



43333 Osgood Road, Fremont, CA 94539

## Press Release

**For Immediate Release**

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Contact: Idrees Munir, PhD

(408) 667 9291

### **New Study Sets Out to Improve the Understanding of the Effects of Himalayan Salt Therapy on Respiratory Diseases.**

The effect of salt on the human body has shown the promising potential of salt therapy in improving respiratory outcomes, but further evidence is needed. Salt Innovation, a nonprofit based in Fremont, California, has initiated research in this field while reviewing new findings as the latest published research is available. World-wide collaborations will be established among the scientific, medical, and wellness communities.

“Our mission is to improve the knowledge and understanding of Himalayan salt therapy for human diseases. Working with experts in the field and creating a global network by enhancing the education and research, we hope to focus salt therapy options for asthma and allergies and work towards improvement of patient’s quality of life”, says founder Idrees Munir, PhD., leading this worldwide effort.

The treatment, known as dry salt therapy, dates back hundreds of years to Eastern Europe and is purported to confer a variety of health benefits, such as respiratory ailments and skin conditions, according to the Salt Therapy Association.

Salt Innovation has established a local team in Rabwah, Pakistan (in close proximity to the world’s largest salt mine) based on medical expertise and project management ability. These capacities are supplemented by oversight and management from an international network comprised of expertise in public health, biochemistry and evaluation. This research is conducted at Tahir Heart Institute, a world-known cardiac hospital with two existing salt chambers, where initial trials with mild to moderate asthmatic participants are currently in progress. These trials are intended to detect and optimize effects of exposure to salt chambers. After initial trials, plans will be made in consultation with international researchers and experts in the field to go on with a methodologically rigorous study.

**We invite those who are interested in these activities, whether it be from a research or industry perspective or donors, to join us in our efforts.** Together, we hope to improve the understanding of salt therapy and open possibilities for an alternative treatment for respiratory diseases. Please contact us at [info@saltinnovation.org](mailto:info@saltinnovation.org) and go to [www.saltinnovation.org/donate](http://www.saltinnovation.org/donate)

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