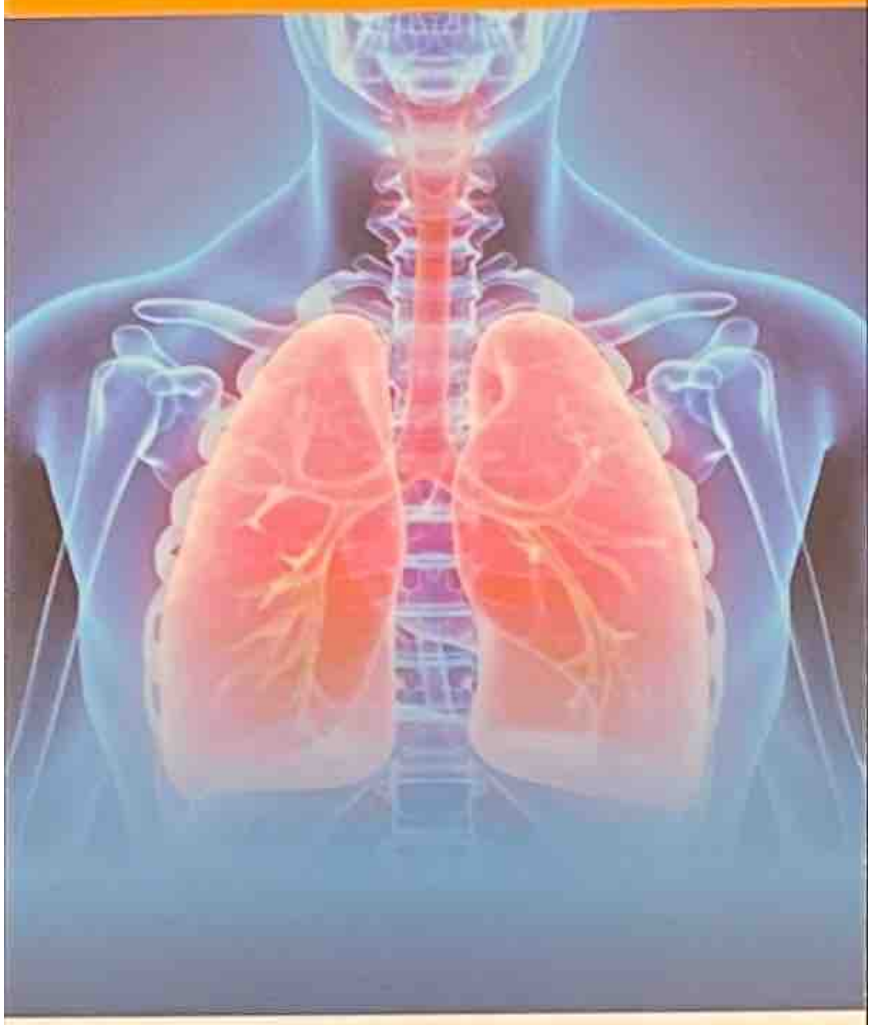
RESPIRATORY HYGIENE

DRY SALT THERAPY (HALOTHERAPY)



SALT THERAPY ASSOCIATION

RESEARCH • EDUCATION • INNOVATION

DRY SALT THERAPY (HALOTHERAPY) FOR RESPIRATORY HYGIENE

Practicing respiratory hygiene is imperative because the origins of many of the respiratory issues that affect our overall health and wellness come from the air that we breathe. Lung and respiratory problems including emphysema, respiratory infections, asthma, and COPD have all been linked to poor air quality.

According to the World Health Organization (WHO), air pollution is the world's largest environmental health risk. Air pollution is not counted as a cause of death because it's not an illness, but rather a contributing factor to other illnesses. However, if air pollution was considered a cause of death, it would be the third leading cause of death in the United States and the world. Reports indicate that indoor air quality is five times worse than outdoor air, which has led to a rise in Sick Building Syndrome (SBS). SBS causes respiratory illness in millions of children and adults due to a lack of proper ventilation and chemical and biological pollutants at schools and workplaces.

Our changing climate is also affecting our well-being by making our air less healthy to breathe. The result of higher temperatures is an increase in allergens and harmful air pollutants. Seasons that are longer and warmer than usual may mean longer pollen seasons – which can increase allergic sensitizations and asthma episodes and diminish productive work and school days. Higher temperatures associated with climate change can also lead to an increase in ozone, a harmful air pollutant. Wildfires emit carbon dioxide and other greenhouse gases, and they inject soot and other aerosols into the atmosphere. They also damage forests that would otherwise remove CO2 from the air.

HOW DRY SALT THERAPY WORKS FOR RESPIRATORY HYGIENE

Evidence and research about halotherapy and the impact it has on people with certain respiratory conditions, has found that inhaled dry salt particles have bactericide, mucokinetic, hydrophilic and anti-inflammatory properties, which may benefit in reducing inflammation of the entire respiratory tract and widening the airway passages. Dry salt particles are also known to accelerate the transportation of mucus, the elimination of residual tar and foreign allergens. A clean respiratory system may result in higher oxygen intake, increased energy, and an improved immune system.

Halotherapy is a method to help cleanse and detox the lungs as well as invigorate the entire body with increased lung capacity and oxygen intake. Healthy lungs and a clean respiratory system are essential for vitality, energy, and longevity. For general respiratory hygiene, once or twice a week or several sessions a month, visiting your local salt therapy facility will help to enhance lung capacity, boost the immune system, reduce stress and aid better sleep.

TO LEARN MORE VISIT

SaltTherapyAssociation.org

*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.