

AJR Samantha Skyring Transcript

0:00:01 - Annncr

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan.

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Samantha Skyring with us on the show today, a single mother who, after a spiritual experience, founded, through sheer determination, a salt company. I'm eager to learn about what lettered a salt, its health benefits and how it's been used in the spiritual practices of cultures, religions and civilizations since the beginning of time. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Samantha. Samantha, welcome to the show. I'm so thrilled to have you.

0:01:32 - Samantha

Thank you so much, Julie. It's so wonderful to be here.

0:01:34 - Julie

All the way from South Africa Between South Africa and Sweet Home Alabama. Isn't technology wonderful?

0:01:40 - Samantha

Oh, absolutely, it really is Right.

0:01:43 - Julie

On the very southern tip of Africa, I know and we were just talking on the very southern tip of Africa, I know, and we were just talking about, it's 9.30 am here in Birmingham. What time is it there?

0:01:53 - Samantha

It is now half past five in the evening.

0:02:01 - Julie

Oh my gosh, Don't you love this? What possessed you to walk 75 miles through the desert for five months, girl? What were you doing? What were you thinking? Tell us that story.

0:02:08 - Samantha

Okay, amazing. So I actually didn't. I didn't walk for five months, but I went. It was between two seasons of production.

I took a bunch of friends, we had an incredible four by four vehicle that was fully kitted out, and actually four friends were with us for six weeks and then they left. There were just three of us my partner, a friend and myself, and we had time and we had no money constraints, no time constraints, no responsibility, nothing to get back to, and we call it planet Nam. It is the least populated country, apparently, in the whole world and it's predominantly desert. And then

there's what's called the Skeleton Coast, which is the coastline, and it's so remote and so difficult to access because of this massive desert that runs alongside it. And so we had tried to get to this very enigmatic place. We went down dry riverbeds, we got stuck, we got fined by a parks board and then we got to the very, very furthest northwest corner and we'd been in the desert for three months. And then we came across this most incredible raging river and it had this exquisite turquoise color to it and there were white beaches and palm trees.

0:03:31 - Julie

We were like we've arrived in paradise in the middle of the desert so it's the border of Angola and Namibia which you hear, you hear about people you know being in the desert for long periods of time and they see an oasis and they think it's a hallucination. Did you have that thought when you ran into it?

0:03:51 - Samantha

Well, when we so, we hadn't really seen water for three or four months. And then we walked the last because literally we drove up the road and it ends in a sand dune. So we walked the last three kilometers and then suddenly we were in paradise and we were like we have to explore more and now we had a water source. So let's walk to the skeleton coast, as you do when you're in the desert, with the river, with the water. And so we walked 75 miles and it took us seven days and it was I mean, it was just spectacular being in a place so I think the closest town was about 220, 250 miles away, and so it was edgy. I mean, you know there was no one around, but it was. It was just simply magnificent to walk through. And the one time I came around this beautiful cliff face and I walked around and there was an oryx standing right there in front of me, what's an oryx?

0:04:58 - Julie

What's an oryx?

0:04:59 - Samantha

So an oryx I'm going to have to show our lovely audience. Well, I don't have a real picture of an oryx here. I don't think so. It looks like this. It's got these magnificent like one, you guys are always three feet, three to four feet horns, and from the side view, when the horns are together, almost looks like a unicorn. They say that maybe the oryx was the inspiration for the unicorn, and they're a magnificent three goodness again, how many.

Three nine feet high gazelle, a buck that lives in the desert. And the fascinating thing is, once I'd chosen it, and for real, the Oryx actually has a heart on its forehead. I mean, which animal has a heart on its forehead? It's got this exquisite masked face, and so I chose it as the logo. And then, a couple of years later, I discovered that they can. Some Oryx can go their whole lives without drinking water, but they can't go weeks without licking salt, so they frequent salt pans in the desert. They're little patches of salt that seeps up from the earth, and they need that in order to. So. Salt is naturally hygroscopic, it absorbs moisture, and so they need it to help them stay hydrated. And of course, the salt's got the minerals and trace elements. But then there's another piece of magic where apparently their hair are these microscopic straws and their hair is hygroscopic, so they actually hydrate hypodermically, which is a phenomenon.

0:06:42 - Julie

What does that mean? They hydrate hypodermically, you know, is there moisture in the air in the desert?

0:06:50 - Samantha

Exactly that. So at night it's laden with moisture and dew, and so they absorb that through into their bodies.

0:06:59 - Julie

Wow, I was just going to ask you before you mentioned the oryx. I was just going to ask you did you have any spiritual or magical experiences, and it sounds like that was a big one for you when you saw the Oryx. How do you tell if it's a girl or a boy, and was it by itself or was it in a herd?

