

How to Make Sole (Solay)

Ingredients:

- Glass jar with a plastic lid (wide mouth mason jar works great)
- 1-2 cups of Himalayan salt, Celtic Salt or real salt. (You can also use 2-3 big rocks of Himalayan salt)
- Filtered water

Instructions:

1. Fill the jar about $\frac{1}{4}$ way with the salt of your choice, or a combination of salts. If you are using the rock salt, place 2-3 in the jar.
2. Add filtered water to fill the jar leaving about an inch headspace at the top.
3. Put lid on and shake the jar to mix it up. If using the rock no need to shake the jar.
4. Leave on the counter overnight to allow the salt to dissolve.
5. The next day, if there is still salt on the bottom of the jar, the water has absorbed its maximum. Sole is ready to use.
6. If all the salt is absorbed, add more salt and continue doing so each day until some remains. This means that the water is fully saturated with the salt.



Notes:

To use: Mix 1 tsp of Sole into a glass of water and consume every morning on an empty stomach. No need to add more. Do not use any metal object with the Sole.

Store the Sole mixture at room temperature. It will last indefinitely. Salt is naturally a preservative. More water and salt can be added as needed to keep the amount up in the jar.