Powerful Synergetic Action of Pink Himalayan salt (PHS)

written by DR. Abdul

Many people often ask how pink Himalayan salt PHS, which contains more than 84 natural minerals in trace amounts, can have powerful beneficial effects on the human body and brain. They wonder how such small quantities of minerals can be impactful when their individual amounts seem INSUFFICIENT TO produce significant benefits. Here, we explain the powerful synergetic action of PHS and its effects on the human body and brain.

These INDIVIDUALS’ may not be aware of the concept of synergetic action-the combined effect of elements working together to enhance their impact. The minerals in Pink Himalayan salt, including calcium, potassium, sodium, chloride, iron, phosphorus, sulfur, chromium, copper, zinc, magnesium, manganese, and others, support and enhance each other’s actions. Together, they work synergistically to support various bodily functions and promote overall health.

Synergetic Actions of Pink Himalayan salt

The combined action of these minerals allows PHS to:

1: Act as a detoxification agent

* PHS helps draw out toxins from the body, promoting cleansing and overall wellness

2: Maintain electrolyte and PH balance

* its balanced mineral composition supports hydration, fluid regulation, and PH balance in the body

3: Alkalize the body

* The alkalizing nature of PHS aids in reducing acidity and supporting metabolic functions.

4: Improve digestion and respiratory health

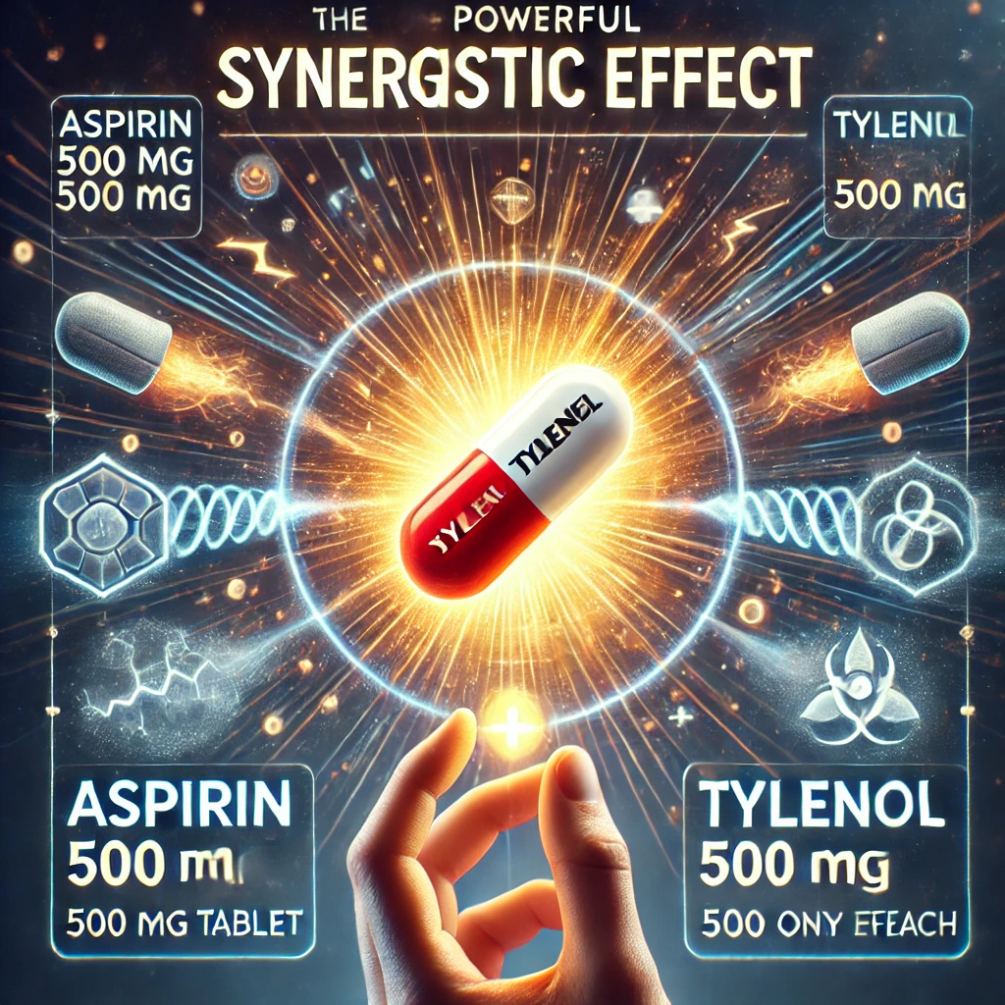
* it enhances digestion by stimulating digestive enzymes and supports respiratory health by cleaning mucus and improving lung function.

5: Regulate blood pressure and blood sugar levels

* the minerals in PHS help balance sodium, and potassium levels, contributing to healthier blood pressure and glucose regulation

6: Enhance skin health

* when used externally, PHS nourishes the skin, reduces inflammation, and promotes healing.

7: Relieve muscle cramps and joint pain

* PHS’ magnesium, potassium and calcium content help relax muscles and reduce pain

8: Promote better sleep and mood

* PHS supports restful sleep and mood regulation by balancing stress-related hormones and enhancing relaxation.

Understanding synergetic action with a simple example

To understand synergetic action, consider simple example involving medications. Suppose you take two tablets of TYLENOL (500mg each) for severe body pain, or alternatively, two tablets of Aspirin (500 mg each). Both provide a total dose of 1000 mg. Now imagine taking one tablet of TYLENOL (500Mg) and one tablet of Aspirin (500 MG) TOGETHER-the total dose remains 1000mg. However, their combined action results in faster and more effective pain relief compared to taking either medication alone. This phenomenon is known as a synergetic action.

Similarly, the natural minerals in PHS, when combined, work synergistically to produce powerful and miraculous effects on the human body and brain. These effects go beyond what individual mineral could achieve on their own.

I hope this explanation helps you understand the remarkable power of synergetic action and how it applies to the benefit of Pink Himalayan salt.