0:07:18 - Samantha

No, so this particular one would have been a bull and he was alone and fortunately I was higher, so there was a, there was a section that he could run away and feel safe, because those horns are. He could just come and kabad me. So in fact, there was a second experience that I had and I was in a beautiful place called Sources Flay. It's got one of the highest dunes oh my goodness, it must be 100 meters, 900 feet high and a friend and I were sitting on the dune and we saw two bulls One was chasing the other and then we lost them and then they ran up in our exact path and I actually only realized this a few weeks ago.

I mean, I've shared the story but the fact, in this desert that is, like you know, thousands and thousands of hectares, hundreds of thousands of hectares these two oryx ran up into our path to the point that they kind of skidded to a full stop.

We actually happened to have an umbrella, so we didn't look human or we didn't look threatening, we just looked like a strange thing and we could smell them. They were just there, they had the steam out of their nostrils and then they ran away as friends, which was really sweet. They weren't chasing each other anymore, they were running away from this strange apparition in the middle. Running away from this strange apparition in the middle. So that, yeah, it's just really shown me how this path of you know, oryx, and when I had the opportunity to brand this beautiful salt from the Kalahari Desert, where these Oryx gazelle, these Oryx buck are endemic, from that, you know, this really is my journey, like, because that's the first, this masked creature, this masked face, was the first thing that came to mind when I was thinking of choosing a logo and a brand for the salt.

0:09:18 - Julie

I want to get into that in depth here in a minute. But when you're telling me this story about the Oryx, first of all when I was reading about this adventure that you had, I thought was it kind of like a Aboriginal walkabout kind of a thing? It feels like that when I hear the story that the Aboriginal I don't know that the women do it. I know the men do, the males, and they go out into the desert by themselves and they go out into the desert by themselves and certainly you had a few more luxurious conveniences than what they go through. But when they do that they have spiritual experiences that come up and it sounds like one of those. That was my first thought. My second thought was it seems to me that the oryx is your spirit animal and it seems to me that when they saw you guys you were their spirit animal with the umbrellas and stuff behind yourself from the sun.

0:10:14 - Samantha

Oh, that's sweet. So to that point that actually, when I first journeyed to Namibia, I had full-blown arthritis. I could barely walk In fact I couldn't walk up the stair of the 4x4 to sit on the roof. I was in a lot of pain and when I left I had a wish that I would walk through the desert with no pain. And this was probably three and a half or four months into the journey. And in fact I actually walked down to the beach yesterday, like through a little sand dune, and on the way back it's like, wow, this is hard work. And I was like geez, I did this for eight hours a day for seven days, and by the time I got to the last, when we came back to where the vehicle was supposed to be, actually my friend had left and so we got there, and now we're in the middle of absolutely nowhere and my friend decided to go somewhere.

But we knew that there was a lodge another 20 miles upriver and we just made, you know, made the logical assumption that he had gone up there. He didn't want to join us initially, and well, in fact we had taken the wrong road. We actually drove up the dry riverbeds. When we got to the end we had used up way more than half of our fuel. So he was just very triggered. We were like, okay, well, we'll leave you, we'll go for a walk. And I remember I walked up this very it's called Hartman's Valley and up the other side, the Lee of the Valley, at full moon with a stick, and I walked up with so much power and no pain. So it was actually a very profound and spiritual moment for me that I'd healed myself, which was quite phenomenal. Well, it's a lifestyle I've had.

0:12:08 - Julie

Yeah, I have goosebumps listening to all of that.

0:12:16 - Samantha

So it was kind of like a walkabout. Yeah, it was. Can I offer you a different word for the goosebumps? Sure is that they're truth bumps.

0:12:24 - Julie

Truth bumps yeah, Some people call them angel bumps.

0:12:27 - Samantha

Yeah, and.

0:12:29 - Julie

I get those, Samantha, when I hear something to your point. That's truth. I'm using air quotes. But also it's a spiritual validation that there was way more going on there than meets the eye. Okay, let's change directions.

for a minute, let's explore the history of salt from a spiritual perspective. Certainly the ancient civilizations like the Romans and the Greeks used it. I know indigenous cultures use it. Why why salt? Indigenous cultures use it. Why why salt? Tell us about the energy of salt and why is salt used in so many civilizations, religions, traditions? From a spiritual standpoint?

