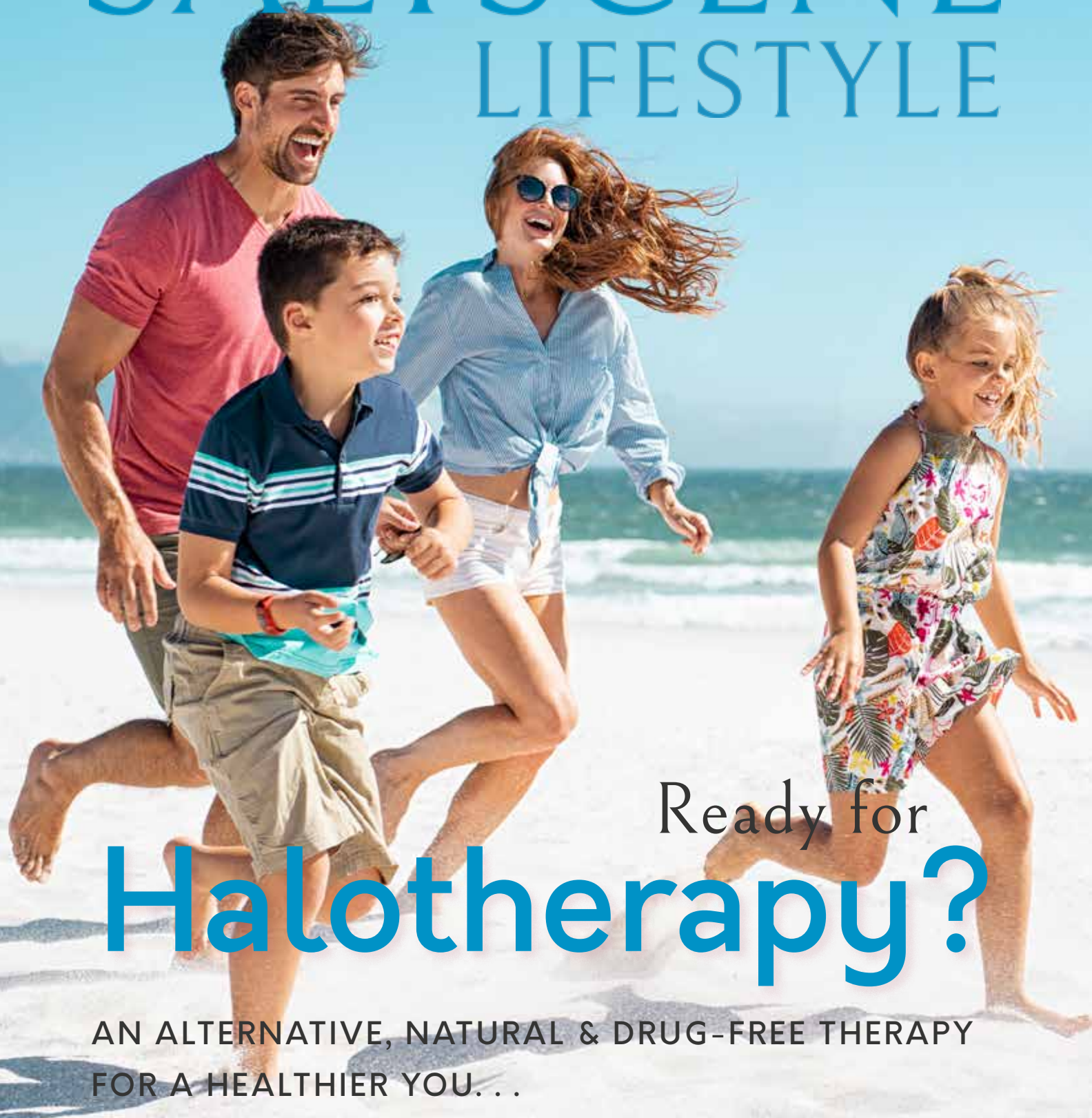


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Editor's Letter



Dr. Tom Fisher
Editor-In-Chief

G'Day...! I'm Dr. Tom Fisher, and I am the Editor-in-Chief of Salt Scene Lifestyle. I am honored to be a part of this new, quarterly publication. We'll be bringing you the most cutting-edge information straight out of the labs and clinics, and present it in straight-forward, "conversational" language. We'll present the information in an entertaining, but accessible way so that you can make use of it. While theory is good, practical application is golden...

