

BREATHE SALT WELLNESS CLINIC



FACTS: MEDICAL STUDIES

In 1985 in Odessa, Russia, the Institute of Balneology, in collaboration with the salt cavers from Uzhgorod, developed the first Halotherapy device. One could say that Halotherapy was "born" in the medical environment, in former Soviet Union.

In clinical trials Salt Therapy (a.k.a. "halotherapy") has proven to be effective in relieving symptoms of a variety of respiratory and skin ailments. During one of the clinical trials, Salt Therapy resulted in improvement of the clinical state in:

- 85% of mild and moderate asthma cases
- 75% of severe asthma cases
- 97% of chronic bronchitis, bronchiectasis and cystic fibrosis cases

("journal of Aerosol Medicine, A.V. Chervinskaya, Volume 8. Number 3, 1995") This work elucidates the questions upon the development of a new drug-free method of a respiratory diseases treatment. Halotherapy (HT) - is mode of treatment in a controlled air medium which simulates a natural salt cave microclimate. The main curative factor is dry sodium chloride aerosol with particles of 2 to 5 mkm in size. Particles density (0.5-9 mg/m³) varies with the type of the disease. Other factors are comfortable temperature- humidity regime, the hypobacterial and allergen- free air environment saturated with aeroions.

The effect of HT was evaluated in 124 patients (pts) with various types of respiratory diseases. The control group of 15 pts received placebo. HT course consisted of 10-20 daily procedures of 1 hour. HT resulted in improvements of clinical state in the most of patients. The positive dynamics of flow-volume loop parameters and decrease of bronchial resistance measured by bodyplethysmography were observed. The changes in control group parameters after HT were not statistically significant. The specificity of this method is the low concentration and gradual administration of dry sodium chloride aerosol. Data on healing mechanisms of a specific airdispersive environment of sodium chloride while treatment the respiratory diseases are discussed."

<https://globalwellnessinstitute.org/wp-content/uploads/2018/04/HalotherapyforRespiratoryDiseases.pdf>

Even today, children from Belarus who are the children, of the children who were negatively impacted by the devastating Chernobyl (Nuclear Power Station burst) explosion in the Ukraine, seek medical attention in the Salt mine for numerous genetic health related disorders.

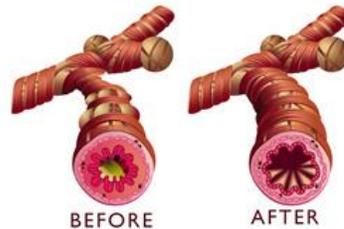


Treating most common Ailments:

- . Interstitial Lung Disease/Pneumonitis
- Asthma
- Allergies, Hayfever
- Common cold
- Bronchitis/Pneumonia
- COPD
- Cystic Fibrosis
- Sinusitis
- Ear infections
- Respiratory Infections
- Smokers Cough
- Stress, Anxiety & Fatigue
- Psoriasis, Eczema & Acne, Dermatitis, Rosacea
- Skin Aging
- Seniors
- Overall Respiratory Hygiene
- Animals/Pets
- Frequent Travelers
- Swelling & Inflammation

In 1949, German physician, Dr. K.H. Spannabel, who had observed during WWII that the people who were hiding in salt mines and caves from the bombs had respiratory health benefits.

How does it work?



While relaxing in one of our salt treatment rooms, customers inhale the dry, pharmaceutical pure NaCl salt particles that are ground up to a microscopic size (less than 0.03 microns) so that when inhaled, the pure pharmaceutical grade salt particles can penetrate deep down into the respiratory track and kill bacteria and impact unwanted inflammation. The salt loosens the mucus, which begins to clear quickly, and inflammation is reduced, that gives breathing tubes capillaries open and more oxygen gets to a human body which results with healing.

Highly effective treatments supported by MD. Doctors across the world, can be obtained within a short amount of time (15-45 minutes) using Halotherapy. The salt aerosol is nearly invisible and there is virtually no salt dusting on furniture, clothes or on you.



Salt has the following properties:

- Antibacterial
- Anti-inflammatory
- Expectorant: loosens excessive mucus and speeds up mucociliary transport
- Removes pathogen agents (airborne pollen)
- Reduces IgE level (immune system oversensitivity)

BENEFITS:

- Reduce the need for inhalers and antibiotics
- Make your breathing easier after just a few sessions
- Improve lung function
- Reduce the number of hospital admissions
- Alleviate sneezing, coughing, and shortness of breath
- Clear mucus and sticky phlegm from the lungs
- Increase the resistance to respiratory tract diseases
- Strengthen your immune system
- Prolong remission times
- Improve general health and quality of life
- The treatment's efficacy is estimated at 75-98% depending on conditions
- Enhance sports performance for professionals.
- Increase oxygen flow before a workout or yoga session.

"When fine salt particles are inhaled, they will fall on the airway linings and draw water into the airway, thinning the mucus and making it easier to raise, thus making people feel better," said Dr. Edelman. "Also, these environments are allergen-free and thus good for people with allergies affecting their lungs."

Dr. Norman Edelman, Senior Scientific Advisor to the American Lung Association, suggests that potentially, it could be more than just a placebo effect. Most people with obstructive lung disease such as asthma or COPD cough sputum (a thick mixture of saliva and mucus), and trying to bring it up can be distressing. (Think about the last time you had bronchitis, for instance.) Dr. Edelman suggests that it's possible that salt therapy offers relief to these symptoms.

Our Mission

- To enhance clients Vitality by healing their ailments and conditions with natural treatments. To educate Canadian citizens about effective treatment supported & recommended by doctors and specialists all over the world. Our Mission is to create a healthier environment for everyone, where with your trust in our clinic; clients will get the treatment that they need.

Our Philosophy

- We believe that breathing is not a Commodity but a blessing from God. Taking care of your lungs and immune system is a necessity. Effective PEMF (Pulse electromagnetic frequency) and halotherapy should be a vital part of your regular wellness plan.
- Halotherapy should not take the place of your medical treatment. Always consult your physician if you have questions or concerns.

National Library of Medicine

<https://pubmed.ncbi.nlm.nih.gov/26551167/>

Dry salt inhalation (halotherapy) reproduces the microclimate of salt caves, with beneficial effect on health. Sodium chloride crystals are disrupted into very small particles (with a diameter less than 3 μm), and this powder is artificially exhaled into the air of a comfortable room (its temperature is between 20-22 °C, and the relative humidity is low). The end-concentration of the salt in the air of the room will be between 10-30 mg/m³. The sick (or healthy) persons spend 30-60 minutes in this room, usually 10-20 times. Due to the greater osmotic pressure the inhaled salt diminishes the oedema of the bronchial mucosa, decreases its inflammation, dissolves the mucus, and makes expectoration easier and faster (expectoration of air pollution and allergens will be faster, too). It inhibits the growth of bacteria and, in some case, kills them. Phagocyte activity is also increased. It has beneficial effect on the well being of the patients, and a relaxation effect on the central nervous system. It can prevent, or at least decrease the frequency of the respiratory tract inflammations. It produces better lung function parameters, diminishes bronchial hyperreactivity, which is the sign of decreasing inflammation. Its beneficial effect is true not only in inflammation of the lower respiratory tract, but also in acute or chronic upper airways inflammations. According to the international literature it has beneficial effect for some chronic dermatological disease, too, such as psoriasis, pyoderma and atopic dermatitis. This treatment (called as Indisó) is available under medical control in Hungary, too.