

According to research, the heated salt crystal lamps can be referred to as natural ion generators.

Salt Crystal Lamps

The salt crystal lamps have a similar effect to the ionizer. However, the natural ionization of a crystal lamp cannot be compared to an ionizer. A salt crystal lamp can only have an ionization effect. However, salt crystal lamps have many advantages in many aspects and improve the general atmosphere of a room.

If the lamp is next to a television or computer monitor, its effect, through its electromagnetic field, of the device is in approximately the 100-160Hz zone. Our brain waves however, produce only 8Hz according to the Schuman resonance frequency. Therefore, the body is exposed to up to 20 times higher frequency patterns than it is generally used to. The consequences of this exposure result in nervousness, insomnia, and lack of concentration or concentration weaknesses. In addition, there will be an accumulation of more free radicals in the body, known to be a cause of cancer.

The salt crystal lamp binds the negative ions with the excess positive ions. When the lamp becomes warm, it absorbs moisture and the crystal will be damp on the surface. This builds up the ion field. Through the lamp, the positively charged atmosphere of a room can be neutralized.

In addition to this, the colors of the salt crystal stones have a healing effect. The therapeutic value of the colored crystals can reorganize the epidermal layer of our skin. Tests made with kids having ADHD symptoms have shown that after only one week of exposure to crystal salt lamps, their symptoms subsided. After removing the lamps, the symptoms returned.

Research results

It's a well known fact that, through scientific and empirical research, salt crystal lamps exhibit biophysical characteristics, which demonstrate a positive effect on our well-being. From a scientific view there are **three natural action principles at play: ionization**, the electromagnetic **oscillation** and the transparent-crystalline structure developing the **light waves**.

Before we discuss the above mentioned characteristics of the salt crystal lamps in detail, we would like to point out that salt is a **primal element**, like water and air and its natural minerals and trace element have unique biophysical and biochemical characteristics. Salt is to be regarded as neutral, chemically as well as physically, without its own polarity, always balancing and neutralizing. Exactly like our planet earth's makeup, human beings consist of about 70% water; brine water more specifically. This enormous potential on enclosed brine solution transmits the cosmic oscillation (vibration) energy, not only evenly over our planets, but also reaches deep into our most minute cells and nerves. It is not only **the salt from chemical view** that the body needs salt in order to maintain our entire bodily functions, but the **salt, from biophysical view**, will always be able to bring the body back into its natural energy vibration rhythm.

I. Salt Crystal Lamps and Ionization

World-wide laboratory tests with the most diverse kinds of measuring methodology furnished the proof that the lit salt crystal lamps deliver ions to our environment. Primarily, the research points to an increased number of negative ions. The emission of ions is primarily caused by the alternating actions of the salt's ability to first absorb water, then evaporate it. To explain this more precisely, the heated salt crystal attracts the water molecules from the ambient air to its surface. The salt goes into a solution as it mixes with the water molecules. Sodium, as the positively charged ion, and chloride, as a negatively charged ion, becomes neutral and are emitted back into the environment. The uniqueness of this ion emission interrelation is only possible with the mineral salt, since salt possesses this transformation ability with water due to its electrically neutral atomic structure. Scientific investigations of the last decades proved clearly that a balanced ion relationship with a little surplus of negative ions, can have extremely positive effects on our entire physical condition and our health. The heated salt crystal lamps can be referred to, according to research, as **natural ion generators**. Here however it is pointed out that the emission of ions by heated salt crystal lamps, should not be regarded as the primary characteristic, because from scientific standpoint, the surplus of negative ions is negligible. More important is its ability to **clean the ambient air**.

Depending upon size and surface area of the salt crystal used for the lamp, the ambient air surrounding it is measurably cleaned by the transformation cycle of hydrogen and oxygen, as well as sodium and chloride ions. This characteristic is especially helpful for relieving the symptoms associated with asthma and allergies in general.

The research of the characteristics of pure, or cleaned air through the action of the salt crystal lamps, is based on a medical therapy called Spelaeotherapy, a treatment where the patient enters an underground salt mine and

is exposed to the concentrated atmosphere of negative ions. Further scientific research have not taken place yet under medical guidance, since scientific investigations are still at the beginning stages. One cannot compare the therapeutic effect of a singular salt crystal lamp to the effects found in a salt cave (mine), when conducted according to medical guidelines. However, there have been a great variety of holistic and positive self-therapy results, which can be classified as scientifically subjective, and should be recognized and considered.

II. Salt Crystal Lamps and Electromagnetic Oscillation

The Earth is surrounded by an electromagnetic belt, and within this belt every form of life comes and goes. Therefore, every form of life on this planet earth depends on the power of this electromagnetic field of vibration, known as the **Schuman resonance frequency**, which states that the given frequency of this electromagnetic field is at **7.83 Hz (cycles) per second**. This value is known to be the **resonant frequency of our earth**. The resonant frequency is the most often frequency of measurement applied to mammals and can be measured as the resonant frequency of our brains with an EEG. Also, a salt crystal, in its neutral state, exhibits this exact frequency oscillation value. But due to our industrialized and technical way of life, the human organism is being affected, particularly in our homes and offices, to artificial electromagnetic wavelengths with the most diverse frequency values, caused by electronics devices. These frequencies have been proven not only to disturb our human organism, but also to promote illness, since they constantly overlap our natural resonant frequency. As a result of this constant exposure to various frequencies, our own electromagnetic energy field becomes imprinted by the frequencies forced upon it, which upsets the natural development of our cells. Because of the atomic structure of the salt, which is already neutral, it is most likely that the artificial frequencies can be harmonized or balanced by the lit salt lamp as it works as a natural amplifier for the resonant frequency of 8-10 cycles per second, which is so necessary for our life. With the use of a salt crystal lamp we can adjust and neutralize electromagnetic wavelengths caused by electronic devices in natural way.

III. Salt Crystal Lamps and Light Waves

When we talk about light we mean, for the most part, the oscillation energies, or electromagnetic wavelengths, which lie in a nanometer range visible to our human eye. From **the color therapy** it is well-known that the human organism needs the light waves of the rainbow spectrum (300-700 nanometers) for the health and preservation of the body. Our body's cells are supplied by light with new energy in the form of electromagnetic wavelengths. Thus the atomic structure of each individual cell vibrates in its own given order and can radiate bio photons as the cell's own electromagnetic energy field.

The specific oscillation values of salt crystal lamps depend upon crystalline color structure in the so-called warm clay/tone range of 600-700 nanometers. For decades, the field of medicine, has been using irradiation with monochromatic light, since these color vibration areas exert direct influence on our cell producing functions. To what extent a salt crystal lamp can be employed for natural irradiation therapy, is yet to be seen without further research. However, salt crystal lamps have been used therapeutically for years.

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