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By Barbara Hendel, Peter Ferreira



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Dr. Barbara Hendel created a sensation in Germany when she introduced her exclusive hand-mined Himalayan Crystal Salt and accompanying applications. Now, she brings her message to America through an exclusive partnership with Swanson Health Products. Her 235-page book *Water & Salt: The Essence of Life* describes in clear and certain terms the difference between table salt, unrefined sea salt and pure, natural Himalayan Crystal Salt. You'll discover an array of applications for this unique natural product, personally developed by Dr. Hendel and used with great success in her private practice. Learn how to prepare the perfect sole with Himalayan Crystal Salt. You'll also find out many more ways to make salt a healthy habit with holistic healthcare practitioner Dr. Barbara Hendel.



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