



SMAP NEWSLETTER

Second Quarter, 2022

Salt Manufacturers Association of Pakistan's Quarterly Newsletter



Eid Get Together organized by Minex International and SMAP

SALT MANUFACTURERS ASSOCIATION OF PAKISTAN is a non profit organization instituted to represent and protect the rights and forward fair demands of salt manufacturing community through global representation.

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Chairman's Message

Pakistan has the capability to become a lithium powerhouse by 2030 if research institutions, industries, and academia realize the continuous upward demand for lithium in the global market.

Demand for lithium is expected to intensify in the years ahead as electric vehicles are seen as a future solution to minimize carbon footprint.

Research studies have shown that salt lakes in Pakistan are rich in Lithium content and after the extraction of salt from the concentrated brine, the biterns are disposed of in landfills causing a huge



Ismail Suttar, Chairman of SMAP

untouched potential worth of billions of US dollars to be discredited and discarded.

Pakistan has the capacity to produce 3-5 million tonnes of lithium per annum, currently priced at 10,000-12,000 USD per tonne. This reserve is left untouched and unidentified that if researched and invested in can form a backbone of Pakistan's economy.

Salt Manufacturers Association of Pakistan raises the authoritative voice of the salt industry, and hence, we have a moral obligation and a responsibility in making a difference by creating value in a sustainable and socially responsible means in society.

Therefore, SMAP has taken an initiative to develop a pilot study on lithium production at salt mines in Pakistan. the study will be shared with salt manufacturers and exporters in order for them to enter into the production of lithium Carbonate. It is important to note that this will be a new industry that will highlight Pakistan on the world map in the years to come.

EID GET TOGETHER ORGANISED BY SMAP AND MINEX INTERNATIONAL



Eid Milan Get together was organised for members of SMAP on 13th May 2022 at Ragoonwala Hall, Karachi.

Chairman of SMAP, Mr Ismail Suttar informed the audience that the salt exporters and manufacturers should understand that the next war in the future is not going to be on conquering another country using weapons but there will be economic warfare that will change the world order forever. Winners from the economic warfare will be those who not only creatively develop value added salt products by spending money on R & D but those who are deeply penetrated in the international market.



Members of SMAP

The EID Get Together was attended by sea salt and rock salt SME's, guests, EFP and FPCCI Honourable guests, EC members of SMAP consisting of Chairman of SMAP Mr Ismail Suttar, Senior Vice Chairman Mr Qasim Yaqoob Paracha, Mr Javed Ahmed Bhatti, Mr Zohaib Akhtar, Mr Sadiq Tawab, Mr Waqas Punjwani, Mr Anwar Azeem and Mr Muhammad Asif.

SMAP members appreciated the host for organising the Eid Get Together.



Members of SMAP



Executive Members of SMAP



Himalayan Salt Stones

NOURISH YOUR SKIN WITH HIMALAYAN SALT

Warmed Himalayan Salt Stones are used to apply pressure with therapeutic massage techniques on skin. The stone has several minerals which are absorbed through the skin. Massage therapists deal with **the Parasympathetic Nervous System**, which is one of the 3 divisions of the Autonomic Nervous System. This one specifically deals with the rest and digest system such as slowing heart rate, intestinal and gland activity, and relaxes sphincter muscles in the gastrointestinal tract. This part of the nervous system calms your body and mind and can be triggered to activate by the massage therapist. This helps your therapist get to the problem areas and get some real work done in those muscles with the combination of the warmth, the relaxed muscles, and extra tools in hand to get those muscles worked on and provide the relief you need.

Many researchers say that the salt stones are equally as smooth as the volcanic basalt stones. **Their key difference being that they claim to feel the nutrients being absorbed into their skin from the salt stones.**

Salt stones are also **naturally antimicrobial** due to the iodine in them. Which helps with fears of cross-contamination and other health risks. Though they might be naturally antimicrobial, therapists are still taking the time to sanitise them between sessions.

