

Treating a Sinus Infection Naturally using Salt Therapy

Find more about sinus infections and how to properly prevent sinusitis using salt therapy at home.

LONDON, ON, CANADA, May 29, 2018 /EINPresswire.com/ -- With the weather becoming warmer along with trees and flowers beginning to bloom, spring on the way. After a harsh winter, it's definitely something to look forward to. During this transition into the warmer weather, allergies and colds also begin to occur often. Our weak immune systems after the winter make it easy for bacteria to attack the body. Lasting in a range from two weeks to a month, the body is under a lot of aggravation trying to fight off the infection. This can get stressful for us. Because of the uncomfortable symptoms along with the infections, it gets in the way of our regular activities.



Sinusitis, also known as [sinus infection](#), is an inflammation in the sinuses. The sinuses are cavities that produce the mucus needed for the nasal passages to work adequately. When they are infected, it blocks the normal flow of nasal secretions, allowing bacteria to grow and worsen the infection. Symptoms of sinusitis vary from person to person, but some symptoms include a cough, sore throat, fever, and nasal congestion with thick secretions. Since the ears, throat, and nose are all associated, if one area is infected, the other areas will feel it too. This makes sinus infections one of the most irksome and unpleasant infections to deal with.

There are four different types of sinus infections: acute, subacute, chronic, and recurring. Acute sinusitis is the least catastrophic and usually goes away on its own without any medication. It's commonly mistaken for a cold since the symptoms are very similar: stuffy nose, congestion, headaches, and fatigue. The symptoms usually only last seven to ten days. Subacute sinusitis is the same as acute, only lasting four to eight weeks. Taking medication is highly recommended to relieve the symptoms and make the patient as comfortable as possible. Chronic sinusitis is when the infection lasts longer than twelve weeks. This type of sinusitis also involves more severe symptoms like facial pain, headache pressure, and decreased sense of smell. More intense medications like saline rinses and intranasal steroids are involved as well. Recurring sinusitis is when a person has three or more cases of acute sinusitis. This type of sinusitis is usually caused by underlying allergies provoked by the changing of the weather. Antibiotics can be taken for this type and although it isn't as severe as chronic sinusitis, it should be monitored so the condition doesn't worsen.

While antibiotics help the infection, a natural treatment that has proven to help as well is [salt](#)

[therapy](#). Salt therapy is a non-invasive option that offers assistance in relieving sinus symptoms. Salt therapy will expose the respiratory system to microscopic salt particles by being inhaled. As the salt enters the airways, it will break up and loosen the mucus, aiding the body in getting rid of the congestion. Salt also has natural anti-inflammatory properties that will relieve the inflammation in the sinuses and reduce the symptoms as well. The salt particles have anti-bacterial, anti-viral and anti-fungal properties helping to fight these pathogens. To top it all off, salt therapy scales down the levels of IgE (immunoglobulin E) in the blood. Since this antibody is responsible for allergic reactions, the reduced levels lower the risk of allergic reactions. Lower risk of allergies leads to lower the risk of potentially getting a future sinus infection. With a continuous treatment, optimal health will be reached. Salt therapy can easily be done at home using a salt machine and is cost effective as well. The salt particles are obtain from a saline solution using natural [rock salt](#). The natural rock salt has natural occurring minerals in it, it is unprocessed and untreated chemically. It is recommended to be used during the night, while asleep and get 7-8 hours exposure every day. This is important for all chronic respiratory disease, because salt therapy has cumulative effects in time – the longer you use it, the greater benefits you have. There are no side effects and it is safe to be used in all ages.

Sinus infections shouldn't be getting in the way of your routine and making you feel as if you can't get out of bed. Try salt therapy today and let yourself feel unstoppable!

You can visit www.HomeSaltTherapy.com for more information about salt therapy.

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