

# Sixty Great Uses For Salt

**Although you may not realize it, simple table salt has a great number of uses other than simply seasoning your food.**

**The following list will give you sixty uses of salt, many of which you probably didn't realize:**

- ✓ Soak stained hankies in salt water before washing.
- ✓ *Sprinkle salt on your shelves to keep ants away.*
- ✓ Soak fish in salt water before descaling; the scales will come off easier.
- ✓ *Put a few grains of rice in your salt shaker for easier pouring.*
- ✓ Add salt to green salads to prevent wilting.
- ✓ *Test the freshness of eggs in a cup of salt water; fresh eggs sink; bad ones float.*
- ✓ Add a little salt to your boiling water when cooking eggs; a cracked egg will stay in its shell this way.
- ✓ *A tiny pinch of salt with egg whites makes them beat up fluffier.*
- ✓ Soak wrinkled apples in a mildly salted water solution to perk them up.
- ✓ Rub salt on your pancake griddle and your flapjacks won't stick.
- ✓ Soak toothbrushes in salt water before you first use them; they will last longer.
- ✓ *Use salt to clean your discolored coffee pot.*
- ✓ Mix salt with turpentine to whiten you bathtub and toilet bowl.

- ✓ *Soak your nuts in salt brine overnight and they will crack out of their shells whole. Just tap the end of the shell with a hammer to break it open easily.*
- ✓ Boil clothespins in salt water before using them and they will last longer.
- ✓ *Clean brass, copper and pewter with paste made of salt and vinegar, thickened with flour*
- ✓ Add a little salt to the water your cut flowers will stand in for a longer life.
- ✓ *Pour a mound of salt on an ink spot on your carpet; let the salt soak up the stain.*
- ✓ Clean you iron by rubbing some salt on the damp cloth on the ironing surface.
- ✓ *Adding a little salt to the water when cooking foods in a double boiler will make the food cook faster.*
- ✓ Use a mixture of salt and lemon juice to clean piano keys.
- ✓ *To fill plaster holes in your walls, use equal parts of salt and starch, with just enough water to make a stiff putty.*
- ✓ Rinse a sore eye with a little salt water.
- ✓ *Mildly salted water makes an effective mouthwash. Use it hot for a sore throat gargle.*
- ✓ Dry salt sprinkled on your toothbrush makes a good tooth polisher.
- ✓ *Use salt for killing weeds in your lawn.*
- ✓ Eliminate excess suds with a sprinkle of salt.
- ✓ *A dash of salt in warm milk makes a more relaxing beverage.*

- ✓ Before using new glasses, soak them in warm salty water for awhile.
- ✓ *A dash of salt enhances the taste of tea.*
- ✓ Salt improves the taste of cooking apples.
- ✓ *Soak your clothes line in salt water to prevent your clothes from freezing to the line; likewise, use salt in your final rinse to prevent the clothes from freezing.*
- ✓ Rub any wicker furniture you may have with salt water to prevent yellowing.
- ✓ *Freshen sponges by soaking them in salt water.*
- ✓ Add raw potatoes to stews and soups that are too salty.
- ✓ *Soak enamel pans in salt water overnight and boil salt water in them next day to remove burned-on stains.*
- ✓ Clean your greens in salt water for easier removal of dirt.
- ✓ *Gelatin sets more quickly when a dash of salt is added.*
- ✓ Fruits put in mildly salted water after peeling will not discolor.
- ✓ *Fabric colors hold fast in salty water wash.*
- ✓ Milk stays fresh longer when a little salt is added.
- ✓ *Use equal parts of salt and soda for brushing your teeth.*
- ✓ Sprinkle salt in your oven before scrubbing clean.
- ✓ *Soaked discolored glass in a salt and vinegar solution to remove stains.*
- ✓ Clean greasy pans with a paper towel and salt.
- ✓ *Salty water boils faster when cooking eggs.*

