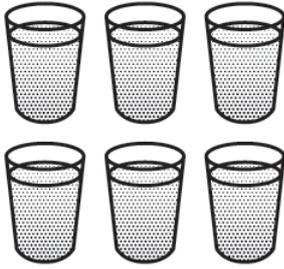
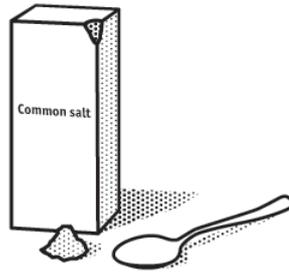


Steam inhalation



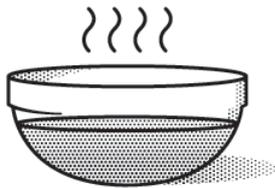
- 1 Fill six normal size household glasses (0.25 liter) with tap water.



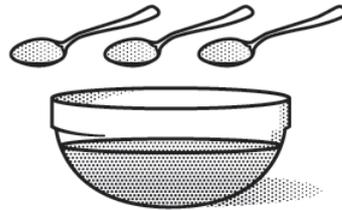
- 2 Keep simple common salt or sea salt and a teaspoon ready.



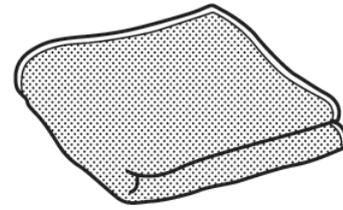
- 3 Fill water in a saucepan and bring it to boil. Cool down the water slightly (approx. 45°C) so that there is no danger of scalding.



- 4 Fill the water in a sufficiently large bowl, whose edge is not too high or too sharp.



- 5 Add three level teaspoons of salt. Thus you get the optimum ratio of 9 g salt per liter water.



- 6 Keep a towel ready.



- 7 Bend over with your face over the bowl and cover your head with the towel so that the steam cannot escape. Breathe slow and steadily. The inhalation duration should lie between ten to twenty minutes. You can repeat this gentle method of treatment multiple times during the day, for example, in the morning, afternoon and evening before going to bed. Take care to handle the hot water carefully so that you don't get scalded!

What are the effects of inhalation

Hot, humid air is being used for treating common colds since a very long time and many patients feel better with this treatment. Inhaling with common salt solution moistens the mucous membrane in the respiratory tract and liquefies the secretion formed there.

Thus one supports the natural cleaning function of the mucous membrane, which represents an important part of the immune defense. The multiplication of the cold viruses is reduced by the hot steam. The inhalation can lead to a relief of the cold symptoms by these processes.

The inhalation devices available at a pharmacy are an alternative to the described process. **This process is not suitable for children.**