Description

Celtic Aqua is a combination of Australia’s purest water mixed together with Hand harvested celtic sea salt to create the ultimate hydration with 82 essential minerals for your body.

We are passionate about providing a powerful and natural alternative for advanced hydration.

The reason our combination works so well is because of the natural balance of minerals from the ocean are identical to our own bodies saline solution.

Do the taste test, you will notice the difference yourself.

[www.saltoftheearth.com.au/sea-salt/typical-analysis](http://www.saltoftheearth.com.au/sea-salt/typical-analysis)

About Us

Celtic Aqua was established in 2024 when a family member was continually feeling dizzy and drained, we decided to research the best natural alternative to feel oneself. We came across the talented Dr Barbara O’Neil and it all sounded too good to be true. We tested her theory and noticed a rapid benefit and change to which we have all incorporated Celtic Aqua into our daily lives.

We started this venture with a vision to help others understand the importance of pure hydration for your body’s needs to maximise performance and feel rejuvenated.

Sustainability

Sustainability is central to our business; it plays a part in every decision we make. We are committed to minimising our environmental footprint, promoting responsible sourcing, driving positive social impact and developing innovative sustainable solutions for our customers.

Celtic aqua is committed to identifying suppliers with likeminded goals on sustainability to enable us to reduce our footprint and reduce our reliance on natural resources, decreases energy, emissions and waste going to landfill. By reducing landfill, we prevent the release of methane, a potent greenhouse gas emission from the decomposition of organic waste in landfill.

Sustainability is fundamental to everything we do – from our suppliers to the product we make. This is our promise to you.

# Insights Inspired by Barbara O’Neill



In the holistic wellness field, few figures command as much respect and admiration as Barbara O’Neill. Renowned for her dedication to natural health and education, Barbara’s insights are a beacon for those seeking to optimize their well-being. Among her many teachings, Barbara O’Neill offers profound wisdom on the delicate connection between salt and water in the human body. Throughout this blog we discuss the invaluable lessons inspired by Barbara O’Neill’s understanding of salt and water balance.

### Understanding the Relationship Between Salt and Water

At the core of Barbara O’Neill’s teachings lies a profound recognition of the essential relationship between salt and water for maintaining optimal health. Salt, often unfairly maligned in modern diets, serves as a cornerstone of cellular function, nerve transmission, and fluid regulation. Conversely, water is indispensable for hydration, cellular processes, and detoxification. Barbara emphasizes that achieving a harmonious balance between these two elements is paramount for supporting the body’s intricate physiological mechanisms and fostering overall well-being.

### Exploring Celtic Sea Salt as a Superior Option

In her teachings, Barbara O’Neill frequently praises the benefits of Celtic Sea Salt as a superior alternative to refined table salt. Harvested from pristine ocean waters using the sun and the wind, Celtic Sea Salt retains its rich array of naturally occurring minerals. Unlike its refined counterpart, this unrefined salt contains essential minerals such as magnesium, potassium, and trace elements, which are vital for maintaining optimal health. Barbara suggests that incorporating Celtic Sea Salt into one’s diet can support proper hydration, cellular function, and electrolyte balance.

### Achieving Optimal Salt and Water Balance

Barbara O’Neill recommends adopting a diet centered around whole, unprocessed foods, abundant in fresh fruits and vegetables, which naturally provide potassium and other essential minerals. Additionally, Barbara recommends prioritizing the consumption of pure, filtered water to support hydration and facilitate the detoxification processes. Barbara recommends taking a crystal of Celtic Sea Salt and placing this on your tongue, this causes your mucus membranes to start absorbing the minerals and the magnesium is taken to your cell membrane. Then as you drink your water the magnesium pulls the water inside the cell.  This is the quickest way to hydrate your body. By embracing mindful dietary choices and hydration practices, individuals can empower themselves to nurture their body’s innate equilibrium and thrive.

### Conclusion

Barbara O’Neill’s teachings on salt and water balance serve as a guiding light for those seeking to cultivate vibrant health and well-being. Through her profound insights, individuals gain a deeper understanding of the vital role that salt and water play in sustaining optimal physiological function. By incorporating Barbara’s wisdom into their lifestyle choices, individuals can embark on a transformative journey towards holistic wellness. As we honour Barbara O’Neill’s wisdom, let us continue to embrace her teachings and empower ourselves to live our best lives.

