

CYSTIC FIBROSIS

DRY SALT THERAPY (HALOTHERAPY)



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Cystic fibrosis is an inherited disorder that causes severe damage to the lungs, digestive system, and other organs in the body. Cystic fibrosis affects the cells that produce mucus, sweat, and digestive juices. These secreted fluids are normally thin and slippery. But, in people with cystic fibrosis, a defective gene causes the secretions to become sticky and thick. Instead of acting as a lubricant, the secretions plug up tubes, ducts, and passageways, especially in the lungs and pancreas.

HOW DRY SALT THERAPY WORKS:

Dry Salt Therapy has proven to be an invaluable resource for sufferers of cystic fibrosis. The hydrophilic and mucokinetic action of inhaled salt particles thins unnaturally thick and sticky mucus, clearing accumulated secretions and unclogging passages in the bronchi and bronchiole. Other benefits are the absorption of edema from the mucosa lining of the airways and the reduction of inflammation in the respiratory tract and sinuses.

The extremely viscous nature of mucus secretions in patients with this disease often causes a buildup of bacteria. According to a study published in the New England Journal of Medicine on the effects of salt therapy on cystic fibrosis patients, "The results of our trial were revolutionary. We saw a sustained improvement in lung function, a major reduction in the number of lung flare-ups, a reduced need for antibiotics to treat flare-ups, and fewer days off school or work due to illness."

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"While there are many clinical and scientific studies conducted on dry salt therapy (halotherapy) throughout the world, the FDA has not evaluated the statements made on this educational card. Dry salt therapy is not intended to diagnose, treat, cure or prevent any disease. Dry salt therapy is not intended to replace any medications or treatments. Any health issues should be treated by a licensed medical professional and any further questions relating to halotherapy should be directed to your physician.