0:13:17 - Samantha

So they call it another. They reference salt as the sixth element, and I love Khalil Gibran's quote salt is sacred. Our tears are salty, Our blood is salty, Our sweat is salty. And there is a myth you know that we came out of the oceans and so we came out of this salty medium, and so we need it. We need to keep ourselves balanced, because we need to be able to cry, we need to be able to sweat, and so and yeah, I mean there've been wars raged around salt Salary is derived from the word salt, because it was used as a payment method.

There was Gandhi's beautiful march, Salt March, and, yes, it's in the Bible 47 times, and it is actually in every religion and culture and it's used as a protection, actually in every religion and culture, and it's used as a protection. If I move into a new home, I will sprinkle salt on the edges of the property, I will put it in the corners of the home. And now, of course, there is that superstition if you sprinkle salt onto the table, you don't mess salt because it has. So. Salt is white gold. It had the same value as gold thousands of years ago, so you wouldn't waste a crystal or a granule of salt, but there is something that you throw it over. So you kind of throw salt into the devil's eye. You know, keep the devil off your shoulder. So it really has such incredible mythology around it and a lot of the highways were originally salt parts because it was so sought after.

Because we can't function, we can't live without it. It is, third, most important to the body. We can't live what? Maybe three minutes without oxygen. It depends how much you've been

doing some of the more breathing Without water. Three weeks and about, and obviously it all depends on the temperature. In fact there's a very beautiful. I read a story about one of those Aboriginal walks and apparently if you're in the desert and you are dehydrated, you put a little pebble underneath your tongue and somehow that helps the body. Not quite sure exactly, but that came out of an aboriginal tradition or something that they do. And yeah, so it is essential to oh and then salt. Apparently there used to be a Chinese torture whereby they wouldn't give their victims salt for more than three weeks and after three weeks, apparently you can't pick up a cup. You've just. And it makes complete sense because we are electric, energetic beings and electricity needs a medium. Our bodies are a conductor of energy, and so we need the salt to be balanced in our bodies in order for us to be vibrant.

0:16:46 - Julie

I want to get into that here in a couple of minutes about the physiology of what we need for salt and all of that. But when I was preparing to talk to you today, I looked up, I was led I call those divine downloads. I was led to look up what some of the rituals and everything are and what I found was the Greeks and the Romans used salt as offerings to their gods, asking for protection and purification. Egyptians buried it with their dead. Apparently, you need salt in heaven too, according to the Egyptians, because they found salt jars in the pyramids, in those chambers. You know where they had all the riches, to your point that salt was white gold. The Japanese used salt in their traditional ceremonies marking the beginning of the new year, which was interesting. Native American traditions use salt for healing, to restore balance to the body and spirit.

I thought that was interesting and I have a friend that lived in Cape Town for a while. She went between Johannesburg and Cape Town and what you talked about earlier. She had people that helped her. She had a housekeeper at each home and they would sprinkle salt in the corners. They'd put salt around the bed to protect them at night and they I don't remember her talking about the property, but she said nothing like getting up in the middle of the night and you're bare feet and you're stepping on salt to go to the bathroom, which was hilarious. But she said it is so ingrained in that culture. And these were people who were, you know, from Africa, they were African culture. And then the other thing that I thought was really interesting too. So we got all the spiritual components, but also the point that salt's used to detox. Take a saltwater bath. You know saltwater cleanse. If you're injured, soak your part that's hurting in salt. So not only does it purify, but it removes toxins as well.

0:19:08 - Samantha

And I know people put crystals into salt water and then put it out under the moon as a cleansing as well, because often crystals absorb the energy from around and if you're needing to cleanse them, then you put it into salt water.

0:19:25 - Julie

So it is, yeah, it's fascinating, you know whoever thought you know now because you're ensconced in it. But whoever thought salt had all that going on for it? The other thing that I think is interesting that you mentioned too about the salt is how it's around us, but we don't pay any attention to it. If you go to the hospital, you get an IV of saline. Saline is a fluid with salt in it.

0:19:56 - Samantha

The saline drip is a massive dose. I think it's like 13 grams of salt. So you're suddenly just getting infused. So it is so fascinating because that's the first thing that a hospital will do and yet they say they've been saying salt's bad for you. I mean then why would you go to hospital and then be given 13 grams of salt of salt?

0:20:23 - Julie

Exactly. Which leads me to let's just get into the, you know, to the medicinal and the optimal health aspects of salt. Most people that have high blood pressure, heart disease, you know a bunch of different things. They're told to limit their salt intake. So tell us what's going on with that number one. And number two tell us the different kinds of salt, because table salt is very different from the salt you find in the desert. So give us a brief education on the different kinds of salt and what they do for the body. Give us a brief education on the different kinds of salt and what they do for the body.

