

Doctor Recommended

"This (Celtic Sea Salt® Brand) is the one I use. It has a long track record with me. This is what I recommend for my patients."

Dr. David Brownstein, M.D.

"Celtic Sea Salt® is the whole, unprocessed, natural salt I always recommend."

Lynne August, M.D.

"We recommend a natural, unrefined salt called Celtic Sea Salt® ... it includes many trace minerals including sodium chloride and magnesium salts."

*Jordan Rubin, N.M.D., and
Joseph Brasco, M.D.*

"I've enjoyed using Celtic Sea Salt® for several years now. It enhances the flavor of whole foods and provides me and my family with a superior source of trace minerals."

Christiane Northrup, M.D.

"Many illnesses are caused or exacerbated by trace-mineral deficiencies. These can be avoided by the liberal use of Celtic Sea Salt® in your cooking and the complete avoidance of all other salts, all of which contain only pure sodium chloride."

Thomas S. Cowan, M.D.

"The coarse Celtic Sea Salt® is truly stunning. It adds a clean refined note to the food, and helps to enhance natural flavor. I've had a love affair with this product for over 10 years."

*Chef Charlie Trotter,
Charlie Trotter's Restaurant*

Celtic Sea Salt® Brand vs. Table Salt

The salt normally used in most homes and restaurants is very different from nature's original seasoning, Celtic Sea Salt® Brand. Table salts are mined from the earth with bulldozers & heavy machinery, often resulting in a negative environmental impact. The salt is then iodized, bleached, and diluted with chemical anti-caking agents. The end result is a far cry from naturally pure Celtic Sea Salt® Brand.

The artisan's special care and the miracle of nature join forces to create the phenomenon that is Celtic Sea Salt® Brand. Try it for yourself and see why thousands of people around the world have come to revere flavorful & healthy Celtic Sea Salt® Brand.



Celtic Sea Salt® is referenced in more culinary and nutritional books and journals than any other salt in the world.

To Receive Our Catalog and a
FREE Sample, Call Toll Free
800.867.7258
or visit us online

SelinaNaturally.com

We also offer grinders, healthy foods,
supplements, vitamins and minerals,
kitchen tools, and much more!

SELINA NATURALLY®
Celtic Sea Salt®
BRAND

Doctor Recommended Since 1976

Unrefined, Sustainably Harvested, Kosher Sea Salt



FLOWER

GREY

FINE

THE ORIGINAL BRAND™

We travel throughout the great salt-producing regions, hand-selecting only the best quality to become Celtic Sea Salt®. Each harvest is carefully inspected to ensure that the salt meets our uncompromising standards of harvesting, mineral content, taste, texture, smell, color, and crystal integrity. Only then can it bear the name of Celtic Sea Salt®. Using Celtic Sea Salt® for all your cooking needs will enrich the taste of your foods while adding vital nutrients to your diet.



DOCTOR RECOMMENDED VITAL MINERALS

Celtic Sea Salt® Brand is highly recommended by many health professionals and chefs. It's no surprise why! Celtic Sea Salt® Brand is sustainably harvested and dried by the sun and wind. It contains no anti-caking agents, bleaching agents, or other additives. It contains a natural balance of minerals and trace elements and is unmatched in flavor.

Celtic Sea Salt® Brand is a beneficial addition to most diets. The composition of our blood plasma, lymphatic fluid, and extra-cellular fluid all mirror the chemical balance of the ocean water from which it is derived.

The human body uses the minerals & trace elements in Celtic Sea Salt® Brand to create electrolytes, maintaining these "internal oceans" which are vital to the proper functioning of every system in the body.

CELTIC SEA SALT® BRAND VARIETIES

With three varieties to choose from, Celtic Sea Salt® Brand is certified by Europe's Nature et Progrès to be free from pesticides, herbicides, and harmful chemicals and is certified kosher. Each variety is available in resealable bags and shaker jars. Light Grey Celtic® is also available in grinders.

LIGHT GREY CELTIC® SEA SALT

Light Grey Celtic® Sea Salt is a coarse, moist salt that gets its light grey hue from the pure clay lining of the salt pans it is harvested from. It may be ground with a mortar and pestle or in a ceramic salt grinder. Great for cooking, the crystals dissolve with heat and moisture, enhancing food with their assertive flavor.

FINE GROUND CELTIC SEA SALT® BRAND

Fine Ground Celtic Sea Salt® Brand begins as Light Grey Celtic® and is then dried at a low temperature and ground. It works well as an all-purpose shaker salt and as a recipe ingredient.

FLOWER OF THE OCEAN®

Flower of the Ocean® also known as "Fleur de Sel", is a natural phenomenon of the clay lined salt flats. When the weather conditions are just right, these small, delicate crystals form naturally on the surface of the salt brine.

Flower of the Ocean® is one of the finest salts in the world. It has an elegant, complex, and delicate flavor balanced with a hint of sweetness. Top chefs use Flower of the Ocean® for its subtle characteristics and ability to enhance flavor. Use Flower of the Ocean® as a finishing salt.

THE FINEST SALT AVAILABLE

Less than 1% of the world's salt harvest has the extraordinary quality of Celtic Sea Salt®. We work with only the finest *paludiers*, true artisans in the craft of salt farming. Each salt harvest is carefully inspected, and the cream of the crop is hand selected to bear the name of Celtic Sea Salt® Brand.

STORING CELTIC SEA SALT® BRAND

Celtic Sea Salt® is best stored in a ceramic, glass, or wood container with a loose fitting lid that allows the salt to breathe. Visit SelinaNaturally.com for salt containers, grinders and accessories.



[Shop online at SelinaNaturally.com](http://SelinaNaturally.com)