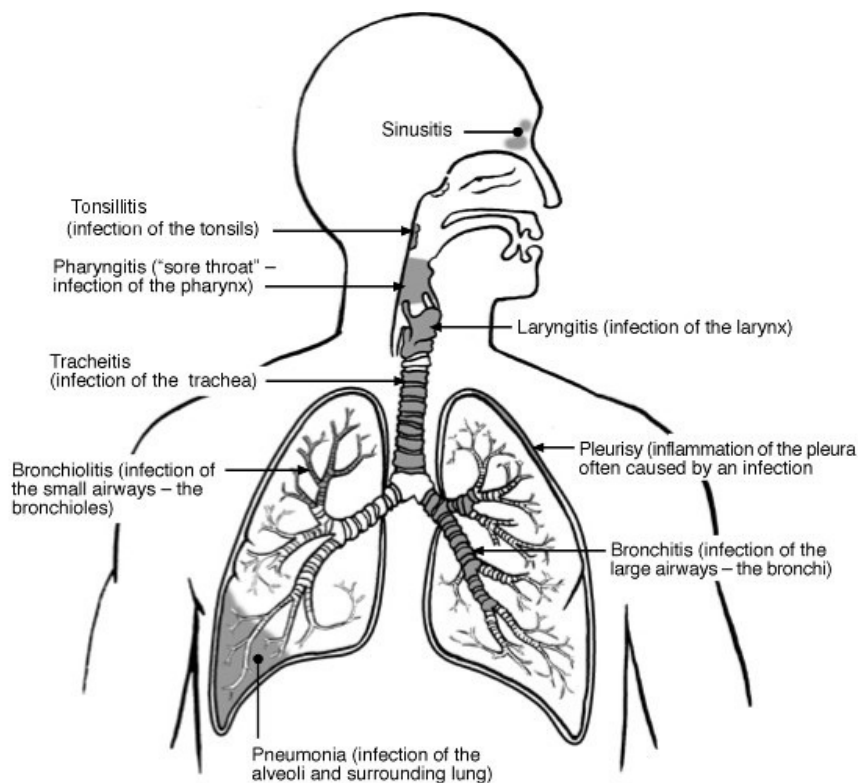


COLDS, VIRUSES, BACTERIAL INFECTIONS & SALT THERAPY

Salt Therapy is useful in the recovery phase of colds and lung infections. It may help to minimise recurring infection and provide relief from a runny or blocked nose and sore throat. The salt does not actively kill viruses or bacteria, however it alters the available water and pressure of viral and bacterial cells within the mucus of the respiratory system. The salty air draws water out of the viral and bacterial cell causing the virus and bacteria to die. Individuals with long term pseudomonas infection and recurring pneumonia infections may benefit from Salt Therapy as the salt cleans the lungs of mucus and reduces inflammation.



TYPES OF RESPIRATORY INFECTIONS

Respiratory Infections can be either viral or bacterial and may affect the sinuses, throat and lungs.

Symptoms may include:

- Cough
- Nasal Congestion
- Headaches
- Fever
- Fatigue and aching muscles

Salt Therapy may offer relief for the symptoms of respiratory infections and support the body for a speedy recovery.

Disclaimer: The information in this brochure should not be considered as medical advice. The information contained is a result of extended study and research and should only be considered as an opinion based literature review. Salt Therapy and Salt Therapists do not treat, diagnose, prescribe or cure any disease.

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