0:21:11 - Samantha

Super. So firstly, there's a beautiful gentleman, James DiNicolantonio, in America. He's a cardiac researcher and he wrote a book called the Salt Fix, and I love. What he says is the wrong white crystal got the bad rap. So you know, our diets were changing, people were getting sicker and the hypertension. But the sugar industry is a very big industry and they didn't want to take the rap for the problems that happens because of obesity and overweight, and so it was actually easier to sort of point fingers at salt. So table salt should actually not be called salt. Salt is sodium chloride as the two predominant minerals, and then it has between 65 and 85 micro minerals and trace elements and they're like friends. The body recognizes what is the whole food and doesn't recognize a product that has been stripped and adulterated. So table salt was actually originally produced for industry. So salt goes into textiles and into paint and into plastic, and so it's like a binding agent.

0:22:45 - Julie

Table salt.

0:22:46 - Samantha

You're talking about table salt, correct Table salt, yes, so it should be called sodium chloride with chemicals. So, because they produce it in such vast volumes, they obviously didn't want it and they have to pour it into these big vats if they're making plastic or something. So they didn't. And salt's intrinsic nature is to absorb moisture, so it is hygroscopic. So you know, if you were to leave a plate of table salt, salt's intrinsic nature is to absorb moisture, so it is hygroscopic. So you know, if you were to leave a plate of table salt and a plate of fine Oryx salt or even sea salt, in a day or two it would be wet. The sea salt and the Oryx desert salt would be wet. But the table salt would still be dry because it has one or several chemicals in it that are called free flow or anti-caking agents, so in order for it to stop absorbing moisture. But that's what salt's value is to the body it helps us stay hydrated.

So table salt should not be actually on a supermarket shelf, should not be actually on a supermarket shelf. It would be like me giving you balsamic wine with your beautiful medium rare steak instead of a beautiful Cabernet. They're both made from grapes, but they're not the same product. So, yes, table salt is made from salt, but it's being demineralized. It's often being heated to vast temperatures. It's sometimes bleached because they want it white for certain industries, and then they add the chemicals. So you know it has its origins in salt, but it isn't still salt. So sea salt also has the minerals and trace elements. The shocking situation, though, that we find ourselves is that we haven't taken care of the earth and we haven't taken care of our oceans, and so the pollution in the oceans is now affecting sea salt. So there has been several studies. There was one university study where they tested 39 salts from 20 countries around the world, and 37 of them had microbead plastics in them.

0:25:02 - Julie

Oh, for heaven's sakes, wow.

0:25:04 - Samantha

I know. The other thing is that we pee out pretty much everything that we ingest. I'm sure most of you've had the experience. It's only a very small proportion of the population that apparently don't have stinky pee once you've eaten asparagus. But have you had that experience?

0:25:29 - Julie

Oh, yeah, yeah, yeah I'm like, oh yeah, it's fast.

0:25:33 - Samantha

Like oh yeah, I just did asparagus, oh yeah but isn't that a genetic thing?

0:25:42 - Julie

isn't that something to do with?

0:25:44 - Samantha

yeah, I actually I should research because I find it really fascinating. And in the biohacking community there's this product called Methyl Blue and it's blue, and so you end up with the turquoise wee as well. We had asparagus for lunch the one day and I was quite shocked. I quite knew what was happening to me. So in America....

0:26:08 - Julie

I have magical powers that I didn't even know about.

0:26:13 - Samantha

I'd forgotten about this chemical that I'd taken and that I'd had this progress for long. So if you think, 360 million Americans how many of them do you think, do you guesstimate are not on a prescription drug or an antidepressant or an antibiotic or something, and some of that ends up in the toilets, ends up in the rivers and ends up in the ocean. And I've grown myself and my child on homeopathy and I find it a fascinating medium for healing and it's so powerful and homeopathy is the essence of something. And so the cruise line has dumped a billion tons of sewage into the oceans every single year. So if you're now taking ocean water that you know we've been affecting, all of this is being dumped into and the plastic that's breaking down the ocean water just is not what it used to be. So you know, if they're now pumping up seawater to create sea salt, sea salt is kind of concentrated seawater. I'm like thank you, but no thank you. So I've really become a saltwater.

0:27:33 - Julie

It used to be too that fish was supposedly one of the healthiest things we can eat. And I've heard many experts recently say, especially salmon you know, wild-caught salmon. They say only eat it once a week because there's so much pollutant even in the wild-caught salmon. They say only eat it once a week because there's so much pollutant even in the wild-caught fish. There are so many pollutants in the wild-caught fish I'm thinking, oh my God, how tragic. And I know there are lots of efforts that are happening, there is a lot that people are trying to do to clean things up. But yeah, interesting point, I never thought about it. And you're right about all the pharmaceuticals that goes into the water, that goes into our rivers and our lakes and our streams and eventually into the oceans. That's a really good point.