Perhaps some of you are reading this and smiling to yourselves. You may be smiling because you are a former client, patient or student. After thirty years of being "in the trenches" of education, our paths may already have crossed. I hope you are as excited as I am for the extraordinary opportunity to educate on a somewhat grander scale. I'll do my level best to make it worth your

time. "Entertaining Information" is the intention from which you can take away knowledge...

Over my 30 years in Private Practice, "Motivation" has become one of my special areas of concentration. I have seen many approaches to health, wellness, fitness, and longevity. From my eclectic background, I hope to bring some of these disparate "loose ends" together into a forum that helps pieces of the human puzzle fit. We will explore everything from acupuncture to shiatzu, from chiropractic to reflexology, from salt therapy to cryotherapy, and so on. We'll also look at Pilates, yoga, nutrition, supplementation, and other related topics. Do you have a suggestion? Let us know...!

I have repeatedly heard: "I want to make a change, but I don't know where to begin" more than any other plea. We will have a section in every issue dedicated to the art/science of motivation. We'll talk about "getting started", as well as "keeping going". I invite "Q & A" from each of you in your Letters-To-The-Editor section. It is important that your specific questions are answered in no-nonsense, plain English.

I look forward to keeping you informed as I continue to explore the field of Human Performance. Please contact us with any comments, concerns, or suggestions for new articles. I look forward to the thrill of the chase...

Cheers...!

-Dr. Tom Fisher



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A woman with long blonde hair is sitting in a white and teal salt therapy chair. She is reading a magazine titled "RACE TO SCENE". The chair is positioned in a room with a textured, light-colored wall. Several small, rectangular light fixtures are mounted on the wall, casting a soft blue glow. The woman is wearing a grey long-sleeved top and white pants. Her feet are resting on the chair's footrest. The overall atmosphere is calm and therapeutic.

After researching the effects salt mines had on the miners, Dr. Feliks Boczowski founded and opened the first salt therapy facility. It was founded in Poland at the Wieliczka Salt Mine.

What Is Halotherapy

Halotherapy is an alternative, natural, and drug-free therapy that simply involves breathing salt-infused air. This natural therapy is designed around sitting in a natural salt cave or in a man-made salt room. Because natural salt caves are not very common, the more popular option is a specially designed, man-made salt room. After regularly spending between 45 minutes to 2 hours in such a room, halotherapy can reveal its' benefits for general illness, breathing, sleeping, and other health factors.

ORIGIN

Although the informal use of salt caves has been practiced for centuries, the use of salt therapy as a form of scientific study originated in Eastern Europe in the mid 19th century. Salt miners discovered this type of therapy in the 1800s. These miners had noticed that their long exposure in the salt mines had a positive effect on their health. These miners saw significantly healthier skin, fewer breathing difficulties, and far fewer visits to the local doctor during cold and flu season. Small particles of salt were distributed through the air during the mining process as these miners crushed, pulverized, and removed salt from the mines. Because these mines were deep underground, an ideal environment was created for halotherapy. Being underneath the earth's surface made for the ideal microclimate in terms of temperature, air pressure, humidity, and circulation.

After researching the effects salt mines had on the miners, Dr. Feliks Boczowski founded and opened the first salt therapy facility. It was founded in Poland at the Wieliczka Salt Mine. Initially, Dr. Feliks offered salt baths at this salt mine facility. He utilized the natural brine found in the cave. Dr. Feliks also discovered that staying underground offered additional benefits for his other patients, such as treatments for asthma. Other facilities began to open across the world for salt therapy. Because salt caves were uncommon in most regions, the first specially designed salt rooms were built. They were specially designed to mimic the salt cave environment. They have become more popular as word of this type of healing continues to spread.

continue on next page

TREATMENT

Halotherapy, as a recognized and prescribed medical treatment began in 1985 in Russia. The first halotherapy device was made to replicate the salt mines' atmosphere. This device, called a halogenerator, replicated the minute salt particles that would be dispersed inside of a natural salt cave due to the grinding and the crushing of salt during the mining process. Having patients passively spend time in these rooms is what is making halotherapy so popular. Having access to a machine that could replicate a salt cave environment has offered the salt cave experience helping those with many different health concerns across the globe.

Halotherapy or salt therapy is safe for those of all ages (including children). Therefore, it can help with many different types of ailments. Halotherapy and salt rooms are most beneficial to those with asthma, airborne allergies or other breathing illnesses. The salt particles go into the body through the skin, mouth or through the nasal passages. They help to clear out the toxins and other impurities that are found inside the body.

ARE THERE RISKS?

