HEALTHY TIPS

Inhale this Salt to Relieve Sinus Infection, Expel Mucus & Encourage Calm Sleep

By bestfolkmedicine · 26/11/2021 · 3 min read



Have you ever noticed how your skin and hair feel awesome after a day by the ocean? This is because salty water has plenty of healing benefits for you.

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Back in the 18th century, it was discovered that the Polish salt miners had stronger immunities, lungs, and sinuses than their family members. This was because the inhalation of salt every day boosted their respiratory health and strengthened their immunity.

And, it's not something unknown. In fact, Ayurveda has been promoting salt therapy for thousands of years. One doesn't need to spend time near the ocean and sea to reap the benefits.

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You just need a Himalayan salt inhaler!

Himalayan Salt Explained

Himalayan salt is the salt from the mines in the Punjab region in Pakistan, some 300 km from the Himalayas. It's mostly sodium chloride, but it also has up to 84 distinct trace minerals, including potassium, calcium, and magnesium.

Although excessive amounts of sodium have been linked with numerous health problems, it's necessary (in smaller amounts) for the contraction and relaxation of the muscles, preventing dehydration and keeping the fluid balance, preventing low blood pressure, etc.

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Himalayan salt is used for cooking, as well as for bath soaks, DIY body scrubs, and Himalayan salt lamps.

The Best Health Benefits of Himalayan Salt

Removes accumulated mucus

Microscopic salt molecules have negatively charged ions when inhaled.

These ions travel through the respiratory tract and sinuses and there, they make the mucus thinner and destroy bacteria by binding with the contaminants.

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The mucus and bad bacteria are then removed naturally from the body and reduce congestion.

Cleanses the respiratory tract

The air we breathe in cities is highly polluted and airborne chemicals, allergens, dust, smog, and smoke enter our airways and get to the lungs.

Excessive exposure to air pollution increases one's risk of pneumonia, asthma, bronchitis, and other respiratory diseases. Himalayan salt inhalation regularly helps clear out the pollutants and clean the

lungs.

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Betters the sleep quality

Sleeping with respiratory infections can be a real nightmare with all the tough breathing, snoring, and coughing. A Himalayan salt inhaler helps avert and treat disease these diseases and ensures you get the much-needed rest.

Reduces inflammation

Inhalation of salt helps reduce edema in the bronchial mucosa and lowers inflammation.

It may also avert or lower the frequency of inflammation in the respiratory tract, in the lower respiratory tract, as well as acute inflammations, chronic obstructive pulmonary illness, and sinus infections.

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It’s also amazing for irritation and inflammation triggered by exposure to secondhand smoke, air pollution, and allergens.

Strengthens the immunity

Inhaling salt helps reduce the risk of bacterial infections in the airways and also any other pathogens by encouraging a phagocyte activity that destroys pathogens.

Moreover, it relaxes the central nervous system and contributes to better overall health and stronger immune response.

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How to Use a Himalayan Salt Inhaler?

Himalayan salt inhalers can be purchased online or at natural health food stores in your city. A lot of them come with a satchel of salt and are ceramic. This is all you need. Never use a plastic inhaler!

To use it, two or three days in advance, rinse out the inhaler using warm tap water. Leave it to dry entirely, but don’t use soap.

When the inhaler is totally dry, put large pieces of salt in the ceramic inhaler as noted on the package. Put the inhaler's mouthpiece in the mouth and breathe normally-inhaling from the mouth and exhaling through the nose. Take deep breathes for 15 to 20 minutes per day.

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To clean the inhaler, remove the salt and wash it from the outside with warm saltwater. Never place it in the dishwasher. Always keep it in a clean and dry place and replace the salt every two years or as needed.

Sources:

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