**Seeds of Wisdom Team**

**Your Community**

[**https://seedsofwisdomteam.com**](https://seedsofwisdomteam.com)

**Gray salt benefits:**

**Doing a search there are many places to purchase**

Celtic sea salt has numerous healing benefits because it helps to balance out the minerals in your body. It is also helpful with getting rid of excess mucus, which is useful in reducing congestion in your lungs and nasal passages. In addition, Celtic sea salt can help reduce water retention and reduce excess acid levels in your body, as well as give a boost to your immune system and help your body heal more quickly from injuries

[What Is Grey Salt, Is It Healthy, and How to Cook with It (menshealth.com)](https://www.menshealth.com/nutrition/a19527396/magical-gray-sea-salt/)