



Here's how the delicate pink Himalayan salt is good for a whole lot more than just seasoning food

# Salt of the earth

alleviates allergies symptoms and asthma. It is also known to calm anxiety and increase energy levels.

## The cooking slab

A carved salt slab looks like a cheese board but is so much more than just a trendy dish in which to serve grills and roasts. The beauty of this is that food – meats as well as vegetables – only need to be marinated and require no added salt as the seasoning comes from the salt slab on which it is baked. “(Himalayan Salt) is the purest form of salt in the world,” says Chef Rohit Narvare, Demi Chef De Partie at Salt Grill in Bengaluru, which has around 12 dishes cooked on a Himalayan salt slab at 400 degrees C and served on a slab heated to 80 degrees C.

## Tequila shot glasses

A party favourite, shot glasses made out of Himalayan salt require no added salt to the rim of the glass. They're also quite sturdy and can be used multiple times. However with use they do tend to wear out and eventually disintegrate. But the salt particles are still good enough to season food.

## Soap and bath salts

Himalayan salt is not only beneficial when ingested, but also transfers its minerals through the skin. This is why it is becoming a popular ingredient in soap and bath salts. The chromium in this salt can fight acne and reduce skin infections, while the zinc helps in healing scars. It also works as a great exfoliator.

## Toothpaste

Toothpaste made from pure Himalayan salt is good for oral care. The pH of Himalayan salt helps improve the pH of the mouth. It is also gentler than other salts, which make it ideal to clean away stains without harming enamel.

a wide variety of natural, unprocessed salts have hit the market. From sea salt and kosher salt to flake salt and Fleur de Sel, there's no dearth of options. But the one variety that has been gaining momentum is undoubtedly Himalayan salt, which comes from the Khewra Mines in the Jhelum District of Pakistan.

“Himalayan rock salt contains 84 natural trace elements. Its natural minerals and electrolytes are intact. It contains natural iodine,” says Deepa Babu, founder of Salt World. “Himalayan salt enhances the overall immune function and mental well-being. It improves blood circulation, helps

in absorption and assimilation of food, prevents muscle cramps, regulates sleep, stabilises heart rate and blood pressure, neutralises acidity and balances the pH level of the stomach.” But the beauty of this pink Himalayan salt, which is mild in taste, lies not only in its seasoning properties, but also in its versatility. Skincare, home décor and tableware products made exclusively from Himalayan salt are cropping up all over. Here's how you can use it:

## Himalayan salt lamp

The benefits of the Himalayan salt lamp are multifold. Available in a range of trendy designs, it not only helps purify the air, but also



## MIRRORLIGHTS

## Coffee compounds may cut prostate cancer risk

Besides being the perfect morning drink, coffee may also play a role in delaying prostate cancer, finds a study, which may pave the way for treating drug-resistant cancer.

Scientists from Kanazawa University in Japan have identified kahweol acetate and cafestol – hydrocarbon compounds naturally found in Arabica coffee – which may inhibit the growth of prostate cancer. “We found that kahweol acetate and cafestol inhibited the growth of cancer cells in mice, but the combination seemed to work synergistically, leading to a significantly slower tumour growth than in untreated mice,” said lead author Hiroaki Iwamoto.

For the study, the team tested six compounds, naturally found in coffee on proliferation of human prostate cancers cells in vitro (i.e. in a petri-dish).

They found cells treated with kahweol acetate and cafestol grew more slowly than controls. They then tested these compounds on prostate cancer cells, transplanted to mice (16 mice).

“Although these are promising findings, but they should not make people change their coffee consumption. We need to find out more about the mechanisms behind these findings before we can think about clinical applications,” professor Atsushi Mizokami noted.

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It's easy to give up sugar in teas, cakes and chocolates. You can always substitute it with natural fruit, jaggery and even stevia.

But salt is a hard ingredient to kick, mainly because we don't eat it for its taste, but to season food to bring out its wondrous flavours. However, too much of it can trap water in your body leading to a large number of issues, the most common one being high blood pressure.

But over the last few years,