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

Unfortunately, we are living in a world where stress and anxiety are extremely common, and the normal everyday life is quite rare.

Consequently, people turn to natural remedies and treatments in order to treat health issues in a safe, easy, and inexpensive way.

If you have heard of Himalayan salt lamps, you have surely heard about their potential to dramatically improve life and health. Yet, these lamps are not a myth, but their positive effects can be explained, and they can really bolster our general health.

Everything which surrounds us emits ion, either positive or negative, and we can feel the effects. For instance, we all feel rejuvenated, energized, and positive when we spend some time indoors.

This is due to the absence of negative ions, emitted by the technological devices we use on a daily basis, such as laptops, TVs, and cell phones.

**Positive ions lead to anxiety, imbalanced in the body, and trauma.**

On the other hand, the Himalayan salt is a simple, but extremely beneficial mineral which can reduce anxiety and promote happiness and well-being. Here are the benefits of the Himalayan salt lamps:

**They counter positive ions**

Himalayan salt lamps emit negative ions, which counter the positive ones which surround us and cause various health issues. You should also know that the bigger the lamp is, the more negative ions it counters. Therefore, choose a larger one, and enrich the atmosphere in your home.

**They provide energy**

The negative ions elevate the levels of oxygen flow to the brain, and thus make you more alert and energetic while fighting lethargy and fatigue.

**They prevent diseases**

Negative ions neutralize the “electric smog” caused by radiation from the everyday devices, which causes cancer. These ions also reduce the risk of strokes, heart attacks, and high blood pressure.

**They support health**

The negative ions promote heath, balance the water in the body, regulate pH levels, and strengthen the bones. The Himalayan salt rock has 84 trace essential minerals needed for our wellbeing.

**They improve sleep**

You should place the lamp in the bedroom, as it will enrich the atmosphere, provide proper rest, boost the energy levels, and make you wake up fresh and healthy.

**They purify air**

The negative ions neutralize the positive ions in the air, as well as the radioactive waves emitted by the electrical devices. Furthermore, these lamps destroy all kinds of bacteria around us and prevent airborne toxicities.