



Salt of Life Solé Testimonials

Solé vitality drink has been reported to be a great natural alternative remedy for countless ailments. Read through our testimonials and see what other amazing benefits Salt of Life may provide!



“After taking the Solé diligently for a year, my blood work shows that my minerals and electrolytes are perfect. So, even with all the sweating I do in my daily life, my Salt of Life Solé is helping to keep me balanced. Yay!”

Ida Ripley - 5 time Canadian National Hatha Yoga Champion



“I have been on the Salt of Life Solé faithfully for 3 years and add a Tablespoon of it to my first glass of water every morning. In my job, I need a lot of energy and this is how I get it. After 8 months of taking the Solé electrolytes, my daughter noticed my hair color started coming back. A welcome bonus.”

Lori Solley - Private Investigator, Sting Operations

P.S. “I also find I do not get sick when on the Salt of Life Solé”



"I am so pleased! I was getting leg cramps, sometimes severely, and I started taking a teaspoon of the Solé solution in a glass of water every morning and my leg cramps are gone."

Elana Macleod



"Besides the many other natural remedies, these Solé electrolytes are amazing for healing sinus infections. Just add a tsp of the Solé water to your neti pot and follow the instructions. It's all I ever use."

Linda Potts



"My husband takes the Salt of Life Solé every day with me. He had cancer six years ago and went prematurely grey. He has been taking it 7 months now and we noticed his hair is actually growing in darker. We love it!"

Leah E. Jordan



“This has made a huge difference in my life. I’ve been taking the ‘Salt of Life’ Solé for less than two months and not only has my blood pressure improved but so has my type two diabetes! My blood sugars have become more steady and I have better energy and better sleep! I have never been more thankful that I found Solé Salt of Life!!!!”

Kelly Pearkes

**Update I am down 46 pounds since I started on the Solé 5 months ago with no other dietary changes.*



“The Salt of Life Solé carries the electricity for our cells, muscles, nerves, body connection. Works the same way spark plugs do in your vehicle.”

Rebecca Girouard– Owner of Empower Health Now



'SALT OF LIFE AND THE FEELING OF PERFECT'

“We are a biotech manufacturing company specializing in natural health

products which includes nutritional supplements, chemical-free personal care products and cosmetics. We have been in business since 2008 and produce a line of 600 products in our laboratory facilities in Courtenay, BC. I am a formulating chemist with 35 years of experience.

We have been customers of Christina and Salt of Life since we opened and I remember distinctly the day I met Christina. In the world of business, it is very rare to possess the currencies of passion and integrity. Christina was clearly passionate about her company, but that alone is not rare. People who start their own companies must have passion, because entrepreneurship is not for the faint of heart. What was clear to me immediately in meeting her was that she believed wholeheartedly in her product: the only Himalayan Pink Salt that is unadulterated and unblemished. The purity of her belief translated into truth and gave us the confidence to do business with her.

We started using the Salt of Life Himalayan Pink Salt (SOL) in our formulations and produced a line of products that specifically showcased the unique attributes of the salt: purity, energy and availability. The line includes creams, lotions, soaps, toothpaste and hair products. We also started using the Salt of Life Himalayan Pink Salt in our capsulation process. It solved an insolvable problem. When we finish making capsules in our machine, there is often a fine powder that sticks to the capsule on the outside, primarily due to static electricity. Since the Himalayan Pink Salt is a generator of negative ions, we started using a fine dusting of the salt as an after process. It was amazing: we now use this as part of our SOP (Standard Operating Procedure).

As a scientist, I believe that the Himalayan Pink Salt has the perfect complement of minerals that is optimum for electrolyte replacement and balancing. As a realist, I can see the physical effects of using the SOL salt: the dust on the capsules is gone. However, as an energy field practitioner, I believe that its electrical field properties impart an additional aspect. In theory, micro-droplets of water land on the salt particles and are enriched with an additional electron, becoming negative ions. This is the part where we take a leap from what we can think (Science) to what we can feel (Emotions).

SOL is the perfect conduit between the science of negative ions and the feeling of perfect. It is simple, elegant and complete. Good thing she called it Salt of Life.”

***Rudy Sanchez, B.Sc.Pharm - Chief Scientific Officer
Marigold Natural Manufacturing Corp.***



“What a great electrolyte replenishment for before and after exercise. This is one of the best electrolyte replenishments I have ever come across and have been busy telling all my boot camp students and friends about this product. I will be actively promoting this product as well as giving it to my family on a daily basis.”

Paul Purin - Bootcamp Leader – Cumberland BC



“Cured my wine hangover in minutes, thank you Salt of Life Solé”

Susan Velazques



“My 1 ½ yr old son developed Hand, Foot and Mouth disease. I tried all the usual cures over a few days, but they didn’t ease the condition or the discomfort level my son was in. Then a friend told me about the skin healing properties obtained

from a 'Salt of Life' Solé bath and, after soaking my son in one of these baths for 20 minutes, another friend and I visibly watched his skin turn back to normal. The blister-like bumps went down, the redness went away, my son's pain went away and then he began to smile. It was incredible! I am telling everyone about these healing Salt of Life Solé mineral baths, which I've coined 'Magic Baths' "

Tricia Oberg-Antoniuzzi



"I dab a bit of Salt of Life 'Solé' on the canker sore and it's gone the next day."

