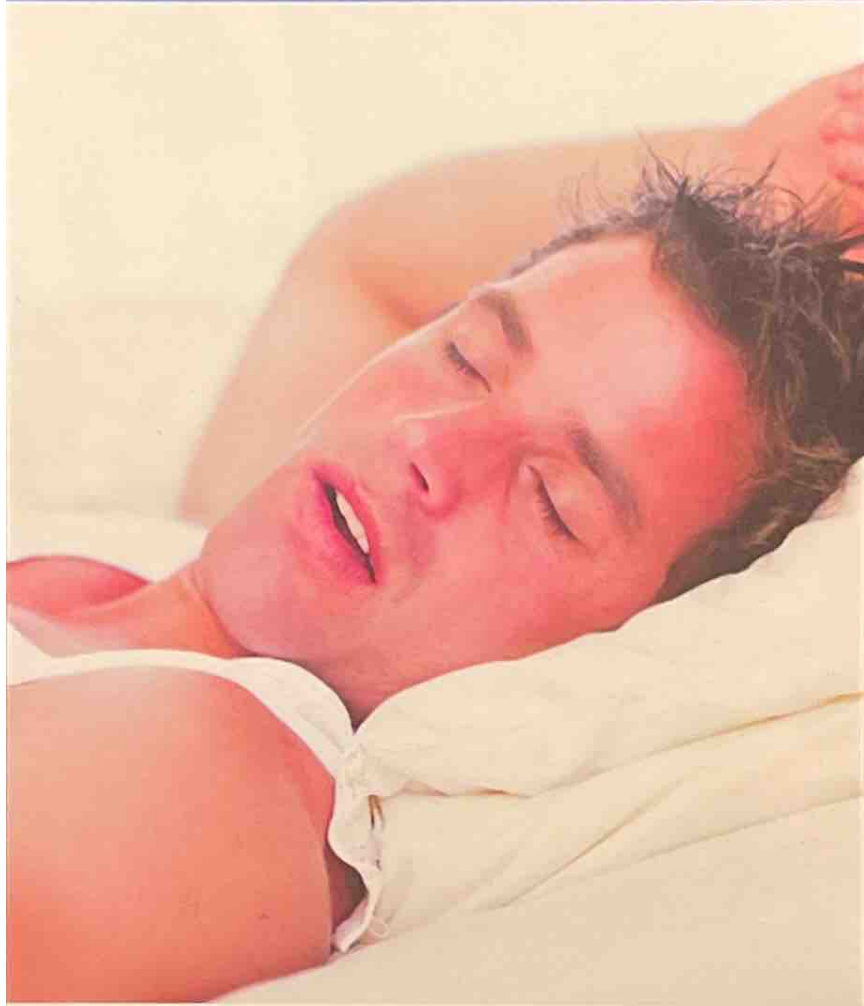


SNORING & SLEEPING PROBLEMS

DRY SALT THERAPY (HALOTHERAPY)



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SNORING & SLEEPING PROBLEMS

DRY SALT THERAPY (HALOTHERAPY)

Snoring is the hoarse or harsh sound that occurs when your breathing is partially obstructed in some way while you're sleeping. Snoring occurs when air flows past relaxed tissues in your throat, causing the tissues to vibrate as you breathe, which creates those irritating sounds.

HOW DRY SALT THERAPY WORKS:

The multiple effects of Dry Salt Therapy on the body enable it to address sleeping issues with a variety of causes. Most basically, snoring and sleep apnea caused by obstructed air passages is relieved due to the antiemetic and anti-inflammatory properties of salt particles.

Air passages are opened and widened, and spasm of inflamed irritated tissue and smooth muscles are modulated, so restful breathing can be achieved. Many subjects have found relief from sleep apnea previously treated by drugs or sleep machines in a single session, with results improving daily as the series progressed.

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.