From a therapist perspective, to choose Himalayan stones over hot stones is more in the department of delivery than the receiving. We are aware of the benefits of both basalt and the Himalayan salt- but as a therapist why would you choose one over the other? Consider their heating methods. Clunky ovens, heating pots, the humidity from the basalt stones are their own distractions and issues. They do not always hold a consistent temperature either. Himalayan salt stones can be warmed on a heating pad/tray or on a heat lamp in a basket for example. They are dry, smooth, and can be constantly ready through every session of your day. A less troublesome setup and breakdown for your clients session right off the bat. They can also behave as a salt lamp for your treatment room, with a relaxing orange-pink hue for your clients to switch mindset as they walk in the door. Caring for your salt stones is simple as using special cleaning products and keeping them dry, and with that care they can last for years.

Seasoning Himalayan Salt for Fries

If you are a fan of French fries and like them to be subtly salty, then Himalayan salt is the best for you. Sprinkle fine Himalayan seasoning salt from the shaker directly on your fries and enjoy the crispy salty fries.

If you want your fries a little bit spicy and more flavorsome, then you can make a spice mix for them. Mix garlic powder, Himalayan pink salt, fennel seeds, and red chili powder.



Pink Himalayan Salt on Fries

Parmesan French Fries :

Ingredients

Parmesan cheese
Potato cut in the form of elongated chips
Himalayan Pink Salt
Vegetable oil for frying

Ingredient for the Mayo-Ketchup Dip :

¼ cup Mayonnaise
2tablespoon tomato ketchup
1teaspoon tobacco sauce

Direction to Cook:

Step One

First, make the delicious mayo ketchup dip for the fries In a medium sized bowl. mix tomato ketchup, Tabasco sauce, and mayonnaise evenly.

Step Two

In a frying pan pour some oil and heat it . put the potato chips in a frying pan and cook on medium flame for 4 to 6 minutes till they are half cooked .now take out the chips from the oil and place them on oil absorbent paper so that surplus oil can be absorbed from the chips . Now heat the oil on high flame and again place the half fried potato chips in the hot oil and fry them deep till they turn golden. Now place the golden deep fried potato on the absorbent paper so that the excess oil can be absorbed. Sprinkle the **pink salt** and parmesan cheese on the fried chips and mix them properly. Delicious chips are ready to serve them hot with prepared tomato dip.


Consuming more Salt improves Health



According to new research, healthy people can eat about twice the amount of salt that's currently recommended.

A study published in the New England Journal of Medicine observed 100,000 participants and suggested that even though there is a relationship between salt intake and high blood pressure, if you are not over 60 and don't have high blood pressure or eating way too much salt, salt wouldn't have much impact on your blood pressure.

In fact, American Heart Association believe that the efforts to get industry to lower salt content in food products in order to lower blood pressure and cardiovascular disease might be misguided. A recent report indicated that low salt levels might be problematic.

A photograph of a clear glass salt shaker with a silver cap, partially filled with white salt.

Dr. Suzanne Oparil, a cardiologist at the University of Alabama, Birmingham said "A diet that reduces sugary drinks and approaches the Mediterranean diet will give you more benefit rather than regulating the salt aspect of the diet".

For Oparil, the advice is simple: "Try to eat natural foods. Cook your own food, as opposed to eating fast food and snack foods."

"Japan, one of the highest salt consumers, has one of the longest lifespans," Oparil noted. So the question that salt is responsible for huge number of deaths is invalid.

Why is River Reed Salt produced in Kenya so expensive



Reed Salt

On day one, harvesters cut out these river reeds. And in 8 days, after drying, burning and filtering, the reeds will produce one of the most expensive salts in the world. Just one tablespoon of river reed salt costs about \$1 in Kenya. Compare that to the 4 cents it costs locals for the same amount of sea salt. So how do producers make salt from river reeds? And why is it so expensive?

Reed salt or Tunde Akinyele is made from the breeds of the mature, plant that grow along the river. Once the salt is extracted, its typically sold in small quantities to chefs and luxury hotels owners in Kenya. Today, only the Bukusu community in the village of Abu use the traditional process of making this rare salt by hand.