Halotherapy continues to be beneficial for many people. Although this type of therapy is inherently safe, there are some minor risks. While this type of therapy is effective for treating asthma, it may also irritate or constrict airwaves. Generally, salt room therapy is best when used as a complementary therapy to the medications and prescriptions that you are already taking. It may be considered yet another tool in the "treatment toolbox", and not necessarily a replacement.

The bottom line is that halotherapy is an all-natural and drug-free way to address the symptoms of many disorders. Ongoing research continues to support this type of natural therapy. It has a significant history of helping respiratory complaints among other conditions. Like most therapies, halotherapy is best when it is practiced consistently on a regular schedule. Finally, be sure to check with your doctor before starting any new therapy.

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Types of Salt Therapy

Salt therapy is a natural way to heal the body and has been practiced for decades. There are two different ways to practice salt therapy: wet and dry. Although both can be beneficial to the human body, one is more beneficial than the other.

WET THERAPY

Wet salt therapy is the more common type of therapy. You may have participated in it and not even known it. Common types of wet salt therapy include saline solutions, neti-pots, gargling solutions, salt baths, and salt scrubs.

Just like all salt therapies, wet salt therapy has many healing benefits for your body. This type of therapy is best if used to treat nasal ingestion. While wet salt can reach areas of the nose, mouth, and the throat, it cannot reach the deepest parts of your lungs. Reaching the deepest parts of the lungs is how salt therapy becomes most beneficial. You are able to clear away more of the toxins from your body. Wet salt therapy is comparable to spending a couple of days at the beach. After leaving the beach, the clarity in your nose and chest starts to go away because the salt was not ingested properly.

DRY THERAPY

Unlike its wet counterpart, dry salt therapy has any moisture removed from the air. It is easier to regulate concentration because it is traditionally performed in a strictly controlled environment.

Dry salt therapy is more beneficial than its wet counterpart. It can reach more body tissues because the microscopic salt particles in the air are much smaller. This concentration allows the salt to contact the skin, as well as penetrate into the deepest recesses of the lungs.

Dry salt therapy is divided into two subcategories: speleotherapy and halotherapy. Speleotherapy is performed in what is called a salt cave. This type of therapy occurs underground because the climate conditions and salt air are considered to be more natural than man-made therapy rooms. What makes speleotherapy unique is the air temperature, wind speed, air composition, atmospheric pressure and humidity that cannot easily be reproduced in a man-made environment.

Halotherapy is a type of active, man-made salt room. These dry salt rooms use specific equipment called a halogenerators. This equipment makes it possible to disperse a very precise concentration of dry salt particles into the room or chamber.

Regardless of the therapy you prefer, the best results occur when performed on a consistent basis. Make sure to regularly visit your local salt rooms to receive all the healing benefits available through salt therapy.

OLDER WOMEN GET 10 YEARS YOUNGER WITH STRENGTH TRAINING

By Muscle Media

Fitness for women is not the sole domain of the body conscious or 20 somethings. Discover the remarkable changes in a group of post-menopausal women. After following a training program, they began to pursue activities their children were doing –including rollerblading and white-water rafting through the Grand Canyon!

ADVANTAGES

Strength training has many advantages for women, particularly for women aged 35 and older. By the age of 40, women typically begin to lose bone density and muscle mass. One study at Tufts University was designed by the author of “Strong Women Stay Young”, Miriam Nelson PhD. Dr. Nelson found that the women measured 15 to 20 years “younger” after one year of weight training. Instead of losing bone density and muscle mass, their strength tests matched women who were in their 30’s and 40’s.

REMARKABLE CHANGES

The women in this study were all post-menopausal. Most of them were in their 50’s and 60’s. As they got stronger, they made some remarkable changes in their lives. One woman described going rollerblading with her children. Another went canoeing with her husband. More than any pills or potions, strength training gave youthfulness back to these women. Some discovered youthful energy they had never experienced. The women didn’t diet, but they did end up looking slimmer. Some lost 1 or 2 dress sizes. They all replaced pudgy fat with muscle. Although they looked slimmer, the scales did not change very much, because muscle is more dense than fat.

WEIGHTS

The women in this strength training program used ankle weights and adjustable hand weights. Each of them started at a level they were comfortable with, even if these were the lightest weights available. They didn’t buy lots of expensive equipment or home gyms. Many such small weights can be bought locally. With a little research, you can buy them second hand. As they gradually developed their strength, they invested in heavier weights.