Okay, so that's sea salt, which is frightening. Tell us about the Himalayan salt, the Himalayan pink salt and other kinds. I know there's lots of different salts that seem to come from the Himalayas.

0:28:39 - Samantha

So I'm really fascinated by Himalayan salt, how it came onto the market pre the internet and it became a global, um, a global product, I mean, and and I really believe it was like almost an

you know an evolution of consciousness that like we can't function without salt, we can't think straight if we don't have a quality salt with minerals and trace elements. And um, table salt kind of came out pre-industrial revolution, where you know people weren't thinking they were, just they became sort of factory workers and almost machines and so then table well, sort of actually there was a beautiful naturopath, Jacques Delorange, who was switching people off table salt to sea salt in the early 70s. And then Celtic salt came about, I think early 80s, early 90s, and it feels like it needed to happen. And the fact that it's such a beautiful pink color.

Of course us ladies loved it as soon as we saw it. It was pretty and so it was actually the color that attracted us and it was mineral rich and it comes from an ancient solidified ocean, so it is pure. The pink color is apparently iron oxide. So there are different schools of thought whether it that it is entirely healthy for us, but it created an awareness of salt, so it had its place in, you know, in really switching us on, and so I have. You know it was essential for our wellness to switch over from table salt, onto minerals, to Himalayan, which is mineral-rich salt.

0:30:36 - Julie
How do they get it.

0:30:38 - Samantha
So it's from. It actually isn't from the Himalayas, it's about 200 kilometers. Apparently, there was a court case in Germany where one company lost many years ago because it comes from Pakistan. But Pakistani pink salt doesn't quite have the same exotic ringtone as Himalayan salt and so in order for them to extract it, and now because there's this global demand, it is dynamited out so energetically it has an energetic, explosive sort of quality that it's been put through, and some Himalayan salt has been tested with chemical residue. So definitely not all of it, but the source of it is compromise. In the very beginning I think they were literally chopping it out, whereas now, because of the demand, that's not possible and apparently there's some fraud in the Himalayan space where the Chinese are dying Himalayan salt pink.

A friend of mine, actually she was using Himalayan before we met and I obviously got her hooked onto Oryx. You know she had a kilo bag of Himalayan left and she was, like her, hooked on to Oryx. You know she had a kilo bag of Himalayan left and she was like, okay, well, let me bath in it. So she bathed and when she drained the bath water she ended up with this big, thick scum of like pink residue on the, you know, around the bath. So don't know what that was about, but you know it feels. It know it feels like a little bit strange. So I'm going to get into Oryx's insult.

0:32:17 - Julie
Yeah, tell us about that and then, after you tell us about your assault, then I want to hear about how did you get interested in salt?

0:32:29 - Julie
I want to hear that whole story.

0:32:31 - Samantha
Okay, so in the Kalahari Desert of Southern Africa, which spans Botswana, Namibia and the northern part of South Africa, so it is a region that is 900, it is 9 million hectares, which is one and a half times the size of Texas, to give you a sense of scale. And it's a fascinating region where there's a lot of salt. So, like north of Johannesburg, which is in South Africa, there are veins of gold and there are veins of platinum. So there are these regions and in fact there is salt apparently in every single country around the world, except for Belgium, I mean, and Belgium's a little landlocked country and you know, I mean it's man's made the borders, but they have chocolate.

0:33:19 - Julie
They have chocolate.

0:33:20 - Samantha
They've got chocolate. This is true. No-transcript is from rivers washing down salt deposits into the ocean. So in the Kalahari, it's a region where there is a lot of salt and there's a salt pan and it was offered to somebody who was in the salt industry in South Africa to see if it was a viable source to use, you know, to create salt for their business. They were growing and they needed more volume, so they had to do a lot of testing, because the closest town to this salt pan is 175 miles away and the drive from this town up to the salt pan there is literally nothing but sand and sky. I mean it's remote, nothing but sand and sky. I mean it's remote, it's pristine, it's beautiful because it's so sparse, you know, it's really magical.