Reed Salt produced in Kenya

The process of making salt takes at least 8 days and would be sold in banana leaves. Usually the demand of this salt is very high in Kenya due to the intense work put into making the salt.

This salt has been recognised as the most unique indigenous salt in a competition pitting indigenous salt from other countries- Italy, France and Morocco.

Turning sea water into 'white gold' in Fife village



After 200 years, salt harvesting has been revived in a Fife coastal village. In the 1790s, salt was Scotland's third-largest export after wool and fish. Salt is considered to be so valuable that it is often referred to as "white gold" and most of the companies are willing to burn eight tonnes of coal to make every tonne of salt.

In the industry's heyday the windmill in the village would pump the sea water into the salt pans, which were then heated by coal. The water was boiled until it evaporated and left salt. However, the industry eventually ground to a halt due to competition from sun-evaporated salt from Spain.

Now, Darren Peattie is reviving the salt-making tradition in the East Neuk of Fife.

He said: "My passion is to bring industry back to this area. I left 19 years ago for a corporate finance job in London because there were no jobs here, but I've come back now to fulfil my dream." St Andrews University has tested the water and it's come back as Grade A, so the mineral content is perfect and the pollution is non-existent," said Mr Peattie.

Mr Peattie has spent almost £160,000 on the equipment to produce the salt, and says some Michelin star restaurateurs have already expressed an interest in buying the product.

Mr Peattie said: "I want people to come into the village, see the old heritage site, develop an understanding of how the salt industry once worked, then move up to our new premises and learn how salt has moved on."

And he added: "The ultimate aim is to link the past to the present and celebrate St Monans as the true home of salt."

Why wash your face with salt water?



Salt water has been recognized for its ability to disinfect and cleanse skin since ancient Egypt, says Snehal Amin, MD, FAAD. Amin, a board certified dermatologist and the co-founder and Surgical Director of MDCS Dermatology, goes on to explain that yes, salt water is responsible for making skin feel smoother and drier after a day at the beach.

As for the benefits of salt water for skin?

“Salt acts as a mechanical exfoliant and scrub, removing dead skin cells. This leaves the skin feeling smoother, softer, and brighter. Through osmotic actions, salts absorb toxins and draw out dirt and oil. Improved pore size is another benefit,” says Amin.

Without a doubt, most people would probably love to have cleaner, softer, smoother skin, not to mention pores that appear smaller. Both experts agree, though, that salt water works best for people with oily or acne-prone skin — though it may not actually treat acne.

To make your own saltwater solution, Amin offers the following instructions:

- Boil 2 cups (500 ml) of tap water and 1 teaspoon (5 ml) of fine sea salt or table salt. Avoid using coarse salt.
- Let the mixture cool in a loosely covered, but still open container.
- After it reaches room temperature, close the container tightly.
- Store at room temperature.

Salt water from the actual ocean doesn't just contain salt. It also contains natural minerals like magnesium, calcium, and potassium. These minerals, which are more than likely responsible for the skin benefits, are also hard to replicate at home, as Shirazi points out.

King of all Salt: Fleur De Salt



Whether it's the taste, texture, method of harvesting or the cost of the salt, Fleur De Sel outperforms all other salts.

Fleur De Sel has a unique, natural, crunchy taste that makes it easier for our body to absorb the nutrients. Since Fleur De Sel is not processed in any way compared to other salts, it contains nutrients and 84 trace elements including iron, magnesium, calcium and fluoride.

Besides the soft crunchy taste, Fleur De Sel salt adds more flavor to foods since the hand crafting method ensures that no pollutants are mixed with the salt during the process of harvesting.

While there are several benefits to consuming Fleur De Sel, there exist one domain where this salt is lacking behind other salts. This domain is the cost domain which makes this salt being one of the most expensive salt in the world. This is because the method of harvesting is manual and complicated. First, cool coastal breezes and the sun dries up the brine in the salt ponds. Then, the top thin layer of crystals formed on the surface is hand harvested carefully and dried up in the sun. This process is quite laborious and often requires additional workers to be employed in the harvesting month.

