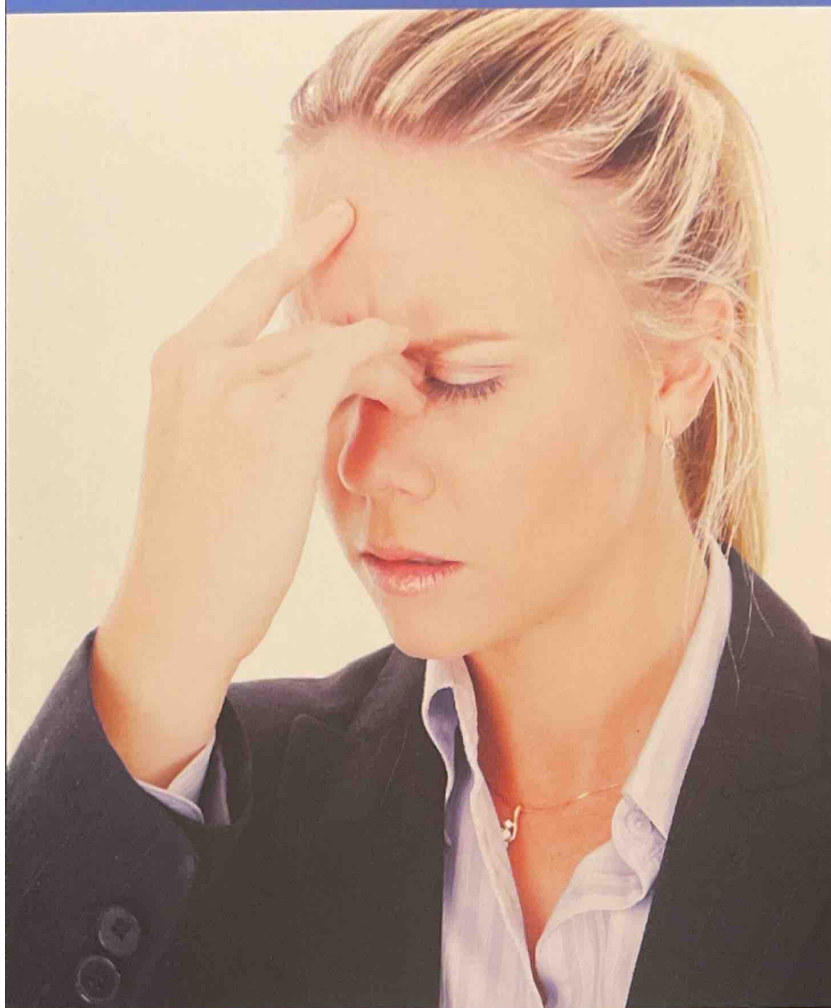


# SINUS INFECTIONS & SINUSITIS

## DRY SALT THERAPY (HALOTHERAPY)



Copyright © 2019 Salt Therapy Association.

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

# SINUS INFECTIONS & SINUSITIS

## DRY SALT THERAPY (HALOTHERAPY)

Acute sinusitis causes the cavities around your nasal passages (sinuses) to become inflamed and swollen. This interferes with drainage and causes mucus to build up. With acute sinusitis, it might be difficult to breathe through your nose. The area around your eyes and face might feel swollen, and you might have throbbing facial pain or a headache.

### HOW DRY SALT THERAPY WORKS:

Relief of edema from swollen tissues widens passages, improving drainage and increasing aeration behind the tympanic membrane, reducing infection in the pockets where bacteria often builds due to the collected fluid.

Due to the particle size of the pure grade sodium chloride (salt), relief from sinus infections is also achieved through the dry salt particles penetrating deep into the respiratory system. Inflammation of the infected sinus cavities is reduced, and relief is achieved quickly as mucus secretions become thinner and are able to drain properly, removing trapped pockets of debris and bacteria.

The micronized salt particles also stimulate the immune system, increasing the body's innate ability to resist further infection as antibacterial and anti-inflammatory properties reduce the current episode. This can significantly reduce the use of antibiotics in chronic sufferers of ear and sinus infections.

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.