

# **an Pink Salt To Reduce Mucus Build Up, Sinus Infections, and Promote Better Sleep**

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If you've ever wondered why you always sleep more soundly after spending the day next to the ocean, or why your hair and skin feel better

Have you ever noticed how your hair, skin, and lungs feel great after spending the day next to the ocean? Or why you always sleep more soundly the following nights?

In fact, the positive effects of salt on airways were first noted in Eastern Europe in 1843, when a Polish doctor noted how salt miners didn't suffer from the same respiratory problems as the general population. They had better immune systems, lung health, and sinus clarity compared to their families.

The theory is that salt helps reduce inflammation and mucus, thereby improving respiratory function and immune response. And the claims are true; Ancient Ayurveda has recommended for thousands of years, a [saline nasal rinse](http://amzn.to/2yeuyX3) (<http://amzn.to/2yeuyX3>) as part of a healthy lifestyle to keep your sinuses and nasal passages clean.

And if you don't live next to the ocean – not to worry. A [Himalayan salt inhaler](http://amzn.to/2grXjGy) (<http://amzn.to/2grXjGy>) will do the trick.

## What is Himalayan Salt?

Himalayan pink salt is often said to be the most beneficial, as well as cleanest salt available on the planet. It is classified as rock salt or halite, which comes from the Punjab region of Pakistan, about 190 miles from the Himalayas. This region has one of the richest salt fields in the entire world, and they date back to the Precambrian Age when the Earth was formed over 4 billion years ago (1

Himalayan pink salt consists of sodium chloride, but also contains up to 84 different trace minerals, like potassium, [magnesium \(https://livelovefruit.com/25-magnesium-rich-plant-foods/\)](https://livelovefruit.com/25-magnesium-rich-plant-foods/), and calcium (2 (<https://themeadow.com/pages/minerals-in-himalayan-pink-salt-spectral-analysis>)).

Although salt is given a bad rep, this is often the standardized table salt we see being sold at grocery stores. Table salt is very heavily processed, eliminating its minerals. Commercial table salt contains 97.5-99.9% sodium chloride, whereas a high-quality unrefined salt like Himalayan sea salt is only about 87% sodium chloride (3 (<http://www.livingthenourishedlife.com/commercial-table-salt-vs-unrefined-sea/>)).

Table salt also undergoes a bleaching process and contains aluminum derivatives, as well as other ingredients that are known toxins. Yellow prussiate of soda is also added

you're using a high-quality salt like [Himalayan pink salt \(http://amzn.to/2yavni2\)](http://amzn.to/2yavni2)! Salt is actually necessary for functions of the body like sending nervous system impulses, contracting and relaxing muscles, and maintaining proper fluid balance in the body.

## Benefits of Himalayan Salt

There are many awesome benefits of Himalayan salt, with the following being the best.

### 1. Improves Respiratory Problems

According to the Lung Institute, salt is antibacterial, anti-inflammatory, loosens mucus and speeds mucus clearance, removes pathogens in the air, and decreases IgE levels (immune system oversensitivity) (4 (<https://lunginstitute.com/blog/salt-therapy-and-copd/>)).

Halotherapy, or salt therapy, is the inhalation of micronized dry salt within a chamber that mimics a salt cave – this is where a Himalayan salt inhaler comes in. Studies have shown that halotherapy is a highly effective drug-free part of treating chronic bronchitis (5 (<https://www.ncbi.nlm.nih.gov/pubmed/10439712>)).

(white blood cell) activity, which essentially kills all fungi and other pathogens that might be lurking in our airways (6 (<https://www.ncbi.nlm.nih.gov/pubmed/26551167>)). Not only that, but it helps promote relaxation of the central nervous system, which improves immunity.

### **3. Improves Sleep**

Himalayan pink salt is said to encourage better, more restful sleep due to its high mineral content. Using a Himalayan salt inhaler prevents infection, allergies, and respiratory inflammation – it can help prevent coughing, shallow breathing and snoring. So instead of struggling with these issues, you'll finally be able to get some much-needed rest.

### **4. Clears Mucus Buildup**

Salt molecules contain negatively charged ions – it's what makes the ocean air so beneficial to be around. When inhaled, these ions travel through the sinuses and into the respiratory tract, where they thin out mucus and destroy bacteria by forming ionic bonds with contaminants (7 (<http://www.salttherapy.ca/salt-room-therapy/>)). As these pollutants are expelled from the body, they safely relieve congestion (<https://livelovefruit.com/carrot-orange-juice-best-for-eliminating-nasal-congestion/>)).