And so they had to test if it was going to be a viable source, and so there was environmentalists and geoscientific people and they discovered an underground aquifer or a lake 55 million tons and they also discovered that there were three subterranean streams or rivers that flow and are constantly replenishing this underground aquifer and the rock strata that they flow through is 280 to 300 million years old. And so these rivers flow through this ancient rock strata, emerge into this lake and then when we pump it up onto the salt pans that have been created so it is a huge 5,000 hectare salt pan, but they make beds in order to pump it up and so that it can crystallize, and our particular brine or salt water is oversaturated, so it's 110 to 120% depending on the season, and that's what the Dead Sea is. It is an oversaturated body of water and so when we draw it up in summer in temperatures of 120 degrees Celsius, these salt pans and the salt water crystallizes into these absolutely pure white crystals in only four weeks. And what else happens? In four weeks there's a full lunar cycle. There's a full lunar cycle. So whenever I think of being and I spent a couple of days there last year to go do a mini documentary and we were gifted in 48 hours a Kalahari thunderstorm of epic proportions. There was lightning dropping all around, there was this wall of water and it passed within 20 minutes, and then there were double rainbows and the light in the sky was just sublime and magical and beautiful. And it suddenly there. I was close to the salt pan and realized how the salt absorbs the moisture and the elements and what's happening around it. So, yeah, so it crystallizes in one lunar cycle, under the stars and with the desert wind.

And there's some really incredible new research now around how water has got memory. In fact, somebody, Dr Masiru Omoto, who's been around for 20 odd years, has done and does testing on water, where he just puts a word or an intention onto a glass of water and then he takes a drop and he crystallizes it. And how the beautiful words form this magical, symmetrical, like a snowflake. You know, it's just exquisite and so much beauty and each one of them is unique. Our words, our words have a frequency, our words have power. You know, in fact, I think, one of the first chapters of the Bible. You know, in the beginning. You know God. How does it go exactly? There was the word and you know God used the word.

0:38:09 - Julie
The word became flesh?

0:38:10 - Samantha
Yeah, exactly so. And then there's a beautiful woman in New Zealand. Her name is Veda Austin and she has conversations with water where she has a concept or an idea, or she puts an image next to the water and then she freezes it and when she pulls it out it has a match. And in fact I did the same thing. I was very intrigued and I'm going to pull up an image on my phone. So, yeah, I was like wow, this is really fascinating.

And so I found a Petri dish and I put some spring water and I put one crystal of Oryx Desert Salt and I put it in the freezer and it took. I thought it was going to take. It should take around

20 minutes and obviously, depending on the, you know how cold the freezer is and but because salt water freezes at a higher temperature lower temperature than spring water, it took longer. It took about 40 minutes. Anyway, I took it out and then I put it over a light and I took a photograph. So I'm not sure about you, but for me, from a distance, that looks like a full. If you were to look at a full moon in the sky that is fairly close to a full moon, I would say Exactly yes.

I was like, wow, that's incredible. And so I was super excited, and where's my other one? And so then I decided to. I put the Petri dish on top of a box, a white box, the refill box that had the Oryx head on it and it's quite a lot bigger, and my friend and I sat chatting and then we put it into the freezer. And I'm not sure about you, but candies, but if you have a look, you can actually see. You can see the oryx horn.

0:40:09 - Julie

Holy Moses, girl Whoa. You guys that are listening. It looks like the oryx horn in there because you put the Petri dish on the box with the oryx Whoa.

0:40:22 - Samantha

Wow. So water absorbs and is activated by whatever's around it Energy. Exactly.

0:40:32 - Julie

And so.

0:40:34 - Samantha

Oryx has the energy of the desert and the elements and all the beauty and when you've been talking about that.

0:40:41 - Julie

It goes through the whole lunar cycle and it's sitting out under the full moon. I got those goosebumps back, those truth bumps back, and I thought, okay, it's being infused with some serious woo-woo energy just from the moon. That's going to be beneficial to the body.

0:41:03 - Samantha

Yeah, so literally, as you're sprinkling every day and I'm going to encourage your listeners Oryx Desert Salts is available.

Well, Julie's going to put a link, and so you can go on. There'll be a link onto Amazon where you'll get a discount for the combo packs, and we also have wholesale on our website where you can buy a minimum of six units a case of the products. I mean, there'll be a discount for you there. And when you have it in your kitchen, firstly, please do yourselves a favor and sprinkle some Oryx onto your hand and taste it, and then sprinkle whatever else you have in your kitchen and taste that and, believe me, you will taste the difference there's, there's something well, and I believe that the body recognizes the purity, the cleanliness of it, the energetic quality of it versus, you know something, another salt which has been tainted in some way, and so every time you're putting a sprinkle of the salt or putting it into your water, your pasta water, it's literally a little homeopathic dose of this beautiful desert energy and the stars and the moon, so it has this high frequency and vibration that the body is, it's gifting the body.

