**Here’s How Salt Lamps Are Helping People With Anxiety**

**In our world overrun with technology, it seems that anxiety and stress have been on the rise for quite some time.**[We have talked about many natural remedies for anxiety before](https://www.powerofpositivity.com/11-natural-ways-reduce-anxiety/), but we’d like to mention the Himalayan salt lamp as a viable solution for anxiety today. Wireless technology emits positive ions into the environment, which cause our systems to become imbalanced, and increase stress and anxiety. Negative ions found in nature help to keep anxiety and stress at bay, which explains why many of us feel more energized and alert while outside.

According to [WebMD](http://www.webmd.com/balance/features/negative-ions-create-positive-vibes?page=2), “negative ions increase the flow of oxygen to the brain; resulting in higher alertness, decreased drowsiness, and more mental energy.”

Also, negative ions can help protect us from bacteria and germs in the air, effectively cleaning the air and removing harmful irritants. Himalayan salt lamps can work wonders for a variety of ailments, but we’ll talk about how they help with anxiety more below.

**Here’s how salt lamps are helping people with anxiety:**

Himalayan salt lamps release negative ions into the air, which reduce anxiety, and promote a relaxing, peaceful environment for sleep. Because Himalayan salt occurs naturally in the Earth, it automatically emits negative ions, just as you can find in waterfalls, oceans, and other natural features on our planet.

Himalayan salt lamps are simply a large chunk of pure Himalayan salt carved out into a lamp with a small bulb on the inside. They come in a variety of sizes, and you can place them all around your house in whatever rooms you desire. However, make sure to at least put them in the bedrooms, as they will help create a relaxing environment for sleep.

Himalayan rock salt itself can reduce cholesterol and blood pressure, and contains 84 trace minerals essential to your health. Also, [Himalayan salt](http://products.mercola.com/himalayan-salt/) regulates the water content in your body, promotes a healthy pH, regulates sleep, helps to keep your bones strong, and much more. Therefore, it should come as no surprise that Himalayan salt lamps also have numerous health benefits.

In our world today, we have become inundated with “electronic smog” from all of the radioactive waves from technology. Our smartphones, laptops, routers, TVs, and other electronics that sit in our rooms emit these harmful waves anytime we have them on, and can disrupt sleep, cause mental health problems, and even cancer in some cases.

Therefore, it’s vital that we do all we can to neutralize these damaging positive ions by bringing as much nature as possible into our homes. In addition to Himalayan salt lamps, you can buy small plants to place around your room to increase oxygen levels and negative ions.

The bigger lamp you buy, the more negative ions it will release into the room, so keep this in mind when shopping for your salt lamp!