Shake up your salt intake at breakfast

Although breakfast is often called the most important meal of the day, that definitely depends on what you're eating for your morning meal.

A healthy breakfast should include a variety of nutrient-dense foods rich in salt, fiber, protein, and healthy fat to start your day off on the right foot.

Unfortunately, many of the most popular breakfast foods are highly processed or lacking in these important nutrients.

A typical fry-up of one sausage, two rashers of bacon, one egg, baked beans and two slices of toast and butter contains around 4.5g salt. A slightly larger breakfast of two rashers of bacon, two sausages, one fried egg, mushrooms, baked beans, two slices of black pudding, a tomato and one slice of toast and butter, as served in many cafes around the country, will contain 6.1g of salt, before any ketchup, brown sauce or extra salt is added.

A Burger King Big Breakfast Butty with HP sauce contains over 5.5g of salt. However, traditional English and cooked breakfasts need not be off the menu completely. One egg, tomatoes, mushrooms, and one slice of toast and butter contains less than 0.7g salt.

Even two sausages, one egg, tomatoes, mushrooms and one slice of toast and butter would contain around 2.3g salt, not much more than the coffee shop latte and pastry.

"I think that people are becoming more aware of the importance of having a good breakfast as part of a healthy diet. "We believe that people should be given as much information as possible about the food they buy, so that they can make an informed choice" says Carrie Bolt, CASH Nutritionist.

People may be looking at labels and choosing higher salt products for lunch and dinner, but the worry is that they may not even consider that their breakfast could contain less salt.



Breakfast with Salt

Salt levels could indicate tumors



Breast cancer impacts thousands of people in the U.S. each year. In 2022 alone, **over 280,000** women were diagnosed with it.

Screening is one of the best ways to catch breast cancer early and with each passing day, more treatment options are becoming available. However, researchers are still working to find new ways to identify breast cancer tumors and find appropriate treatments.

A recent **study** published in the British Journal of Cancer found that measuring salt levels in breast tumors might be an effective way to determine breast cancer severity and the effectiveness of chemotherapy treatment.

Scientists in the current study sought to ascertain whether looking at the concentration of sodium levels in tumors could help determine the severity of the cancer and predict the effectiveness of treatment. Conducting the study in mice, the researchers examined breast cancer tumors using sodium magnetic resonance imaging (MRI) and diffusion-weighted imaging (DWI).

The researchers found that the breast cancer tumors had elevated levels of sodium compared to non-tumorous regions.

The scientists then treated the tumors with docetaxel, a type of chemotherapy that slows tumor growth rate. They found that sodium levels in breast cancer tumors decreased after the treatment.

The results indicate that medical professionals could use sodium MRI scans as an additional method to help identify breast cancer.

The researchers suggest that combining the techniques of sodium MRI scans with DWI would make it easier to classify tumors. This combination approach may also be an effective method to monitor the response to breast cancer treatment.

ELECTRIC CHOPSTICKS BRING THE SALT

The Japanese people love their salt, perhaps as much as Americans love their sugar high fructose corn syrup and caffeine. But none of these are particularly good for you.

The electric chopsticks provide salty flavor without the actual sodium. No, you won't get shocked — not even a fresh 9 V to the tongue's worth. The tips of the chopsticks are made of something food-safe and conductive, and one is wired to a bracelet that contains a small computer.

Using a weak current, the chopsticks transmit sodium ions from the food to the tongue, which increases the perceived saltiness by 1.5x. The device was co-created by a Meiji University professor and a Japanese beverage maker, who hope to commercialize it sometime next year.

This isn't the first time humans have used trickery when it comes to diets. The older among you may remember the miracle berry weight loss craze of the 1970s.

When ingested first, miracle berries make sour things taste sweet, so chowing down on grapefruits and lemons suddenly sounds like a good idea.