You can view Barbara O’Neill’s full YouTube video here –

<https://www.youtube.com/watch?v=cBuK73K7t_0>

**Celtic aqua Problem solution**

**Typical Analysis**

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| --- | --- | --- |
| [Chloride](https://www.saltoftheearth.com.au/sea-salt/typical-analysis/#chloride) - 52% | [Sodium](https://www.saltoftheearth.com.au/sea-salt/typical-analysis/#sodium) - 31% | [Water](https://www.saltoftheearth.com.au/sea-salt/typical-analysis/#water) - 5.6% |
| [Sulphur](https://www.saltoftheearth.com.au/sea-salt/typical-analysis/#sulphur) - 0.36% | [Calcium](https://www.saltoftheearth.com.au/sea-salt/typical-analysis/#calcium) - 0.12% | [Magnesium](https://www.saltoftheearth.com.au/sea-salt/typical-analysis/#magnesium) - 0.45% |
| [Potassium](https://www.saltoftheearth.com.au/sea-salt/typical-analysis/#potassium) - 0.13% | [Boron](https://www.saltoftheearth.com.au/sea-salt/typical-analysis/#boron) - 11.8mg/kg | [Iron](https://www.saltoftheearth.com.au/sea-salt/typical-analysis/#iron) - 150mg/kg |
| [Manganese](https://www.saltoftheearth.com.au/sea-salt/typical-analysis/#manganese) - 10mg/kg | [Phosphorus](https://www.saltoftheearth.com.au/sea-salt/typical-analysis/#phosphorus) - 13mg/kg |  |

### **Micro-elements and Pico-traces:** *Molybdenum, Ruthenium, Rhodium, Palladium, Argentum (Silver), Cadmium, Indium, Hydrogen, Oxygen, Stannum (Tin), Bromine, Antimony, Helium, Tellurium, Lithium, Iodine, Beryllium, Xenon, Cesium, Carbon, Barium, Nitrogen, Lanthanum, Flurine, Cerium, Neon, Praseodymium, Aluminium, Neodymium, Silicon, Samarium, Europium, Argon, Gadolinium, Scandium, Terbium, Titanium, Dysprosium, Vanadium, Holmium, Chromium, Erbium, Thulium, Ytterbium, Cobalt, Lutetium, Nickel, Hafnium, Copper, Tantalum, Zinc, Tangsten, Gallium, Rhenium, Germanium, Osmium, Arsenic, Iridium, Selenium, Platinum, Krypton, Aurum (Gold), Rubidium, Mercury, Strontium, Thallium, Yttrium, Lead, Zirconium, Bismuth, Niobiu*

### **The modern salt making process**

The salt consumed today is made by several large industrial companies. The same salt is, for both, industrial use, and human consumption. 93% of their production goes for industrial purposes, 7% for food use. The process is started with salt, which is mined from large underground salt deposits that were left behind when the inland seas evaporated millenniums ago. Seawater, is also used for the production of salt which is then refined. This is where the problems begin, at least in terms of your health. The salt is refined to remove impurities, making it more attractive and uniform in appearance, and to extract most of the mineral elements. When the refining process is over the salt looks great, flows more easily out of your saltshaker, but 82 of the 84 trace elements have been extracted.

Why do the large industrial companies do this? The largest customer (industrial processors) who buys 93% of their product only requires a salt that contains sodium and chloride. They do not need the other 82 elements; and several of the minerals that are extracted have great commercial value. Therefore these elements are removed from the salt to be sold as an additional value-added by-product. Examples are Boron that is sold to make anti-knock petrol additives, and chemical fertilizers, along with Magnesium, which is sold to manufacturers of light metal alloys and explosives. The chemicals and minerals removed from salt are also used to make plastics. As a result of this unfortunate situation, what we now know as common table salt is only sodium chloride; all of the other beneficial elements have been removed.

Chemical additives such as aluminum hydroxide & aluminum silicate are then added to bleach the salt whiter and prevent water absorption while the salt is in it’s packaging, making the salt flow freely; iodine and iodine stabilizers are also added, but this is another interesting story. Why? Because the chemical additives, which prevent the refined salt from absorbing water, whilst packaged, also prevent the refined salt from being properly absorbed in your body. This is why we are constantly being told how harmful table salt can be.

These chemical additives present in refined salt cause it to be difficult for our bodies to absorb and process. As a result, deposits of refined salt build up in our bodies. Some of it may be deposited in the joints of our bones. If so, arthritic problems may eventually develop. Some may be deposited along the walls of our veins, arteries, lymph system ducts, or in our brain, urinary tract, sexual organs, or glandular system. This may eventually lead to brittleness of these areas, loss of function, high blood pressure and impairment of bodily vitality.

It is interesting to note that, fish from the ocean will die quickly if placed in a solution of refined salt and water. The sodium chloride, or table salt, as we know it, is actually poisonous to them.

**Are you salt starved?**

Many of us definitely use too much salt in our diet. We crave it. This is because our bodies crave the 82 missing elements, which are absent from our table salt, and our bodies send the message to consume more salt. But the salt we consume doesn’t have these 82 elements, so our bodies send the message out again “eat more salt!” Thus a destructive cycle exists which leads us to again consume too much sodium chloride, which due to the refining process, cannot be properly processed by our bodies. This then allows harmful salt deposits to form in our bodies, and thus, great stress is placed on the overall function of our body as it struggles to operate without the other 82 missing elements.

Many of these 82 missing elements are only trace elements, and are therefore required, by our bodies, in only very small amounts, however, many believe that a deficiency of these trace elements contribute to many illnesses of today. We believe that celtic aqua can solve this problem by allow accessibility to these trace elements.