They started with 1-3 kilograms on each strap of the ankle weights. The ankle cuffs used in the study could hold up to 10 kilograms each. The adjustable dumbbells used for their arms started with 1-2 kilograms. The only other equipment they used was a chair, a place to store the weights, and a towel. Because you’re working out in your own home, you don’t need to buy expensive gym clothes (worry about feeling like the odd one out!).

The workout itself was taken from the book, “Strong Women Stay Young”. It covers a range of basic exercises. The workouts don’t take too much time. It was suggested they perform each workout twice a week. Each session takes about 40 minutes, including warming up and cooling down.

TIPS FOR WOMEN WORKING OUT WITH WEIGHTS AT HOME

Make sure you have some drinking water nearby to stay hydrated.

Don't drink any alcohol, even a little bit, an hour before you exercise.

Make sure you haven't eaten a meal just before you work out. But, make sure you're not starving! Don't become light headed or dizzy when you work out.

Don't forget to warm up!

If you're using a chair when you exercise, make sure it's on a carpet that won't slide around. If you don't have carpet, put the chair against a wall so it remains stable.

It helps to keep all the weights you're not currently using in their container so that they can't be knocked off by curious children.

If you're using leg weights, don't walk around with them. They could affect your balance. You may trip and be more likely to injure yourself.

If you're lifting weights, try doing so in front of a mirror to check your posture and your form. You'll get better results from the exercise and work the right muscles.

Proper form and good posture means that your chin is down slightly, aligned with your neck. Your neck is in line with your spine. Shoulders are straight and not stiff. Your back is straight, and your knees are not locked or bent. Your pelvis should be slightly tucked under.

When using weights, lift slowly. This really works the muscles instead of swinging the weights.

Make sure you pause for a 2-count between lifting the weight up and lowering it.

Don't hold your breath while you're lifting weights. When contracting muscles, we often unconsciously hold our breaths. Remember to breathe, don't hyperventilate!

References: Miriam Nelson and Sarah Wernick, *Strong Women Stay Young* (Lothian)

To read similar articles, visit:
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What Are The Benefits Of Halotherapy?

Halotherapy or salt therapy is one of the best natural ways to clear harmful toxins and bacteria that are hidden inside our bodies. Many benefits other than treating asthma and similar respiratory problems can be taken from halotherapy. Decades of experience and recent research have revealed the salt therapy can benefit and improve your skin, your sleeping habits, your immune system, and even your mental health.



SKIN

Halotherapy or salt therapy can be quite beneficial for the skin. Facial and body salt-scrubs have been part of cosmetics and daily beautification for centuries. Salt is an efficient and natural way to keep your skin glowing, healthy, and clean. Historically, halotherapy has been beneficial in treating a wide variety of skin ailments such as acne, dermatitis, seborrhea, psoriasis, and eczema. The anti-bacterial environment of a salt room is responsible for these skin-related benefits. The anti-bacterial atmosphere experienced during halotherapy removes bacteria and toxins which promote those ailments.

SLEEPING

Due to its relaxing effects, salt therapy can be quite beneficial to your going to (and staying) asleep. It is a natural way to relax your body before you go to bed. Also, the benefits with breathing that halotherapy offers will help you get a more restful night's sleep. Being able to breathe more easily without constricted airways will also help reduce snoring. This reduction in snoring can also help you get a better night's sleep and can help you to reach deep REM sleep.

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MENTAL HEALTH

There are numerous reasons for mental health problems. Usually, mental health issues are multi-dimensional, and may have many subtle overlays. Rarely is the problem from a single source. The best course of action is to address some of the things contributing to the problem. The many benefits of halotherapy can have a cumulative effect on your mental health. Often, just addressing nagging sleep problems or reducing headaches can have a profound effect on clarity of thought, outlook, and general well-being. The salt room can also help reduce stress while increasing your energy level and treating elements of depression and anxiety.

IMMUNE SYSTEM & COLDS

Clearing toxins from the body is one of the best ways to fight the common cold or even dry sinuses. This makes use of the antibacterial qualities of salt therapy. The microscopic salt particles inhaled during halotherapy can reduce the harmful bacteria and pathogens that cause the common cold or dry sinuses. Halotherapy can also help your immune system. Fighting bacteria associated with the common cold or sinus issues can help increase the strength and effectiveness of your immune system.

RESPIRATORY SYSTEM

Halotherapy has, perhaps, the greatest impact on the respiratory system. Research continues to support halotherapy as being effective for treating various problems in the respiratory system. Because it is inhaled while you breathe, it can penetrate into the deepest parts of your lungs. The microscopic salt particles released into the salt room relieve the symptoms of allergies and asthma. The particles enter your lungs through your mouth and nasal cavity and find their way into the deep lung tissue. The microscopic salt particles form an anti-bacterial barrier on the walls of your lungs. This barrier will help you breathe more easily by loosening the constrictions in your airways.