What people failed to realize was that the acidity would still wreak havoc on their teeth and tongues, leaving them regretful the next day.



Electric Chopsticks in Japan



Black Salt in Food

The Benefits And Uses Of Black Salt For Your Health

Black Salt or Himalayan Black Salt is popular in South Asian households and is also starting to become very widely available across the European region. It is known for its pungent sulphurous smell and it has a very distinct taste. Moreover, it is commonly used as a seasoning salt for fruits and salads as it adds a very distinct savory flavor.

Components & Properties	Benefits
Minerals (Iron, Magnesium, Calcium)	Essential for health
Low Sodium	Low blood pressure
Antioxidant Properties	Fights free radicals and prevents diseases

Benefits of Black Salt

Eating a **low-sodium diet** is recommended for those trying to shed the kilos. Since black salt contains less sodium, adding it to your diet can help you flavour your meals or snacks without the extra calories while also preventing water retention and bloating.

Black salt also aids in reducing blood glucose levels, thus helping manage diabetes. **Since diabetes is a lifestyle disease, controlling your weight automatically helps you manage your blood sugar and vice versa.**

It is made using Pink Himalayan salt which is melted in a furnace together with a unique blend of natural herbs. Other than its unique flavor, black salt is gaining popularity in Asia is its health benefits. Black salt is known to have a cooling effect on the body and also helps the digestive system.



Black Salt



Black Salt in drinks

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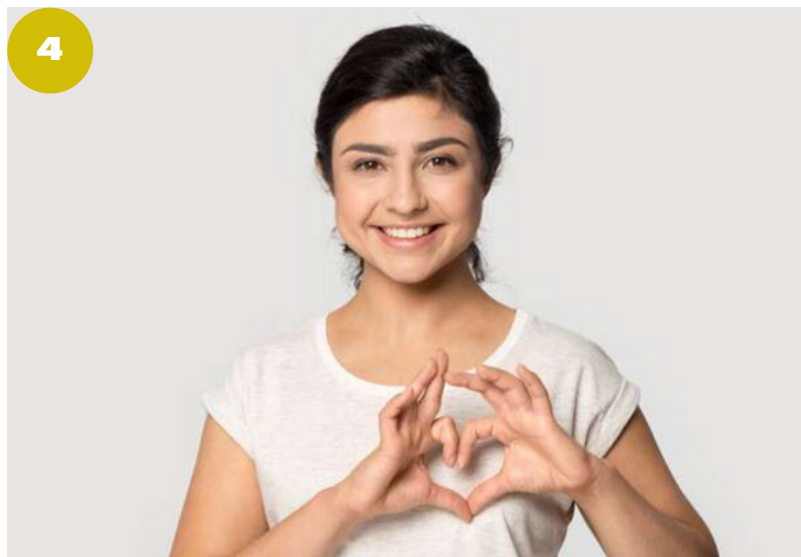
By adding black salt to your diet, there is a multi-fold effect.

- In the liver, Black salt boosts bile production that enhances the ability of the small intestine to absorb fat-soluble vitamins.
- The gastrointestinal system is positively affected by Black salt as it helps to alleviate constipation.
- Black salt helps to control heartburn, restricts acid levels and reduces acid reflux. Just a pinch of black salt in your meal can reduce the formation of gases and curb flatulence.

Black salt contains components that can **reduce cholesterol**. This ingredient is also a natural blood thinner, thus helping regulate blood pressure.

Tip: If you have high blood pressure or other heart conditions, always consult your doctor before making any dietary changes. Doctors recommend ingesting less than 6 grams of black salt per day, but if you have high blood pressure, do not ingest more than 3-4 grams.

