

# Negative Ions

## Benefits of Negative Ions

Today, we cannot imagine living without electric devices that they have made it easier for us to work in the office and at home. . Computer terminals, fluorescent lighting, forced air ventilation systems, and modern building materials generate an over abundance of positive ions. However, we do not realize that they are also a source of very harmful positive ions, called **electric smog**.

Electric smog deteriorates the condition of air, which hazardously affects our physical and emotional state.

You may have experienced the power of negative ions when you were on the **beach**, walked beneath a **waterfall** or walked in the **pine forest**. The air circulating in the mountains and the beach is said to contain tens of thousands of negative ions. "The action of the pounding surf creates negative air ions and we also see it immediately after spring **thunderstorms**.

They are generally produced by the action of cosmic rays, lightning and radon from the earth's crust .

Crystal Salt Lamps emit negative ions. Negatively charged ions are created by heating the lamp. The heated Crystal Salt Lamp pulls water molecules from the air to its surface, the salt goes into the solution of the water, neutralizes any positive ions (and the attached pollution), and emits the neutralized molecule back into the environment. Crystal Salt Lamp is a natural air ionizer that boosts the negative ions in the air

Scientific studies show that Crystal Salt Lamps can increase the negative ions count up to 300%. Many people in Europe and Australia are aware of the benefits of negative ions to our health. These negative Ions are essential for our health and well being. Crystal Salt Lamps are beautiful, maintenance free, natural alternative from Mother Nature to improve air quality. With time, the Crystal Salt Lamps will not reduce in size, color or shape, and will not lose weight, or their ionizing effect!

## Negative Ions are beneficial to

- 1 Strengthen the functions of autonomic nerves.
- 1 Reinforce collagen (tissues that are resilient and tension-related).
- 1 Improve the permeability of the cell's prototype plasma membranes (improves metabolism).
- 1 Strengthen the body's immune system.
- 1 Clean the air of dust, molds, bacteria, soot, pollen and household odors.
- 1 People with seasonal affective disorder (SAD) which causes depression by regulating hormone levels.
- 1 Help relieve tension and improve sleep.
- 1 Help remove the airborne pollutants below, therefore those with asthma which is triggered by the below pollutants.

## Table for choosing Crystal Salt Lamp size

Weight	4-7(lb)	8-11(lb)	12-17(lb)	18-25(lb)	26-29(lb)	30-39(lb)	40-49(lb)
Range of Negative Ion	5-7(ft)	7-8(ft)	9-12(ft)	13-15(ft)	16-17(ft)-	18-30(ft)	31-40(ft)

## The Healing Effect of Colors on our Body and Mind

**Orange** - Facilitates a feeling of security and is helpful to our nerve system and our mind and activates the kidneys and bladder

**Yellow** - Encourages intellectual comprehension and activates the pancreas, liver and gall bladder.

**Red** - Strengthens the vital life force and activates the heart and circulation.

**Pink** - Supports the sense of partnership and love and opens your emotional body.

**White** Has a cleansing and detoxifying effect and represents the healing aspect.

**Brown** - Helps to find one's own balance and supports earthiness.

### Where to use Crystal Salt Lamps

Your home	Use these lamps in bedrooms, living rooms, children's rooms. Crystal Salt Lamps are completely safe and lovely night light and will enhance child sleep.
Natural health centers	A Crystal Salt Lamp glowing in your consulting or treating room assists the healing process and creates a calming environment.
Office	A lamp at work can help improve your concentration and refresh you, neutralizing the effects of stress, artificial light and air environment.
Meditation room	When you repose in peace and quiet, a Crystal Salt Lamp near you is known to enhance your meditative experience.
Massage room	A lamp or two in the massage room will greatly enhance and create a natural ionizing calming, wellness environment and will also keep the air fresh.
Convalescents	While you recover from an illness, a lamp by your bedside will be a comforting healthy companion.
Smokers	A few lamps around smoky areas will clear away those lingering smells faster.
Allergy suffers	A Crystal Salt Lamp in your vicinity will help your wellness and keep the air around you clean, ionized naturally, and beautifully.
Psychiatrist	A lamp or two in the waiting room will create a relaxing and calming atmosphere