- ✓ Add a pinch of salt to whipping cream to make it whip more quickly.
  - ✓ *Sprinkle salt in milk-scorched pans to remove odour.*
  - ✓ A dash of salt improves the taste of coffee.
  - ✓ *Boil mismatched hose in salty water and they will come out matched.*
  - ✓ Salt and soda will sweeten the odor of your refrigerator.
  - ✓ *Cover wine-stained fabric with salt; rinse in cool water later.*
  - ✓ Remove offensive odors from stove with salt and cinnamon.
  - ✓ *A pinch of salt improves the flavor of cocoa.*
  - ✓ To remove grease stains in clothing, mix one part salt to four parts alcohol.
  - ✓ *Salt and lemon juice removes mildew.*
  - ✓ Sprinkle salt between sidewalk bricks where you don't want grass growing.
  - ✓ *Polish your old kerosene lamp with salt for a brighter look.*
  - ✓ Remove odors from sink drainpipes with a strong, hot solution of salt water.
  - ✓ *If a pie bubbles over in your oven, put a handful of salt on top of the spilled juice. The mess won't smell and will bake into a dry, light crust which will wipe off easily when the oven has cooled.*
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# Getting & Staying Healthy - Naturally!

The human body is a highly complex mechanism. Body or physical health refers to the overall condition of that system. We say that **optimal physical health** is achieved when the body is free from disease, abnormality and injury, and is able to function well.

However, often the body does not function well when it is attacked by environmental elements, genetic malfunction, injury, and biological intrusions. These factors can result in a multitude of ailments that affect the thyroid and adrenal glands, as well as the liver and pancreas. They can cause damage to the respiratory system (bronchitis, asthma, etc), hinder digestive processes, and even cause cancer.

Whether you're a parent or child, man or woman, young or old, staying healthy is very important. **Maintaining an individual's overall wellbeing** can involve treating everything from colds and flu, to cuts and scrapes, and sometimes even embarrassing conditions like bad breath, hemorrhoids, or body odor.

Keeping the right tools on hand (both treatments and information) will **prevent frustration and help in the time of crisis**; even if the crisis is just a bruised knee from a bicycle fall, a sore elbow from too much tennis, the sniffles, or a quick immunity boost in hopes of avoiding the seasonal cold.

At Native Remedies you will find a comprehensive set of herbal remedies to help you manage and optimize your physical health – naturally and safely.

## View Natural Products for Body & Physical Health

- Thyroid & Adrenal
- Colds, Flu & Respiratory

- [Liver & Pancreas](#)
- [Hair Loss](#)
- [Immune System](#)
- [Respiratory](#)
- [Detox & Cleansing](#)
- [Embarrassing Conditions](#)
  
- [Digestion](#)
- [Infections, Cuts & Bruises](#)
- [Pain & Recovery](#)
- [Addictions](#)
- [Ear Health](#)
- [Energy Levels](#)
- [Joints & Muscles](#)
- [Others](#)

### ***Two Important Differences in Native Remedies Products***

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [\*Manufacturing & Full Spectrum Approach\*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [\*Dual-Modality Approach\*](#) »

### **The importance of Omega-3 fatty acids**

Scientists have established the effectiveness of Omega 3 in a number of health areas, including your Heart, Brain, Joints, Skin, Immune system, Vision, and Digestion. Like any product on the market today there are 'good fish oils' and there are 'bad fish oil'!

With a bad one you may be unwittingly introducing substances into your body that you DO NOT want... such as Mercury and PCB's for example. We impose tougher standards on the purity of our fish oil than any other known manufacturer. DHA is the most important fatty acid in the human brain.

High in DHA and proven to be pure and free of contaminants the Xtend-Life brand is considered to be the 'Rolls Royce' of concentrated Omega 3 fish oils at an affordable cost and has been enjoyed by thousands of customers in more than 40 countries for the last eight years.

### **Don't forget a good multi-vitamin!**

Xtend-Life Multi-Xtra is a natural multi vitamin/supplement using only the finest natural vitamins available on the market today. Some manufacturers call the vitamins they use in their products 'whole food' vitamins, but that is somewhat misleading.

They are natural but they are grown using bio-technology and are not extracted directly from plants. What is important is that we do NOT use vitamins which are derived from petrochemicals. Multi-Xtra contains 48 bio-available ingredients.

Unlike a 'normal' multi it contains much more than just a basic vitamin/mineral mix. Multi-Xtra is probably the best multi vitamin/mineral supplement in the world and undoubtedly provides the best value for money available anywhere.