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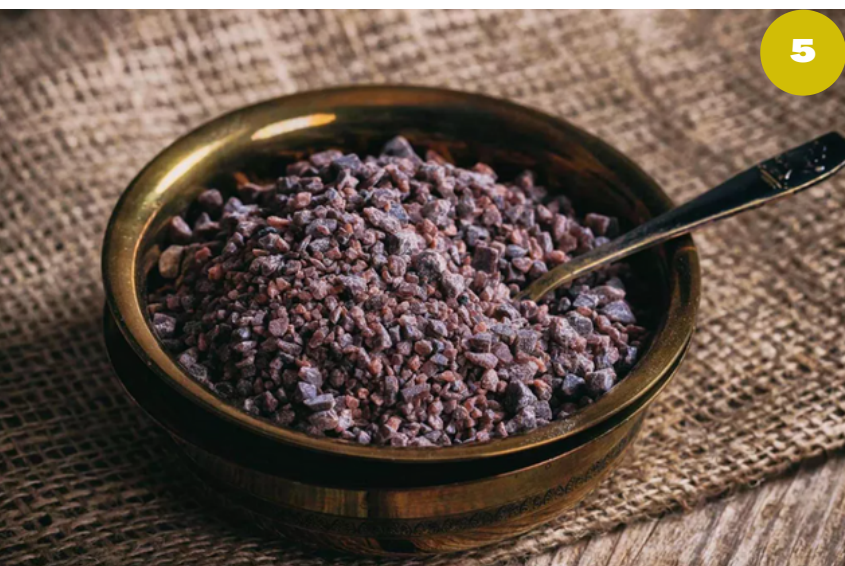


Health Benefit of Black Salt

Black salt also offers other health benefits such as:

- Black salt is packed with potassium, which is an essential mineral that the body needs for muscles to work properly. Potassium also helps ease muscle spasms.
- Ease sinusitis and other respiratory issues with black salt. Add it to warm water and gargle with it or use it while using steam to open up sinuses and speed up clearing phlegm.
- Add black salt to hair packs for repairing split ends, eliminating dandruff, reducing hair fall and damage, and adding shine.

5



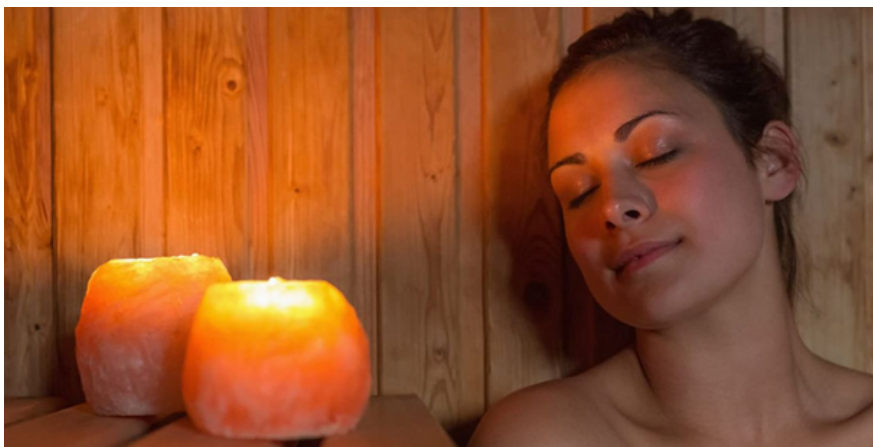
Black Salt

What is a Himalayan salt candle holder?

If you're in love with your salt lamp, or are looking for a new way to incorporate the benefits of Himalayan salt therapy without investing in yet another heavy decor piece, a smaller, more subtle Himalayan salt candle holder could be the piece for you.

The heat from the candle will help the surrounding Himalayan salt release negative ions in the air, so you can easily add one to your home while still maintaining the benefits of a traditional lamp.

*Release
Negative
Ions in the
Air*



Himalayan Salt Lamp

Since they're smaller and provide a soft, soothing yellow light, you can incorporate them almost anywhere you need a little pick me up — from your bedroom to your dining table.



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Address: Office# 401, Building No 34/C, Lane 12, Bukhari Commercial Area, D.H.A Karachi, 75500, Pakistan.

Email: info@smap.org.pk

Telephone: (+92)-21-35156011