HOME

# This Himalayan Pink Salt Therapy Can Fight Off Nasal Congestion, Allergies, Pneumonia, Bronchitis, and Asthma

By bestfolkmedicine · 30/10/2018 · 2 min read

Without doubt, Himalayan salt is one of the cleanest and healthiest salts in the whole world. Unlike table salt, this salt is free of toxic ingredients. It has 84 essential trace minerals as well as electrolytes. Some of them are magnesium, potassium, chloride, calcium, bromide, bicarbonate, fluoride, borate, and sulphate. The red, white, and pink hues indicate the richness in minerals and iron.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

**The Healing Properties of Himalayan Salt**

- *Stops muscle cramps*
- *Maintains electrolyte balance*
- *Betters the blood circulation*
- *Hydrates the body*
- *Restores the pH balance*
- *Lowers acid reflux symptoms*
- *Cleanses the body*
- *Regulates the blood pressure*
- *Maintains the bones healthy*
- *Improves the absorption of nutrients and digestion*

- *Slows down the process of aging*
- *Treats respiratory problems*

**Salt Therapy Explained**

Therapy with salt is an alternative type of therapy which has been present for centuries. Even though it is rather new in the U.S., in Europe, it has been present since the 18$^{th}$ century. The therapy is consisted of inhaling dry salt with the aim to cleanse the airways and skin and encourage the healing of skin irritations, inflammation, as well as congestion. Salt therapy done with Himalayan salt has potent antibacterial, antimicrobial, and antifungal properties.

It is important to note that you can benefit from Himalayan salt by introducing it into your diet and through the usage of Himalayan salt lamps, inhalers, bath bombs, etc.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

**Salt Inhalers**

As salt therapy can increase the capacity of the lungs and the respiratory tract, studies point out that using a salt inhaler will reduce irritation caused by pollution and smoking and also treat respiratory problems. They can also be highly effective in decreasing inflammation in the lungs and congestion, as well as sinusitis, allergies, asthma, and hay fever. The best thing about salt inhalers is that they are 100 percent safe and free of adverse side effects.

Using a salt inhaler will also:

- *Lower surplus mucus*
- *Alleviate post nasal drip and nighttime coughing*
- *Reduce swollen and irritated nasal passages*
- *Decrease inflammation caused by smoking and other pollutants*

**How to Use a Salt Inhaler**

You should place the Himalayan rock in the inhaler, according to the instructions in the package. Then, you need to put the inhaler in the mouth and start inhaling through the mouth and exhaling through the nose. With slow and deep breaths, the salt ions are reaching your lungs and then the lungs absorb the ions and carry them to the bloodstream.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

**Important to note:**

Do not put water in the inhaler as it is designed for dry therapy only.

---

**Read online:** https://bestfolkmedicine.com/2018/10/this-himalayan-pink-salt-therapy-can-fight-off-nasal-congestion-allergies-pneumonia-bronchitis-and-asthma/

Downloaded on 29/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.