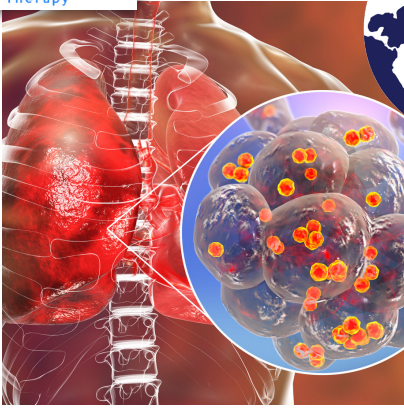




HALOTHERAPY and PNEUMONIA



Pneumonia

Pneumonia is swelling (inflammation) of the tissue in one or both lungs. It's usually caused by a bacterial infection.

Symptoms typically include some combination of productive or dry cough, chest pain, fever, and difficulty breathing. The severity of the condition is variable.

There are also different types of pneumonia and have slightly different symptoms:

- **Walking Pneumonia**
- **Viral Pneumonia**
- **Bacterial Pneumonia**
- **Chemical Pneumonia**

* 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 Pneumonia

With the lung conditions in pneumonia, the levels of naturally occurring sodium chloride is decreased, which can lead to an excess production of mucus.

Salt is anti-bacterial, anti-fungal and anti-inflammatory. This helps widen the airway, allows for deeper breathing and accelerates the transport of mucus, the elimination of tar and foreign allergens and improves the immune system.

Salt is highly absorbent and acts much like a sponge. It is not ingested or metabolized during halotherapy.

Being anti-bacterial halotherapy can also help tackle and prevent reinfection.

Depending on the severity, number of sessions are customized. Session length is 20-45 minutes. Frequency is generally 3-4 sessions per week to start and can be increased or decreased based on client's responsiveness and health for ongoing maintenance.

