



HALOTHERAPY and ASTHMA



Asthma

Is a lung disorder characterized by narrowing of the airways, the tubes which carry air into the lungs, that are inflamed and constricted, causing shortness of breath, wheezing and cough.

Different types of Asthma

- Allergic asthma
- Non-allergic asthma
- Allergic bronchopulmonary mycosis
- Aspirin-included asthma
- Adult-onset asthma
- Asthma with fixed airflow obstruction
- Exercise-induced asthma
- Cough-variant asthma

* FDA has not evaluated the statements made on this educational card. Statements made are not intended to diagnose, treat, cure or prevent any disease



Halotherapy Benefits to Asthma

Halotherapy has the full benefits of bactericide, mucokinetic, hydrophilic and anti-inflammatory properties. Dry salt is highly absorbent attracting pollutants and allergens throughout the respiratory tract. The dry salt stimulates the body's internal processes for cleansing the respiratory system removing build-up of foreign particles that cause various respiratory ailments and ultimately strengthening respiratory function. With Halotherapy the particle size, concentration and speed of dispersment can be calculated to achieve optimal therapy.

Depending on age and severity, number of sessions are customized. Session length is 20-45 minutes. Frequency is generally 2-3 sessions per week to start and can be increased or decreased based on client's responsiveness and wellness goals.

Asthmatic clients require increased frequency upfront and consistency of sessions to manage symptoms and provide relief over time. Clients should 'front load' (2-3 times in first 1-2 weeks to saturate the airway, then back down to twice or once per week until you find what maintenance looks like for that client. Clients with a more compromised respiratory tract should start on a lower setting for a longer session time.

HALOTHERAPY and ASTHMA