



The creative process of cultivating, controlling and expressing your energy to reach your highest potential!

### Rubbo Salt of the Earth

Bio-friendly gourmet cooking salt

INGREDIENTS: Chi, salt, oregano, sage, thyme, basil, marjoram, parsley, rosemary, dried garlic, dried onion.



All ingredients have health-enhancing properties:

**Salt's** ability to preserve food was a foundation of early civilization. A precious commodity for centuries, salt could build up or destroy empires. All humans need salt, and sea salt, biologically compatible, is lower in sodium than refined table salt. The potassium, calcium, magnesium and other minerals in sea salt play an important role in blood pressure maintenance, and mitigate the blood-pressure-raising effects of sodium chloride (table salt).



**Basil** tastes somewhat like anise, with a strong, pungent, often sweet smell. Basil, known as 'Herb royale' to the French, a sign of love to Italians, and a sacred herb in India, has been cultivated for over 5,000 years. Basil is an antioxidant, anti-carcinogenic, and soothes the stomach, cleanses and clears the brain and nerves, and builds the immune system.



**Sage** has a slight peppery flavor. The Latin name for sage is 'sylvia,' which means 'to heal' and applies to many illnesses and ailments. The Egyptians used it as a fertility drug, and the Greek physician Dioscorides recommended sage for a number of ailments. The Chinese used sage tea as a stimulating tonic. Sage is used externally for sprains, sores, swelling and ulcers, and as a tea sore throats and coughs. Sage improves memory, sharpens the senses and calms the nerves.



**Garlic:** Hippocrates, Galen, Pliny the Elder, and Dioscorides all mention the use of garlic for treating a large number of conditions. Garlic: Lowers blood pressure and LDL cholesterol; Prevents atherosclerotic buildup; Lowers or helps to regulate blood sugar; Helps to prevent blood clots from forming (reducing risk of stroke and thrombosis); Removes heavy metals from the body; Relieves rheumatism; Protects against heart disease; Protects against cancer.



**Oregano** has an aromatic, warm and slightly bitter taste and can vary in intensity. Hippocrates used oregano as an antiseptic and for relief from stomach and respiratory ailments. Oregano has antioxidant and antimicrobial properties.



**Thyme** has a pungent, lemony, slightly peppery taste. The ancient Greeks used it in their baths and burnt it as incense in their temples to boost courage. Thyme has antiseptic properties, is used to relieve respiratory infections and aids in digestion.



**Marjoram**, an aromatic herb of the mint family, has a fragrant, spicy slightly sharp, bitter and camphoraceous flavor. Marjoram is indigenous to the Mediterranean area and was known to the Greeks and Romans as a symbol of happiness. Marjoram helps to loosen and expel phlegm, stimulates the sweat glands, and aids in digestion.



**Parsley** has a mild, sweet flavor, slightly peppery and is native to the Eastern Mediterranean. Parsley is rich in ascorbic acid which cleans the blood. Parsley aids in digestion, reduces hypertension, helps resolve kidney issues and soothes the stomach.



**Onion** is an aromatic, and depending on the variety, an onion can be sharp, spicy, tangy, and pungent or mild and sweet. Traces of onion were found alongside figs and dates in Bronze Age settlements dating to 5000 BC. Anti-oxidant and anti-carcinogenic, onions have also been used to treat colds, coughs, bronchitis and influenza for centuries. Some cultures use onion as an aphrodisiac.



**Rosemary**, native to the Mediterranean region, has a bitter, astringent taste and is highly aromatic, which complements a wide variety of foods. Rosemary improves memory, is an antioxidant, anti-carcinogenic, stimulates circulation, and lifts the spirits.



**Chi: Life force energy.** The Chinese character for chi is a fire beneath a cauldron of rice, with the steam rising, thus it is the 'steam rising from rice as it cooks.' Donald Rubbo, a world-renowned Qigong master with 40 years of rigorous discipline and profound mind training, infuses the salts with his focused energy to enhance the flavor of your food and your eating pleasure.

