

# ALLERGIES

## DRY SALT THERAPY (HALOTHERAPY)



Copyright © 2018 Salt Therapy Association.

All rights reserved. Reproduction of the presented content without the express written consent of the Salt Therapy Association is prohibited.

# ALLERGIES

## DRY SALT THERAPY (HALOTHERAPY)

Allergies occur when your immune system reacts to a foreign substance — such as pollen, airborne particles or pet dander — or to a food that doesn't cause a reaction in most people. Your immune system produces substances known as antibodies. When you have allergies, your immune system makes antibodies that identify a particular allergen as harmful, even though it isn't. When you come into contact with the allergen, your immune system's reaction can inflame your skin, sinuses, airways, or digestive system.

### HOW DRY SALT THERAPY WORKS:

Inflammation is reduced due to natural properties of the inhaled salt particles, which also thin bronchial and nasal secretions. Improved drainage allows for a reduction in contaminants that may trigger or prolong allergic episodes. Additionally, salt's ability to absorb edema from swollen mucosa linings in the sinuses and respiratory tract opens airways to bring about the quick relief of symptoms. Long-term studies with allergy patients in Russia who reported remarkable improvement over a period of 10 years have led to Dry Salt Therapy being recognized as a certified allergy treatment by the Russian Ministry of Health and other associations in Europe.

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.