



Recipe for Sole

Ingredients:	Directions:
<ul style="list-style-type: none">● A Glass Jar (I used a wide-mouth mason jar)● A plastic or non-metal lid● 1-2 cups of Himalayan Salt or Celtic Salt● Filtered water● Wooden chopstick	<ul style="list-style-type: none">● Fill the jar about 1/4 of the way with Himalayan Salt or Celtic Salt● Add filtered water to fill the jar, leaving about an inch at the top.● Put on the plastic lid and shake the jar gently.● Let the salt sit for 3-5 days to dissolve.● Sole is ready to use.● As your Sole goes down, add more salt and water to continue fully saturating the water with the salt.

Make the mixture and store it at room temperature. It will last indefinitely as salt is naturally anti-bacterial and anti-fungal. More water and salt can be added as needed to keep up the amount in the jar.

To drink: add 1 tsp to a glass of water each morning before eating or drinking. Do not add more Sole, especially starting off! Sole causes a detox reaction or headache, so work up slowly to the amount you take. ***Squeeze lemon to make your water really delicious!***