary reset—it's a **reconnection to your body's natural wisdom**. The pink salt is just one part of the story, but it's a beautiful one. It grounds you, supports your cells, and brings flavor back to both your food and your life.

Remember: this isn't about doing everything perfectly. It's about showing up. With your water, your salt, your breath, and your presence. One sip, one meal, one mindful moment at a time.

**NOTE:** You're doing better than you think. Keep going. Keep reflecting. The shift is already happening.



## Chapter 3: Living the Pink Salt Lifestyle

There's something beautiful about choosing to live intentionally. I don't mean perfectly. I mean waking up each day with a mindset that says, *"I deserve to feel good, and I will nourish my body in simple, sustainable ways."* That's what the Pink Salt Lifestyle is about.

This chapter is close to my heart, because this isn't just theory—it's the rhythm of my own life. I've stumbled through burnout, I've ignored my body's whispers until they became shouts, and I've also healed in small, delicious, mineral-rich steps. And pink salt? Oddly enough, it's become one of my anchors.

Let's talk about how to make this more than a 7-day kickstart. Let's make it part of who you are.

### Building a Mindful Morning Ritual

Mornings set the tone. I used to roll out of bed, scroll through my phone, sip too much coffee, and dash out the door feeling frazzled. Can you relate? Then I started changing one thing: a slow glass of warm water with pink Himalayan salt. Just that.

That tiny act said, *"I'm worth taking care of."* It reminded me to breathe, hydrate, and ground myself.

#### What a Mindful Morning Might Look Like:

- **Wake up gently.** No phone for the first 15 minutes.
- **Drink your pink salt water.** About 16 oz with a pinch of salt (1/8 to 1/4 tsp).
- **Stretch or walk.** Even 5 minutes can bring blood flow and clarity.
- **Breathe.** Try a 2-minute box breathing exercise: inhale for 4, hold for 4, exhale for 4, hold for 4.
- **Reflect.** Write one sentence about how you want to feel today.

**NOTE:** Rituals don't have to be fancy. They just have to be repeated with love.

By creating this small sacred space for yourself, you're not just caring for your body—you're reinforcing your worth every single morning.

### Making Eco-Friendly Choices (Salt Sourcing & Sustainability)

Let's get real for a second. Not all pink salt is created equal. I learned this the hard way when I realized that some "Himalayan" salts on the market were heavily processed or sourced unethically.

If we're going to embrace wellness, let's do it with integrity.

### **What to Look For When Buying Pink Salt:**

- **Origin:** Look for authentic Himalayan salt, often from Khewra mines in Pakistan.
- **Transparency:** Reputable brands will list sourcing details and lab testing.
- **Minimal processing:** Choose salt that is raw, unrefined, and chemical-free.

Choosing sustainably-sourced salt doesn't just support your health—it supports communities and ecosystems, too.

**NOTE:** Buying in bulk helps reduce packaging waste. Store in a glass jar for a low-waste kitchen upgrade.

### **Going Beyond the Salt**

Living the Pink Salt Lifestyle means thinking about your ripple effect:

- Buy local when possible
- Choose reusable containers
- Compost food scraps (even lemon rinds from your salt water!)

This isn't about being perfect—it's about being aware.

## **The Role of Breathwork, Stretching, and Slowing Down**

If I had to name one thing that helped me reclaim my health (besides salt and hydration), it would be learning to slow down. And I don't mean quitting your job and moving to a cabin in the woods. I mean *consciously choosing to pause*—to come back into your body.

Pink salt nourishes your cells. But breath? Breath is what connects them.

### **Simple Breathwork Practices:**

1. **Box Breathing:** (as mentioned above) Balances your nervous system
2. **4-7-8 Breathing:** Inhale for 4, hold for 7, exhale for 8. Great before bed.
3. **Gratitude Breathing:** Inhale and think of something you're thankful for. Exhale stress.

**NOTE:** Do breathwork before meals. It shifts you into "rest and digest" mode and supports digestion.

### **Easy Stretching Ritual:**

You don't have to be a yogi. Try this 5-minute flow:

- Shoulder rolls
- Neck side stretches
- Cat-cow on hands and knees
- Seated forward fold
- Legs up the wall (this one is magic)

Adding even 5 minutes of movement and breath to your day can change your digestion, your sleep, and your emotional balance.

