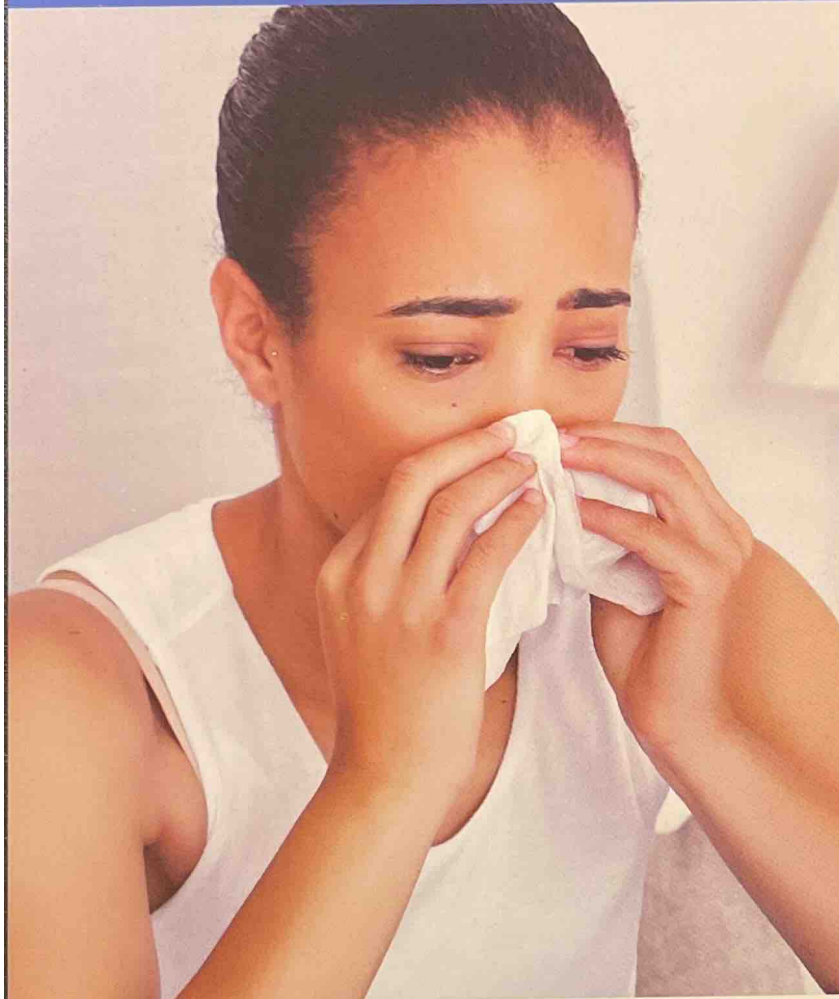


# COUGHS, COLDS & FLU

## DRY SALT THERAPY (HALOTHERAPY)



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## DRY SALT THERAPY (HALOTHERAPY)

The common cold is a viral infection of your nose and throat (upper respiratory tract). It's usually harmless, although it might not feel that way. Many types of viruses can cause a common cold. Influenza is a viral infection that attacks your respiratory system — your nose, throat, and lungs.

### HOW DRY SALT THERAPY WORKS:

Dry Salt Therapy has an immediate remedial effect on the symptoms of colds and flu. Breathing becomes easier as inhaled salt aerosol naturally absorbs edema from swollen air passages and thins mucus secretions so that drainage is easier. The dispersal system of microscopic salt particles used in this therapy allows the salt aerosol to be taken deep into these cavities, bringing the antibacterial and anti-inflammatory action to the root of the problem. Relief from the irritation of sticky mucus secretions and debris calms and quiets coughs.

Equally important is the sterile, isolated treatment environment, free from exposure to any external challenges, which gives the immune system the chance to reassert itself in this supportive atmosphere and initiate a healing process. Additionally, the deep cleaning of the sinus cavities and respiratory tract inherent in this type of treatment reduces the toxic load on the immune system, regardless of external exposure. A series of Dry Salt Therapy treatments not only help to relieve and heal a current cold or flu episode but increases resistance to new infections for months in the future.

TO LEARN MORE VISIT  
**[SaltTherapyAssociation.org](http://SaltTherapyAssociation.org)**

\*While there are many clinical and scientific studies conducted on dry salt therapy (halotherapy) throughout the world, the FDA has not evaluated the statements made on this educational card. Dry salt therapy is not intended to diagnose, treat, cure or prevent any disease. Dry salt therapy is not intended to replace any medications or treatments. Any health issues should be treated by a licensed medical professional and any further questions relating to halotherapy should be directed to your physician.