Beyond healing the respiratory system, halotherapy is also beneficial for other parts of the body. The convenience and simplicity of salt room therapy makes it even more attractive. Just by sitting in the salt room environment you can benefit by simply breathing. Most clients spend their sessions reading, listening to music or audiobooks, or even working on their laptops. If done on a consistent basis it can benefit your body, mind, and spirit. Visit your local salt therapy room if you are interested in experiencing halotherapy. Don't forget to consult with your doctor to determine if the salt room experience could benefit you.

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“SALT TH” Can Help With All

The Problem

Sinus allergies, commonly known as hay fever, are a seasonal challenge for most people. However, they can also be year-round for anyone with a poor immune system. Sinus allergies may be caused by pollen in the air, dander from a pet, or other environmental sensitivities. When allergens enter the body, the immune system responds by producing antibodies in an attempt to remove them. This immune system response results in the production of histamine, causing itchy, watery eyes, runny nose, sneezing, and blocked nasal passages. Antibodies produced by the immune system may kill attack allergens as well as the surrounding tissue. The resulting inflammation makes it possible that allergies can progress into asthma. Therefore, having continual untreated allergies can predispose someone to developing asthma.

Another common allergy-like problem is called sinusitis. This is an infection of the sinus cavity caused by bacteria. Symptoms are similar to that of a pollen or dander allergy. However, it is actually caused by a bacterial infection and usually requires antibiotics to cure. Whether it be an allergic response to the environment or a bacterial infection, both should receive attention. If left untreated, repeated attacks will continue to inflict additional damage to the sensitive soft-tissues of the respiratory system. Be sure to pay attention to repeatedly blocked sinus cavities, runny noses, or uncontrolled sneezing (an automatic response when something irritating or blocking your nasal passage).

Symptoms of Allergies



RUNNY NOSE



SNEEZING



LACRIMATION



HEADACHE



RASH

HALOTHERAPY”

Allergies Or Sinuses

The Solution

One of the most convenient and least demanding ways to relieve your symptoms is through halotherapy. Halotherapy, or salt therapy can help reduce the symptoms of allergies or sinusitis. Salt therapy does this by reducing mucous build up, strengthening the immune system, and developing a naturally antibacterial environment in your respiratory system. Research has repeatedly shown that halotherapy can significantly reduce symptoms of allergies. Halotherapy lowers the need for powerful antibiotics, which may have a negative impact the body’s own beneficial bacterial community. Along with the harmful, antibiotics can kill good bacteria leading to recurring inflammation and infections. Halotherapy has the ability to reduce inflammation by neutralizing harmful positive ions that cause damage. After repeated clinical studies, the results continue to confirm the benefits of regular halotherapy. Halotherapy has been shown to reduce symptoms of respiratory diseases or infections including chronic obstructive pulmonary disease (COPD), asthma, bronchitis, and even cystic fibrosis. There is even



Igloo Room at The Salt Scene

evidence to show halotherapy improves depression and anxiety. As the salt room environment clears your airways, more oxygen is delivered to your brain. Salt rooms also have magnesium in their microclimate. Magnesium has been shown to be particularly beneficial to those suffering from depression and anxiety.

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COUGH



EDEMA



We all want to do what is best for our children. You've likely heard about the importance of car seats, baby gates and other ways to keep your children safe. But, did you know that one of the best ways to protect your children is to make sure they have all of their vaccinations?

Here are some reasons why vaccines are so important.

1. Immunizations can save your child's life.

Because of advances in medical science, your child can be protected against more diseases than ever before. Many diseases that were once a source of illness and even death in

“DID YOU KNOW THAT ONE OF THE BEST WAYS TO PROTECT YOUR CHILDREN IS TO MAKE SURE THEY HAVE ALL OF THEIR VACCINATIONS?”



Five Reasons To Vaccinate Your Child

By: Bernadette Antonyrajah MD

thousands of children have been completely eliminated, while several others are close to eradication – primarily due to safe and effective vaccines. One example of this is Polio. Polio was once our country's most-feared disease, causing death and paralysis in children and adults alike. Today, however, thanks to a national vaccination program, there are no reports of polio in the United States.