Angie Mercier



"I felt a sore throat coming on and needed to heal it quickly since my wife was 8 months pregnant with our twin boys and about to give birth. Instead of taking the antibiotics the doctor prescribed, I mixed hot water with a few teaspoons of my Salt of Life Solé electrolyte water and gargled with it three times a day. Within two days, my sore throat was healed."

Aaron Hoff



“We have owned and operated Bikram Hot Yoga Red Deer for the past 5 years and have used the Sole electrolyte solution each day to help us keep our hydration and electrolytes balanced. Prior to making Sole part of our daily regimen, balancing water intake and electrolytes was a challenge. Between teaching and taking class, we can spend up to 4.5 hours a day sweating in the hot room. If we only focused on hydration, we would simply flush out electrolytes and other important trace minerals and our energy levels would suffer. Taking Salt of Life Solé with our water each morning helps to keep us energized and balanced. Whenever we have a hot yoga student complain about fatigue, cramping, or any other signs of dehydration or imbalanced electrolytes, the Sole rock salt solution is our go to because it is completely natural and it works. We highly recommend this electrolyte to anyone with a regular hot yoga practice, active lifestyle, or who simply wants to feel more energized and balanced.”

Jenna Rosene and Josh Biro - Owners Bikram Hot Yoga Red Deer



“Since I've been using the Salt of Life 'Solé' my terrible muscle spasms have stopped. Plus, my hairdresser is saying that she has never seen my hair looking so healthy”

Donna Dean



“I knew I had toxins in my body, I used to get these pink stains all over on my clothes...on my collars, sleeves, underclothing, etc... so I started on the Solé specifically using it for the detox properties it has and it detoxed me immediately. Now there are no more pink stains on my clothing plus I feel great!”

Olga P – Victoria BC Canada



“Solé: a Natural Himalayan Gatorade...many of us athletes are familiar with the essential practice of rehydration, we simply couldn’t do our jobs without it. As a sailor, out on the water, it is literally a life-saver. But many of us dislike the sugar, the weird flavors and additives in commercial products. The Salt of Life Solé solves all these problems, replacing all your body’s essential minerals and salts in the purest, healthiest, most balanced way. Try it! You will never go back!”

Jackie Gay – Paralympic Sailor representing Canada – Winning Silver in the Rio Olympics

P.S. “My husband said he had a mouth ulcer (that’s a canker sore to us North Americans) and remembering that my Mom always had us gargle or swish around salt water for mouth or teeth problems when we were kids, I said ‘try the Solé from Salt of Life’. The next day I asked him if he wanted some more and he said ‘No thanks, it’s gone’. Overnight Magic”



“I have a general sense of well-being on the Solé”

Anne Auld – Academic strategist



“I never could grow my nails because they split and tear, but after only two months on the Solé I now have beautiful nails that I can file & decorate. Yay!”

Shannon Cousineau



“The first time I took Salt of Life Solé electrolyte water, my next yoga class was dramatically better.”

Reece Dolezsar – Hatha Yoga Competitor



“I love what the Salt of Life Solé is doing for my hair! My hair used to break constantly, until I started on the Solé 5 months ago. I have not changed my hair products & my hair does not break at all. Just love it!”

Tina Adu-Febiri

P.S. “My nails aren’t breaking anymore either after 5 months on the Solé electrolytes.”



“Salt of Life Solé is the best electrolyte ...ever.”

Anastasia Cypress – Yoga Instructor



I started using Solé a few years ago to supplement my hot yoga practice. I immediately noticed a difference, especially after my practice. I no longer wanted to run home and drink a huge sugar filled carbonated beverage. My esthetician noticed that the white of my nails was “so white” and couldn’t believe it wasn’t a French manicure. I credit this to the mineral filled Solé.

Most recently I used the Solé to cure my daughters ear that was infected by one of her earrings. My children also drink their water with Solé when they have a sore throat.

The uses for this product are endless. I can't say enough about Salt of Life products and the owner Christina, who completely stands behind this product and her company.

Raina Bennefield – Western Distributor for Hydroflask Water Bottles



"I bought Salt of Life at our last Health Show. I used the product for about 4 months and, for reasons unknown, stopped drinking the Solé each morning. About a week after I stopped, I found I was having my nightly cramping back. As soon as I started taking the 'Salt of Life' Solé again & electrolyte replenishing myself as soon as I wake up in the mornings, the cramps disappeared. So.... I am back drinking my Salt of life every morning and I feel better on it overall."

Randy P. – Vancouver



"I am a clinical Nutritionist with over 30 years of experience. The truths I was taught though my "education" differed greatly from the truths I experienced through my practice. My education told me to avoid the intake of salt, where as

experience showed my health was being compromised by not maintaining a daily intake of this most precious of minerals.

The reason I, myself, first tuned in to the importance of proper sodium intake, was that I found myself suffering with stomach issues which are commonly diagnosed as acid-reflux. Conventional theories suggest that the problem is from too much acid production in the stomach. But research shows that hydrochloric acid production peaks at about 30 years of age, then declines every year after. Since I am many years past 30, excessive acid wasn't likely my problem...