## **Creating a Pink Salt Space in Your Kitchen**

Your kitchen is your pharmacy. It's also your art studio, your laboratory, and your healing space.

When I first embraced the Pink Salt Lifestyle, I created a small space in my kitchen that made me feel good every time I saw it. It's a wooden shelf with a jar of pink salt, a lemon bowl, a reusable water bottle, and a journal.

### **How to Set Up Your Pink Salt Space:**

- **Glass jar of pink salt** (with a mini wooden spoon—it's cute, and it helps you portion)
- **Citrus bowl** (lemons, limes, oranges for flavor and vitamin C)
- **Water pitcher or filtered system**
- **Wooden cutting board and quality knife** (makes it easier to prep meals)
- **Calming element:** Maybe a candle, a tiny plant, or a handwritten quote

This isn't about making your kitchen look like Pinterest. It's about creating *a space of intention*. A corner that reminds you: *you are nourishing yourself today*.

**NOTE:** When you see your salt space in the morning, let that visual cue remind you to slow down and sip mindfully.

## **Final Thoughts: Living It, Not Just Doing It**

You made it to this chapter, which tells me one thing: you're not just interested in pink salt. You're interested in your own healing. And that's where real transformation begins.

I want to say this clearly: *you are not broken*. You don't need to fix yourself—you just need to come home to yourself. Slowly. Gently. With a little pink salt, a little water, a lot of breath, and a ton of grace.

The Pink Salt Lifestyle isn't a quick fix. It's a slow remembering. A lifestyle rooted in mineral wisdom, ancient rhythms, and modern mindfulness.

So breathe deep. Sip slowly. Stretch often. And trust that the smallest shifts can create the biggest change.

You've got this. I'm walking with you every step of the way.

**NOTE:** Healing isn't linear. You might have days where it feels like nothing's working. That's okay. Keep showing up. Keep sipping. Keep believing.

## Chapter 4: Real Transformations

Sometimes the most powerful part of any wellness journey isn't in the facts, figures, or science (though those matter a lot), but in the lived experiences of real people. You know — the “I never thought I could feel this way again” kind of stories. The ones where someone quietly decides to try something new... and everything shifts.

This chapter is dedicated to those stories. To people like *you*. Because healing, growth, and change aren't just abstract concepts — they're real, messy, beautiful moments in real people's lives. I want you to meet a few of them: Sarah, Mark, and Lisa. And then, I'll share some of **YOUR** stories — your wins, your sips, your courage. Because this isn't just a book. It's a community.

Let's dive in.

### Sarah's 5-Pound Shift Story

*“I wasn't trying to lose weight. I was trying to find myself again.”*

Sarah is one of those souls you meet and instantly feel her warmth. She reached out to me through an email titled, *“Not Just About the Weight.”* That subject line grabbed me. And the story inside? Well, it reminded me why I do this.

Sarah had been feeling stuck — emotionally, physically, even spiritually. She had gained weight during a stressful year filled with personal losses and career changes. Like many of us, she turned to food for comfort and distraction. And one day, she just said, “Enough.”

“I stumbled on the idea of using pink salt in my water. At first, I thought — really? Salt? Isn't that supposed to be bad for you? But I dug deeper, and your work helped me understand that it's not the salt — it's the type, the quality, the balance.”

#### Her Morning Ritual

Sarah started with a simple practice: a glass of warm water with a pinch of pink salt and a squeeze of lemon each morning. It wasn't magic. But it was *intentional*. It was *hers*.

“That little glass became my way of saying, ‘I matter.’”

With that simple ritual, Sarah began to feel more hydrated, more grounded. The bloating that had plagued her for months started to ease. And over a span of three weeks, she noticed she wasn't craving her usual afternoon sugar fixes.

She started walking more. Not to burn calories, but to clear her mind. She started cooking again — simple, clean meals with pink salt-enhanced flavors. And yes, she did lose five pounds in the first month — but she gained something far more important: *trust in herself*.

## **NOTE TO YOU:**

Weight loss is rarely just about the weight. It's a reflection of internal shifts. Sarah's story shows us what happens when we shift our focus from punishment to nourishment.