2. Vaccination has been proven to be both safe and effective.

Vaccines are only given to children after a long and careful testing and review process conducted by medical scientists, doctors, and other healthcare professionals

specializing in disease prevention and control. Although receiving vaccines does involve some minor discomforts for the patient, such as mild pain or redness at the injection site as well as a low grade fever, serious side effects are rare. Although these discomforts may seem bothersome by some, they are minimal compared to the morbidity and harm caused by the diseases these vaccines prevent. Undoubtedly, the disease-prevention benefits of receiving vaccines are much greater than the possible minimal side effects for almost all children.

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3. Immunization protects others you care about, not just your children.

Children in the United States still get vaccine-preventable diseases. In fact, in the last 10 years we have seen a resurgence of both measles and whooping cough (pertussis), two very preventable diseases. Since 2010, there have been between 10,000 and 50,000 cases of whooping cough each year, with 10 to 20 babies dying each year. While some babies are too young to be protected by vaccination, others may not be able to receive certain vaccinations due to other medical issues like severe allergies or a weakened immune system from conditions like leukemia. To help keep them safe, it is important that you and your children, and all those who are medically cleared to receive vaccines, become fully immunized. This simple act not only protects you and your family, but also helps prevent the spread of potentially life-threatening diseases to those around you who may be at risk.

4. Immunizations can save your family time and money.

For the safety and welfare of the general public, a child with a vaccine-preventable disease may be denied attendance at schools or child care facilities. This may levy a burden on the family

Immunization protects future generations.



that has no alternative options for education or daycare while the parents must work to meet financial obligations and bills. More importantly, vaccine-preventable diseases may result in prolonged hospitalizations and lifelong disabilities, taking a further financial toll on the family because of lost time at work, medical bills or long-term disability care. In contrast, getting vaccinated against these diseases is usually covered by health insurance during a well-child check-up. For families with financial struggles, the Vaccines for Children program is a federally funded program that provides vaccines at no cost to children from low-income families. To find out more about the VFC program, visit <http://www.cdc.gov/vaccines/programs/vfc/> or ask your child's health care professional.

5. Immunization protects future generations.

Widespread vaccination programs have significantly reduced, and in some cases, completely eliminated many diseases that were the source of significant morbidity and mortality worldwide just a few generations ago. Smallpox, for

example, has been completely eradicated due to worldwide vaccination, allowing our generation and those hereafter to avoid needing such shots for a disease that no longer exists. Currently, by vaccinating children against Rubella (German measles), the risk that a pregnant woman will pass this virus on to their unborn or newborn child has been dramatically decreased, and birth defects associated with that virus no longer are seen in the United States. If we continue such a global vaccination program now, and pursue complete vaccination for all, parents in the future may be able to trust that some diseases of today will no longer be around to harm their children in the future. For more information about the importance of infant immunization, visit <http://www.cdc.gov/vaccines>.

Dr. Bernadette Antonyrajah is double board certified in Pediatric Critical Care and Pediatrics and is the owner of Advanced Kids Care a Pediatric urgent care, Pediatric practice and Pediatric Concierge practice located at **98 Terra Mango Loop, Suite 12 Orlando, FL 32835.**

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Why Acupuncture Is For You

by Dr. David Orman, Acupuncture Physician

“I sought help for sciatic pain and aside from relief with this, my digestion also was helped.”

“The herbal injections into acupuncture points improved my health in a couple of weeks when other treatments did virtually nothing over a couple of years.”

“When I thought of acupuncture, I thought it was for pain relief only. Little did I know...”

I get comments like the above all of the time. Most people are quite familiar with the exceptional benefits from acupuncture in the areas of pain relief and pain management. This is like looking at one chapter in a very long book.

The World Health Organization (WHO) lists acupuncture for the treatment of over 200 diseases and conditions. They include anxiety, depression, insomnia, respiratory ailments (asthma, sinusitis), gastro-intestinal disorders, headaches, migraines, frozen shoulder, tennis elbow, osteoarthritis, hypertension and many more. Add herbal medicine, bio-puncture (injecting vitamins, herbs, homeopathics or other substances such as procaine into acupuncture points) and the number get even larger.

Despite the long list of conditions, the key to healing with this type of approach is “Treat the Person, Not the Disease.”



As an Acupuncture Physician, I use traditional methods to assess imbalances in the individual. They include pulse diagnosis (feeling the 6 pulses on each wrist which reflect the health of the internal organs, blood and overall energy), tongue diagnosis (which reflects digestive functioning), palpitation of specific points and much more. Based on this wealth of information, a personalized treatment plan is designed and implemented.

Now, the number one question . . . Does it hurt?