0:42:31 - Julie

Back to the. Give us a quick overview of why salt. How'd you get involved with salt in the first place? What's that story?

0:42:41 - Samantha

Well, so I've had a very interesting and diverse background. So I started off doing interior refurbishing of aircraft literally private jets and making them beautiful. Then I started a company called Kayak Africa and I kayaked and did kayak expedition style excursions onto this uninhabited island in Lake Malawi, and then I did production. And then I got involved in a beautiful township which is sort of, yeah, an undeveloped little, not even little. So this was a township of 300,000 people, many of which lived in little shanty towns and shanty shacks, so very disadvantaged and marginalized community, and I was doing community service work there and I was doing food gardens.

And then I had an epiphany and I had an experience of drumming in schools. So I started a beautiful project called 20,000 Drums and I actually wanted 20,000 children in a stadium all drumming together, because when you drum together there's a heart, coherence and there's a joy that happens. And a lot of the children in South Africa they've lost their parents through HIV, aids and through, you know, the yeah, just horrible circumstances, and I've witnessed this beautiful joy that happened when they're drumming. You know that unfortunately came to an end and I had my beautiful son, who's now 17, and it was the 2007 financial crash and so it wasn't funding for happy, emotionally, spiritual upliftment projects, which was the 20,000 drums project. And so I was. I was looking for something and sort of open to, and then I invited a friend or a colleague over for dinner and we had an interesting sort of connection. In fact, we met with my drumming project because he believed that if 20,000 people came into a stadium together drumming, there would be this vibration, because, in fact, all of the drums were stamped with seven different words love, joy, truth, trust, respect, freedom and harmony. So the idea was to have 20,000 people drumming with love and peace and joy, and what have you?

And his home was filled with crystals and he had these fancy speakers and sound and frequency and it was just. It was an interesting. He was a very interesting and beautiful human and he was looking for a food product that had a spiritual quality, and he ended up meeting the daughter of the then salt pan owner, the daughter of the then salt pan owner and um, and then, as soon as she mentioned salt, um, he, he was like wow, this is this, is it? And in fact, um, the, the father of my son, um, it was just the three of us for dinner and he had had an astrology reading 10 years prior that told him he was going to meet an African queen and was going to discover a product from Africa. And he was like this is it, this is it. So we ended up exporting it to another country for a couple of years and then we split and I started the RxJS itself brand.

0:46:21 - Julie

Well, you're the African queen and you were led. Obviously, my gosh. Last question for you why do we incarnate?

0:46:30 - Samantha

Why do we incarnate? To become more of ourselves. There's a metaphor that I've been using a lot recently is that diamonds are only created through immense and incredible pressure of a block of coal, block of black coal, through pressure, turns into a diamond, and a diamond, when it is polished, you know, has all these different facets. So it's almost like these, you know, and for me, we as souls on this earth are, you know, like God or spirit, coming into this mortal body to have an experience and to discover itself and to have an experience of itself in this. You know this mortal duality, you know 3D reality, mortal duality, you know 3D reality. And so, to come back and to experience different aspects of ourselves, I mean this journey of being on Rx Desert Salt the last 14 years.

I mean, if you had asked me to do a podcast five years ago or seven years ago, I would have been cringing. Years ago, or seven years ago I would have been cringing. And this is my vehicle, my journey of self-discovery. I didn't realize that I was a storyteller. I didn't realize, you

know, when I'm on a trade show, I mean I'm a performer, I absolutely love it, but I didn't know that about myself. So, to come and experience different aspects of our beauty, our soul, our brilliance. I would think that's what it is. That's what it is.

0:48:26 - Julie

Seems to me like you're doing a really good job of it, expressing your soul, your beauty, your brilliance, your you know where you're being led to not only provide this product to the world, but also to educate us on really what's going on, and what's going on with something as simple as salt, and how essential it is for us. Because I didn't know a lot of this, which is why I asked all these questions, and I would bet that most of the people that listened to this weren't aware of the different types of salt, what the benefits were, what the negatives were, what was going on and how that's going to help us and possibly didn't know.

0:49:06 - Samantha

think about salt in general.

It's just there, it's in the kitchen. And often what happens is you go into the supermarket and whatever you've possibly been brought up on even you know is table salt. You go in, that logo is familiar, so you look for what's familiar. You don't sit there and go, ooh, what's new in the salt category. That's why I love the fact that there are all of these salts around. Thank you, himalayan, for creating awareness. And what's fascinating too, is that it's the smallest ingredient in any meal but it makes the biggest difference. It has the highest impact of any ingredient in whatever it is that you're making. You know whether you have it or you don't have it, and it has that same massive impact on our health.

