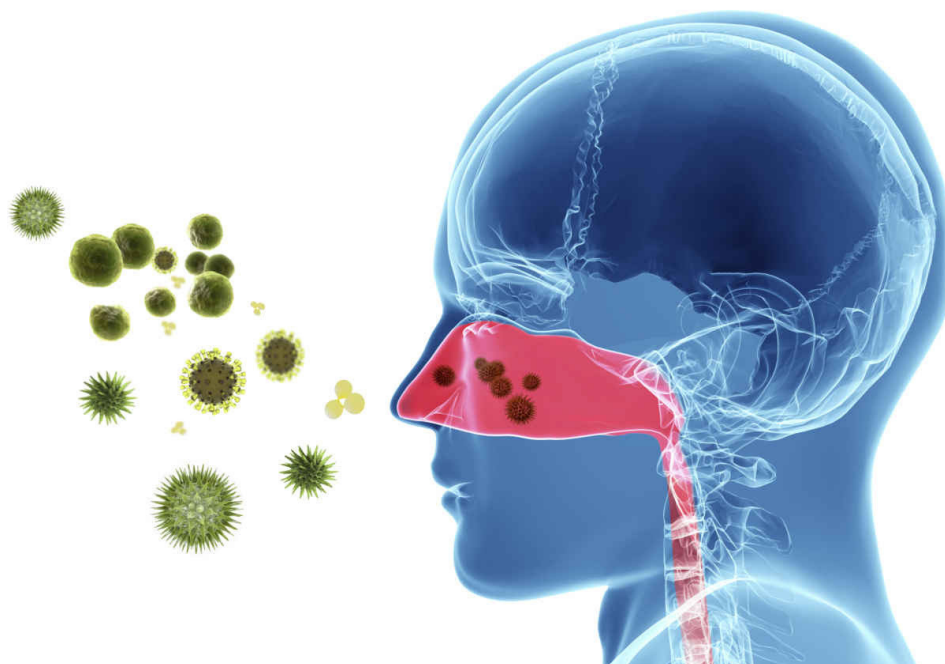


HAY FEVER & SALT THERAPY

Salt Therapy may assist in reducing the fluid production in the nose and by cleaning particles from nasal membranes. As the body's natural cleansing process is assisted pathogens such as pollen, dust and mould are more easily expelled from the body. The body's natural cilia movement is supported and the removal of mucus filled with unwanted debris assist in providing relief from hay fever symptoms and reducing inflammation. Mucus membranes are cleansed and mucus production from the sinuses may be reduced.



Hay Fever (allergic rhinitis) is an allergic reaction to environmental allergens such as pollens, dust mites, mould and animal hair. Allergic rhinitis symptoms are caused by the body's immune response to inhaled components, resulting in chronic inflammation of the eyes and nasal passages. The mucous membranes of the eyes and nose become inflamed, causing a running nose and red itchy watery eyes. Symptoms of hay fever may include:

- Sneezing
- Congestion
- Post nasal drip
- Cough
- Headaches and fatigue
- Sinus infections
- Allergic throat conditions

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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