The answer is a resounding NO. The needles themselves are disposable, used once and discarded. They are literally as thin as a strand of hair. The purpose is to weave through the skin, “pushing aside” the tissue versus cutting it as is the case with hypodermic needles. Of the hundreds of points on the body, only a couple in the ear, hands or feet may be a bit sensitive upon initial insertion.

Once the needles are inserted, the patient rests comfortably for about 20 minutes. It is not uncommon for individuals to fall into a peaceful rest or even sleep. One of the reasons is the needles stimulate a biochemical response in the brain which releases substances such as

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endorphins and enkephalins. These are natural opioid-like substances associated with stress relief, pain relief and deep relaxation.

Acupuncture treatments also work very well in conjunction with standard care. A January 2017 study in Science daily concluded: Health specialists have found acupuncture treatment can boost the effectiveness of standard medical care, lessening the severity of chronic pain and depression.

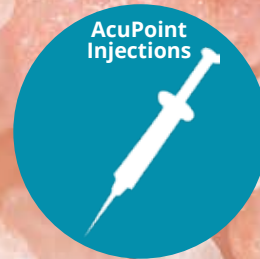
Not everyone benefits from every type of treatment, be it chiropractic, osteopathic or surgery. Acupuncture, of course, is no exception. I have been treating people since 1994 and have found that those on heavy multiple medications often do not respond well or respond very slowly to treatment. On the flip side, depression, weight loss and addictions respond extremely well. When I lectured to Congress, many politicians were very interested in implementing acupuncture treatments for drug and alcohol issues. Overall, this 4000-year-old system has shown to be effective for the body, mind and spirit. As a result, millions of people around the globe use it as one of their primary means of returning to or maintaining high levels of wellness.

Dr. David Orman is a licensed Acupuncture Physician, Master Herbalist and Nutrition expert. He is also trained in APIT (Acupuncture Point Injection Therapy). He has treated thousands of patients and is in high demand for his unique and effective approaches to treatment.

David has taught at major colleges and universities and been featured in The Washingtonian magazine. He has a practice in Windermere and Kissimmee. For more information, go to www.DavidOrmanInfo.com

ACUPUNCTURE

AT THE SALT SCENE



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Dr. David Orman



Salt therapy, also known as halotherapy, is a natural form of therapy that can improve many aspects of your respiratory health.

Is Salt Therapy Effective For Asthma?

Salt rooms or caves are a safe form of asthma treatment because they are natural and drug-free.

Salt therapy, also known as halotherapy, is a natural form of therapy that can improve many aspects of your respiratory health. Recently, salt rooms or caves and salt therapy facilities are popping up across major cities. Although relatively new to the United States, salt therapy has been enjoyed by Europeans for centuries. Salt therapy has many benefits beyond relieving breathing difficulties. Increased energy, better quality sleep, improved blood flow, relief from skin problems, and even increased proficiency in sports training.

Halotherapy involves salt crystals ground into microscopic particles and released into the air of a room made to mimic the air in a natural salt cave. The carefully measured and regulated microscopic salt particles are inhaled through the mouth and nostrils. This helps coat the nostrils, esophagus and the deepest parts of the lungs. The salt provides a powerful, anti-bacterial environment. This provides a natural way to address symptoms of asthma by reducing the edema (swelling) of the mucosa lining in your airways. Safe, natural, and effective make halotherapy another option to consider to help relieve the symptoms of asthma.

SAFE AND NATURAL

Salt rooms or caves are a safe form of asthma treatment because they are natural and drug-free. This is a novel and convenient way to relieve your body of many toxins that prescription drugs can leave behind. Research has determined that the most effective way to use salt therapy is to

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continue treating your asthma with the prescribed items you currently use daily. The salt therapy becomes an additional tool to help provide symptomatic relief. Salt therapy is not only effective for asthma, but also for dry sinuses, ear infections, and many allergies.

Research has repeatedly demonstrated that regular sessions in a salt room provides significant relief from asthma symptoms, and clients reporting a greater sense of well-being. When using halotherapy to help your asthma symptoms, research has determined it is most effective if performed on a consistent basis. This is the optimal way to see the initial effects, but also the longer-range maintenance of any benefits. Those with asthma often see an immediate difference in their breathing as the microscopic salt particles enter their systems. The salt particles provide an atmosphere hostile to bacteria and help to clean out many toxins in the deepest parts of the lungs. Ultimately, the salt particles in salt rooms help clear airways that have become partially constricted from asthma.

