



There is clear data emerging with respect to our immune system and cold and flu season. But, a simple foundational modality is often overlooked; how to support our first line of defense – the mucous membrane.

If our immune system is the second line of defense, the mucous membrane is the first line. In order for any allergen, virus, bacteria, or mold to infect the sinuses, throat, or lungs, it must first pass through or enter the body through the mucous membrane. What is amazing about mucus, and we still don't understand how it does this action, is that it is selective - allowing nutrients and other vital molecules to enter, while keeping out the viruses, bacteria, and allergens, which can be deleterious to our health.

**1. How to bolster your first line of immune defense:
the mucous membrane**

[...click or scroll to learn more...](#)



2. [Original Himalayan Crystal Salt® Inhaler](#) and [Neti Pots](#) - Winter Savings

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3. Upcoming Event: Beyond Sleep with Dr. Deanna Minich

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**Bolstering the First Line of Immune
Defense: the Mucous Membrane**



Image credit: [stokkete](#) via Envato Elements

As we prepare for cold and flu season, our Medical Team has been delving deeper into the research on the mucous membrane and how to support it. We found that a lot has happened since the early COVID-19 era.

For example one of the primary reasons that doctors and nurses ran out of face masks was because they are designed for single use. While masks trap the virus, they do not kill it. So, the mask becomes a receptacle and carrier for what they prevent going into their nose and mouth. Researchers from the University of Alberta in Canada are developing a new mask that will not only trap the virus but also kill it. The “magic” technology to do this - insert a salt filter in the inhaler. Their research has shown that as the virus droplet evaporates from the salt the virus suffers fatal physical damage and is destroyed.

A study funded by the National Institute of Health (NIH), found that covering human cells with a layer of mucus trapped human papillomavirus, influenza A, and Merkel cell polyomavirus (a human viral pathogen), prevented them from infecting the cells.

However, the scientist behind this research, Dr. Ribbeck from MIT, has seen that in some cases viruses manage to overcome the defensive mucus barrier. She hypothesized that bacteria may act as an accomplice, breaking down the sugars found in mucus and clearing the way for viruses to get through the mucus with the bacteria to the cell. Then, even more concerning, once viruses infect the cells they can “return the favor” by shutting down many of the body's immune defenses, giving bacteria a better chance to establish their own infections.

As part of her [research](#), published in Biomacromolecules, Dr. Ribbeck investigated salt, and its ability to enhance the performance of mucus and is both antiviral and antibacterial. She found that salt has a strong effect on how effectively mucus blocks viral entry and that high salt concentration makes the mucus less penetrable, which offers a possible explanation for why gargling with salt water, or using a neti pot with salt water or using the [Original Himalayan Crystal Salt® Inhaler](#) has such a powerful impact.

[Click here](#) for more research about salt therapies (speleotherapy) and how they can be combined to create two different lines of immune defense.

Winter Savings: Buy six or more and save 20%!

[Original Himalayan Crystal Salt Inhalers or Neti Pots](#)

Now through December 22nd, 2023



Everything old is new again... Similar in concept to salt caves, or the more modern salt room spas, halotherapy is the use of salt air to re-create a cave microclimate for therapeutic use. A more portable and affordable health application of these concepts is a dry ceramic inhaler, with a salt chamber inside. This adds salt to the air as the patient breathes in - mimicking the atmosphere and process of salt cave therapy.

Just as the neti pot does for the sinus tract (nose), the Himalayan Crystal Salt Inhaler creates a salt environment in the bronchial tract (lungs) which, according to the Lung Institute, results in anti-bacterial, anti-viral, anti-inflammatory properties, thinning and reducing the build-up of excess mucus and helping to reduce congestion and support ease of breathing.*

Not all inhalers are alike. Only Symphony Original Himalayan Crystal Salt inhalers are:

- Hand-made of high-quality ceramic in the US using lead-free decals and coating
- Filled with premium coarse ground Original Himalayan Crystal Salt which contains 84 trace and ultra-trace minerals
- Refillable using a BPA- free rubber stopper with a standard refill lasting up to 18 months

Our ceramic Neti Pot:

- Is designed to flush out nasal passages to help ease sinus congestion

- When used with a saline solution (sterile water with dissolved Original Himalayan Crystal Salt) helps to reduce mucus build-up

For a limited time, take advantage of these salt therapy savings and introduce your patients to this foundational immune support strategy.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Upcoming Events



Melatonin: Beyond Sleep

LIVE WEBINAR

Presented by **Deanna Minich, MS, PhD, CNS, IFMCP**

Join us as Dr. Minich discusses her paper “Is Melatonin the ‘Next Vitamin D’?: A Review of Emerging Science, Clinical Uses, Safety, and Dietary Supplements.”

**WEDNESDAY,
NOVEMBER 8, 5 P.M. ET**

Register today!

Deanna Minich is Chief Science Officer at Symphony Natural Health, with over two decades of experience in the food and dietary supplement industries. She is also an author and international lecturer in nutrition science.

The trend toward greater use of melatonin raises concerns about its safety, including application in particular populations (eg, children), high doses, and long-term use. Join us on November 8th when Dr. Minich will discuss these concerns in a live webinar. [Register here](#) to reserve your space.

These are just a few of the topics she will address:

- Therapeutic considerations beyond sleep
- Delivery systems, dosing, timing, and safety
- Melatonin–nutrient combinations

Symphony Clinical Webinar

Case Report Discussion: Using FemmenessencePRO for Menstrual Health

THURSDAY, NOVEMBER 16, 2023
4-5 PM Pacific Time



Kim Ross, DCN, CNS
Symphony Medical Team

Join us for an interactive clinical webinar discussion with our Medical Team member, Dr. Kim Ross, on her recent case report publication. This webinar will allow adequate time for your clinical questions about the case. As you have most likely seen with other case report discussions, through these questions and answers, you will most likely get insight on unique ways to use FemmenessencePRO as part of protocols in your clinical practice.

[Register here](#) to reserve your space. A recording of the webinar will be emailed to all registrants.

Wishing you tremendous health and harmony,




Lisa Shank, FCNC
National Sales Manager




Maribeth Evezich, MS, RD
Director, Business Development
Health Professional Channel



SymphonyNaturalHealthPRO.com