0:49:54 - Julie

Well, we have a dear friend who's a chef of a restaurant. I will be sending him this link for this and I think all of us that are listening, we all need to send these links to the restaurants we frequent and send this link to the restaurants we frequent, especially if we know somebody that's in the food business as a professional, because they need to know this stuff. They want to make stuff that's going to be healthy for their patrons so that they keep coming back. Somebody feels bad after they've paid a lot of money for a meal, they're going to think twice about going back to that restaurant.

So that was going through my mind too. Yeah, I think you're extraordinary, you're brilliant, you're beautiful. Obviously you are a thought leader. You are changing the world one grain of salt at a time, and I personally am thrilled to know you and I'm so grateful that you're doing this work and I'm so grateful that you're willing to put yourself out there on this adventure, both from a personal and a financial standpoint. I'm an entrepreneur like you. I know what this is all about, and it's a roller coaster ride.

And you got to have golden ovary courage to do it, Because you know guys have brass balls, girls have golden ovaries and to be able to take the leap and to do that, how can people learn more about you and your work

Samantha

On our website, oryxdesertsalt.com

0:51:27 - Samantha

the cell phone mobile number on the inquiry page is my number, so drop me a WhatsApp and the inquiry email will come to me if you have any questions. Our website has got lots of beautiful information and in fact please do yourself a favor on the blog page is the most incredible research on four ways of how salt affects our brain and thinking. Salt and breastfeeding. Salt and menstrual cycles. Salt and menopause. Salt and pregnancy. You know

that when we're pregnant, our baby's swimming in this beautiful amniotic fluid which is salty, needs to be a good quality salty for our bubbers and your blood volume increases by 30% and your blood is salty. So you need to increase your salt. So if any doctors are telling you that don't eat salt, please thoroughly ignore them and do some research. You really need to increase your salt. So if any doctors are telling you that don't eat salt, please thoroughly ignore them and do some research. You really need to. In fact, actually, your taste buds salt taste buds disappear during your pregnancy because you need more salt. So nothing ever, and I mean we've heard some really strange stories around what people crave, you know, for the minerals and the salt. So, yeah, the blog has just got really some incredible research and please, if any of you have profound, if you're not sleeping, have some salt and honey in the evening. There's just, there's a lot of beautiful, very well-researched information there for you to dive into if you wish to.

And there's just one point I forgot to mention.

So our grinders, so grinder heads, are made from plastic, and usually the mechanism that grinds the salt is made from plastic as well, but our internal grinding mechanism is made from ceramic which is baked at 800 degrees, and all plastic polycarp grinder heads.

When you grind them, they're very cranky, they scratch, and what's happening is that the salt is scratching the teeth of the grinder head into your food, are scratching the teeth of the grinder head into your food, and when you first buy the granules, the crystals of the salt are very fine because there's still lots of teeth by the end of the bottle. The salt is much coarser because those teeth have been worn away into your food and you've eaten them. So with our grinders, you can buy it once and it can last you for years, literally, literally years, and you just keep refilling it and refilling it and refilling it. So it saves you financially. It ends up costing you a whole lot less just because you're refilling, and last year we saved approximately 817,000 bottles and heads from landfill. So it's having, it's not negatively impacting. You know the planet, so yeah.

0:54:30 - Julie

Terrific, and go to [oryx O-R-Y-X desert salt.com slash Julie Ryan](http://oryx-salt.com) for a 10% discount of all your orders. So that's [O-R-Y-X-D-E-S-E-R-T salt.com slash Julie Ryan](http://O-R-Y-X-D-E-S-E-R-T-salt.com) and we'll give you a discount. Alrighty, everybody, we've given you lots of education here on salt Education. You didn't even know you needed, but now you know. And in the meantime, we're sending you lots of love from Sweet Home Alabama, and from South.

0:55:05 - Samantha

Africa from Samantha, so much love from the modern tip of Africa and Cape Town, yes. We'll see you next time, and it's been a lot of chatting, thank you, and even for teaching me, for doing your research and giving me some information to go dive into again.

0:55:21 - Julie

So you bet, you bet. Ok, bye everybody, we'll see you next time.

0:55:26 - Samantha

Take care.

0:55:27 - Ann-cr

Bye. Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at [AskJulieRyan](https://www.instagram.com/AskJulieRyan), and like her on Facebook at [AskJulieRyan](https://www.facebook.com/AskJulieRyan). To schedule an appointment or submit a question, please visit AskJulieRyan.com.

0:55:43 - Disclaimer

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