

Creating Sole with SEA-90

Sole = A fully saturated solution of water and SEA-90 sea salt containing 90 ocean minerals and trace elements. The water is saturated with minerals and trace elements when no more SEA-90 will dissolve. At this point, SEA-90 crystals remain un-dissolved on the bottom of the jar, indicating that the solution has reached saturation limit. This is what we call Sole. **One teaspoon of SEA-90 Sole contains 478 mg of Sodium - That's equivalent to 20% of the USDA's recommended daily allowance of 2,500 mg.**

Step 1: Place 1 inch of SEA-90 crystals in a glass Quart Mason jar with a lid. Add 2 to 3 inches of good quality artesian or spring water above the stones, completely covering the crystals with water. Let sit 12 hours or overnight.

Step 2: If all the salt crystals have dissolved, add a few more salt crystals to the water. If not your SEA-90 Sole is ready when the water becomes fully saturated with salt and cannot hold any more. The sea salt will no longer dissolve at this stage. There should always be salt crystals in the bottom of the jar. As you use up the SEA-90 Sole, after some time, add more water and more SEA-90 until the water is again saturated. Remember, there should always be un-dissolved salt crystals on the bottom of the jar. This is your visual proof that the water is totally saturated with SEA-90.

Step 4: Offer a blessing onto the Sole and visualize perfect health.

Step 5: Each morning, before eating or drinking anything, add one teaspoon of the SEA-90 Sole to an eight ounce glass of artesian or spring water and drink. Your body will receive the energetic vibration pattern of the Ocean and 92 periodic table elements and hold it for 24 hours. Keep the container covered to prevent the water from evaporating. Otherwise, no special storage is needed. **The fully saturated SEA-90 Sole will keep forever! Sea Salt is a natural anti-bacterial and natural fungicide. It simply cannot spoil or go bad.**

Sole Solution = Sole added to fresh water is a Sole Solution. Many therapeutic applications require a Sole Solution.

Example:

1% Sole solution equals 1 part Sole and 99 parts water.

5% Sole solution equals 5 parts Sole and 95 parts water.

An 8% Sole solution is 8 parts Sole and 92 parts water, and so on.

How to Make Various Concentrations of Sole Solution for Various Applications

Percentage of Solution	Amount of Crystal Salt	Amount of Water	Application
1% Sole Solution	1/2 tsp. (2g)	7 ounces Water	For Eyes & Nose
	2 tsps. (10g)	34 ounces Water	For Inhalation
	1 Kilo (2.2 lbs.)	26 gallons /Full bath tub	For Sole Bathing
2% Sole Solution	4 tsps. (20g)	34 ounces Water	For Inhalation
	2 Kilos (4.5 lbs.)	26 gallons /Full bath tub	For Sole Bathing
3% Sole Solution	6 tsps. (30g)	34 ounces Water	For Inhalation
	3 Kilos (6.6 lbs.)	26 gallons /Full bath tub	For Sole Bathing
10% Sole Solution	6 tsps. (100g)	34 ounces Water	For Partial Bathing
	12 tsps (200g)	2 quarts Water	For Partial Bathing

Making a 1% Sole Solution from Sole

Quantity of Water	Quantity of Sole	Application
1 Cup (8 oz.)	1 1/2 Teaspoons	For Eyes, Nose, Inhalation, Bathing
1 Quart (4 Cups)	2 Tablespoons (Tbs.)	
2 Quarts (1/2 Gallon)	4 Tbs.	
3 Quarts (12 Cups)	6 Tbs.	
4 Quarts (1 Gallon)	1/2 Cup	
2 Gallons (32 Cups)	1 Cup	
3 Gallons (48 Cups)	1 1/2 Cups	
4 Gallons (64 Cups)	2 Cups	
5 Gallons (80 Cups)	2 1/2 Cups	
6 Gallons (96 Cups)	3 Cups	
10 Gallons (160 Cups)	5 Cups	
100 Gallons	50 Cups	

For a complete list of applications, please refer to the book [Water & Salt](#)