

Halotherapy's Affect on Asthma

What is Asthma?

Asthma is a chronic disease that affects the airways of about 7.7% of the US population. It causes the muscles in the airways to tighten and swell. Along with the tightness and swelling, a sticky mucus is produced which narrows the airways even more. The overall swelling, and mucus production makes it harder for people to breathe causing coughing, wheezing, shortness of breath, and chest tightness.



What is Halotherapy?

Halotherapy is also known as salt therapy and is used to help prevent and alleviate respiratory system issues. To accomplish this, dry salt particles are blown into an enclosed room or sauna booth. Once inhaled, the salty air helps break down the mucus within the airways making it easier to breathe. The open airways allows for more oxygen to get through the body, overall improving body functions. Salt is also naturally antibacterial, antiviral, anti-fungal, and anti-inflammatory which helps oxygen flow and kills bacteria/viruses.

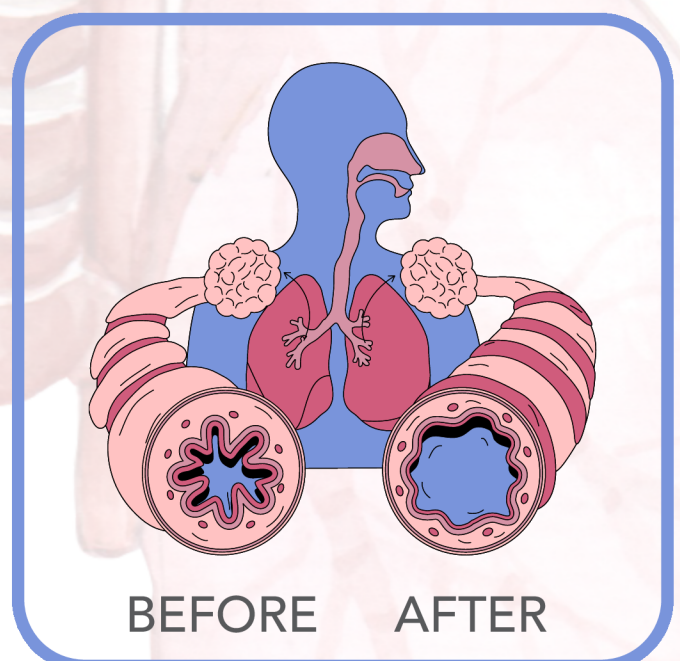
How Does Halotherapy Help Asthma?

Halotherapy, otherwise known as Salt Therapy, helps in the following ways.

- salt breaks down the mucus and allows the body to expel it easier.
- it reduces inflammation, therefore widening the airways
- salt reduces igE levels, high igE levels make the body over react to allergens and sometimes this leads to asthma attacks

Prescription drugs like inhalers are a short term fix. They do not help the underlying problem. Also, long term or excessively used inhalers can cause a variety of issue in the body including: throat dryness, oral thrush, bone loss (osteoporosis), glaucoma, tremors, nervousness, increased heart rate and more.

Halotherapy is 100% natural healthcare.



Treatment Recommendations for an Active Condition

Until you get the asthma under control, we recommend 3-4 sessions per week. Once the symptoms are under control. 1-2 sessions per week are recommended to maintain the airways.

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