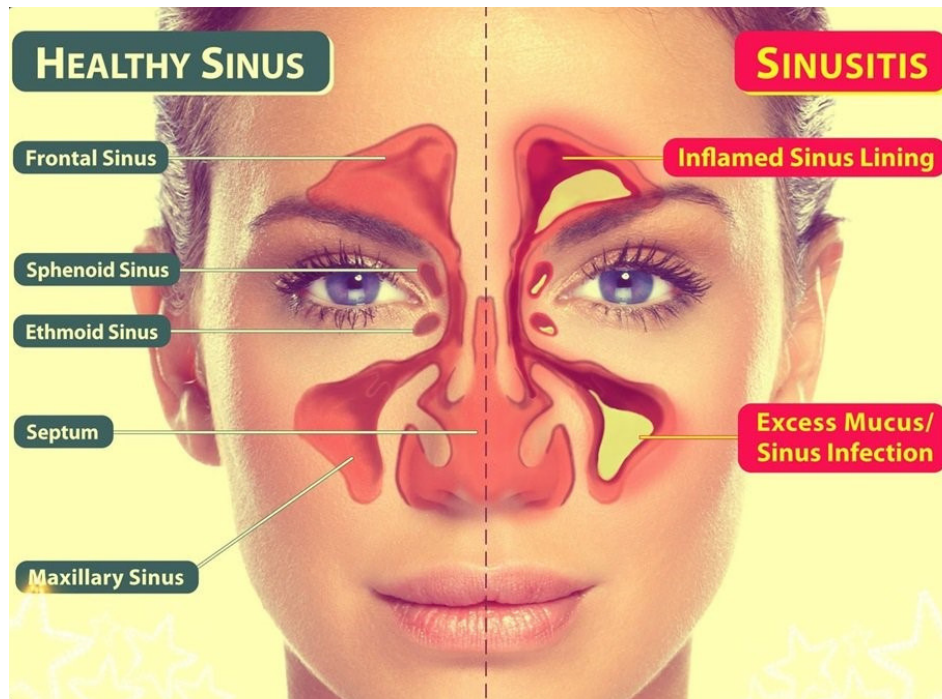


SINUSITIS, SNORING & SALT THERAPY

The cleansing of Salt Therapy may assist in reducing inflammation within the sinuses and airways. Salt particles assist in the removal of mucus within the sinuses as congestion clears. At first you may feel the movement of congestion before it freely moves out of the sinuses and down the back of the throat or nasal passages. Flushing the sinuses with saline fluid is not necessary if you are having Salt Therapy. Salt Therapy is a comfortable non-invasive way to cleanse the sinuses.



Sinusitis and Snoring occurs when there is inflammation of the sinuses, these are air-filled spaces inside the bones of the face and obstructed airways. It can be caused by infection, inflammation and allergens such as dust and pollen. Sinusitis is an infection or inflammation of the sinuses and is associated with a build-up of mucus. Snoring may be an indicator of a separate condition called sleep apnea. This is when the body momentarily stops breathing during sleep.

Symptoms of sinusitis may include:

- Nasal congestion and the presence of discharge.
- Headaches, facial pain/tenderness and ear aches
- Pressure in the sinuses
- Cough, irritated throat
- Impaired taste and smell

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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