## **Mark's Energy Overhaul**

*"I didn't know how tired I was until I wasn't."*

Mark, in his own words, is “a regular guy in his late 40s” — a father, a husband, a full-time employee juggling deadlines, soccer practice, and his own well-being (which, let's be honest, often came last).

He wasn't looking for a diet. He just wanted to stop feeling like he needed a nap every afternoon.

### **His Game-Changer? Hydration + Salt**

Mark learned about the connection between electrolytes and energy while watching a podcast. He came across my suggestion to add a pinch of Himalayan pink salt to water — especially in the morning and during that dreaded 3 p.m. slump.

He gave it a try. The first few days? Nothing dramatic. But by the end of week one, something wild happened.

“I didn't crash at 2 p.m. I didn't have coffee, and I wasn't cranky. I felt steady. And that? That was new.”

### **Pairing Pink Salt with Mindful Movement**

He started pairing his salty hydration routine with 10 minutes of stretching and breathwork in the morning. That's it. No gym memberships. No punishing cardio. Just mindful movement and mindful sipping.

Within a month, Mark was sleeping better. He dropped caffeine dependence. He started meal-prepping with his wife, experimenting with pink salt in simple roasted vegetables, grilled meats, and homemade dressings.

### **Results That Stuck**



“I’ve lost 8 pounds, but more importantly, I gained consistency. I feel like I’m not surviving my day — I’m living it.”

## **NOTE TO YOU:**

Pink salt isn’t a magic bullet, but when paired with hydration, movement, and intention, it can become a powerful catalyst — just like it did for Mark.

## **Lisa’s Gut Health Breakthrough**

*“I thought being bloated was just my normal.”*

Lisa had been battling gut issues for over five years. Bloating, constipation, IBS symptoms — the whole frustrating roller coaster. She had tried restrictive diets, expensive supplements, elimination protocols — all with little long-term success.

She was exhausted and discouraged when she found the concept of using pink salt to support digestion.

### **Why Pink Salt Worked for Her**

Pink Himalayan salt contains trace minerals — magnesium, potassium, calcium — that can help stimulate digestive enzymes and improve the balance of stomach acid. For Lisa, this small addition made a big difference.

“Within a week of starting pink salt water first thing in the morning, I noticed less bloating. And... I was going to the bathroom regularly. That hadn’t happened in years.”

Lisa also started using pink salt in her cooking — not overusing it, but swapping out processed table salt. That’s key: quality over quantity.

She leaned into warm, healing foods: broths with pink salt, roasted root vegetables, fermented foods. And she journaled the whole thing.

“It was like meeting my body again for the first time. And this time, I was listening.”

Today, Lisa feels empowered. Her digestion has stabilized. She’s not afraid of food anymore. And she credits that initial pink salt ritual with “opening the door” to the changes that followed.

## **NOTE TO YOU:**

Don’t underestimate small changes. Healing your gut can begin with something as simple as mineral-rich salt and mindful eating.

## Readers Share: Your Sips, Your Wins

You've blown me away with the messages, the photos, the journal entries you've sent. Here are just a few highlights from everyday people using pink salt to support their well-being:

### **Nina, 33, Los Angeles**

"I travel constantly for work and used to feel so dehydrated. Now, I carry a small jar of pink salt and a lemon wherever I go. It sounds weird, but it's my lifeline. I don't get travel bloat anymore, and I'm way less cranky."

### **Theo, 57, Chicago**

"I've been pre-diabetic for years. Clean eating always felt restrictive. But once I started cooking with real salt and focusing on hydration, I felt more satisfied. I'm eating more veggies, fewer cravings. My doctor is impressed."

### **Renee, 29, Miami**

"I used to think I had anxiety. Turns out, I was just chronically dehydrated. Pink salt water calms me. I do it twice a day now. I feel like I've reclaimed a piece of peace."

### **Darius, 44, Boston**

"I started doing salt water with apple cider vinegar each morning. I swear my joints feel looser. I'm running again — slowly, but consistently."

### **NOTE TO YOU:**

You don't need to overhaul your life to feel better. Just begin. Hydration, minerals, mindfulness — that's the real magic.