*What I learned in my research was that acid-reflux is caused by too little acid in the stomach, which allows a bacterium *H. Pylori*, to migrate to the stomach as the acid levels drop. The bacteria do not cause the problem, they are a result of the problem. The real problem is a lack of stomach acids.*

Here is how it works: You have hydrochloric acid in the stomach, or HCL. Then you have salt, or NaCL. When you have salt in the body, the body processes it by removing the Na molecules from the NaCL, and attaching a hydrogen molecule H to the remaining CL, forming HCL. So acid-reflux happens when we are sodium deficient, not from excess acids.

It is also important to know that there are 84 separate salts required by a healthy body and all 84 of these salts (electrolytes) are found in Himalayan Pink Salt, in the proper ratio to maintain homeostasis. That's no coincidence...

Since introducing Himalayan Pink Salt to my diet, my digestion has improved, and I find I am rarely dehydrated. I simply salt my food to taste and I am good to go. In liquid form, it makes a wonderful re-hydrater during strenuous workouts, as it replenishes all those valuable electrolytes lost from sweating.

In my clinical practice as a colon-hydro therapist, I add the Solé to the colonics water to rebalance electrolyte levels in the large intestine. Introduced this way, it is an extremely effective treatment for dehydration, depression, anxiety, fatigue, constipation, high blood pressure & even muscle pains."

Don C. Ward - Owner InnerGlow Wellness Center

innerglowcenter.com



"This is how I re-mineralize! It's so important! I have added a teaspoon to my first glass of water almost every morning for years!"

Captulina Batausa



"Salt of Life Solé changed my life."

Bret Enemark



"On day 5 and honestly having GREAT sleeps and cramping is non-existent. I don't feel 'tired' so much, my metabolism is increasing, I can actually feel it. All of this after 5 mornings. Can't wait to see what 5 more mornings will bring"

Wendy Newman



"I take the Solé daily for health. I find if I don't use it, within two weeks I feel run down."

Mo Ritchie

"BTW... I made a foot soak with the Solé after my foot was injured in a motorcycle accident, the next day my foot healed back to normal size and fit back into my boot."



"My Acupuncturist put Solé on my cold sore and it was completely gone in two days!"

Julie Brown



“My partner and I have been using the Salt of Life Solé for a few years now...he is an avid Biker and I am a Yogi. It’s amazing how well this product works! Pete had leg cramps and I suffered from dehydration & dryness from hot sweaty classes. Using the ‘Salt of Life’ Solé fixed all of that! Pete even found his endurance was better and didn’t suffer from any more leg cramps after a week of using it!

I don’t have to tell you how good this is because once you try it...your body will.”

Rachel Hurst

Owner- Shanti Collective



“Hey Singers!... There are some nasty bugs going around and if you have been dealing with a sore throat here are a couple of tips to help you get through it.... Gargling with Salt of Life Himalayan pink salt in water several times a day and before you go to bed does wonders to heal. Also staying hydrated by adding a few drops of salt brine or a few shakes of this amazing salt to your drinking water keeps your electrolytes stable and helps to keep you hydrated. Probiotic gum is also another incredible product to help prevent catching a bug but it will also aid in fast healing.... I swear by these two natural items to heal and help keep the voice healthy!”

Ellen Crossley - Lead Singer of SuperSauce



“I started using the Salt of Life Solé when I was training for the ‘Americas’s Masters Games’. I found I had more energy and ‘no more cramps’

Before using the Salt of Life, I would wake up in the middle of the night with my legs and toes cramping.

Matt Moore



“First time I used Salt of Life it was for a migraine headache.

I filled the bathtub up and added the Salt of life in the grain substance. I bathed in it, soaking my head in the bath water for about a half an hour, I immediately started feeling human again. The headache diminished, the color starting to return to my cheeks, my energy level flowed back into my body, I was amazed. Since then I purchased a Neti Pot where I add a small amount of the Salt of Life Solé electrolyte water to warm spring water. I rinse my nasal passage 3 times every other hour and this really relieves my sinus pressure which contributes to diminishing my migraines.

My 11 year old Maltese has a happy story to share as well. He has a recurring back problem that comes and goes. When his back goes out, usually a result of playing too vigorously with his furry friends, he will struggle just to walk. One time this problem had occurred I tried bathing him with Salt of Life and gently massaging him along his spine, when he got out of the bath and started to move I literally heard a popping noise, followed by some whimpering then he started to move 100% normal. Meanwhile I am still holding my breath petrified that something went even more terribly wrong with his back. Just the opposite was the case as his little bunny bounces and kisses confirmed he was all better.

I think that Salt of life is a great alternative to many common ailments that most of us suffer from time to time. Before grabbing the Advil bottle consider Salt of Life first, I think it can do the job but so much better/faster and without any side effects!!!!”

Jennifer Morrison – Concierge

Hilton Hotel, Fort Lauderdale



For more testimonials visit our 'Salt of Life' Facebook page and this is also where you can share your own Salt of Life Solé healing story!