AT HOME

A convenient way to continue a little salt therapy at home is with a Himalayan salt lamp. These lamps are designed to increase air quality by releasing microscopic, negatively-charged salt particles into your home. These particles can help purify the air in your home. A Himalayan salt lamp is a safe and convenient way to continue your salt room experiences at home. Beyond just relief from the symptoms of asthma, the lamps can help with seasonal allergies, help fight symptoms of the common cold, and even promote better sleep. As the Himalayan salt lamp clears the air and relieving your asthma symptoms, it will also help you sleep. With less trouble breathing at night, you can relax and get deeper, better sleep. Overall salt therapy is safe, convenient, and has shown to be beneficial. Research continues to demonstrate that it is especially effective for those who suffer from asthma.

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Salt Therapy Treatment for Bronchitis

Bronchitis is an inflammatory disease in the lungs that causes swelling and excessive mucous production. It is normally caused by either a viral or a bacterial infection. Because it is not regarded a serious illness, it's often recommended to let the sickness pass. If the cause of bronchitis is a bacterial infection, antibiotics may be prescribed. However, if the cause is a viral infection, antibiotics would not address the cause, and would be of little use. People can have either acute (short-term) or chronic (long-term & recurring) bronchitis.

Symptoms

The symptoms of bronchitis are similar to that of chronic obstructive pulmonary disease (COPD). It typically starts in the nasal cavity with mucous build-up and runny nose. From there, it can spread to the lungs. Although called “short term-bronchitis”, symptoms can last up to three weeks. Chronic or long-term bronchitis is often an indicator of COPD. While these two health concerns are related, the duration and severity

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Salt Therapy For Cold & Flu

The common cold and flu seem to develop in November when most people suffer from these infections. Two different Viruses are responsible for the common cold as well as the flu.

The common cold is caused by the Rhinovirus. The rhinovirus infects and thrives in the warm, moist environment of the respiratory tract. The respiratory tract is divided into the upper and lower sections and is prone to developing asthma, sinus or ear infections in either or both of the two sections.

RESPIRATORY TRACT

The upper respiratory tract includes the sinus cavities around the nose, cheeks, mouth, forehead, larynx, and trachea. The upper respiratory tract also includes the ears. The lower respiratory tract is made up of the bronchial tubes leading to the lungs. Infections in the upper respiratory tract may include sore throat, runny nose, coughing, sneezing and headaches as symptoms of a cold. These symptoms may also be caused by a sinus infection.

The influenza virus causes the flu. It is a more severe condition than a common cold. Although a cold and flu have similar symptoms, flu symptoms tend to be much more severe. Symptoms of influenza include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, and



diarrhea or vomiting. Furthermore, if left untreated, influenza can progress into a more serious life-threatening infection called pneumonia.

TREATMENT

Treatment for both infections are different. Because both infections are caused by viruses, neither condition has a cure. The goal is to reduce the severity of the symptoms. For a cold, over-the-counter medications are normally recommended. Moreover, in the case of a cold, antibacterial medications can be prescribed. All treatments seek to reduce the symptom severity by lowering inflammation, reducing pain, clearing airways and sinus cavities.

A less well-known treatment rapidly gaining popularity is called halotherapy. With halotherapy, the goals are to significantly reduce the symptoms, clear the bacteria causing the infection, and expedite the time it takes to recover. Research continues to support the effectiveness of halotherapy to treat other respiratory diseases (COPD, bronchitis, asthma, and allergies).

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Halotherapy works to clear the airways of mucous, reduce inflammation, improve breathing, and reduce the overall symptoms of the infection.

HOW IT WORKS

Halotherapy works by introducing carefully measured quantities of microscopic sodium-chloride (salt) particles into the air. Clients simply sit in a salt room where the concentration of sodium-chloride in the air is high, but carefully regulated. Without additional effort, merely breathing the air reduces symptoms of many respiratory problems. Many clients read, write, listen to music, nap, or any number of other pastimes while breathing and receiving the anti-bacterial benefits. The watery mucous in the respiratory system attracts sodium-chloride particles. This helps clear the airways of mucous. The molecules disperse themselves within the fluid, creating a powerful anti-bacterial environment throughout the entire respiratory system. Salt therapy improves the overall effectiveness of the immune system and helps fight off foreign invaders in the future.

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Salt Bed at The Salt Scene

of the symptoms are the determining factors when designing an appropriate course of treatment. As with COPD, asthma, and allergies, the airway becomes inflamed causing chest discomfort, shortness of breath, fatigue and fever. Bronchitis can lead to further complications and illnesses such as a cold, flu or pneumonia.

Remedies

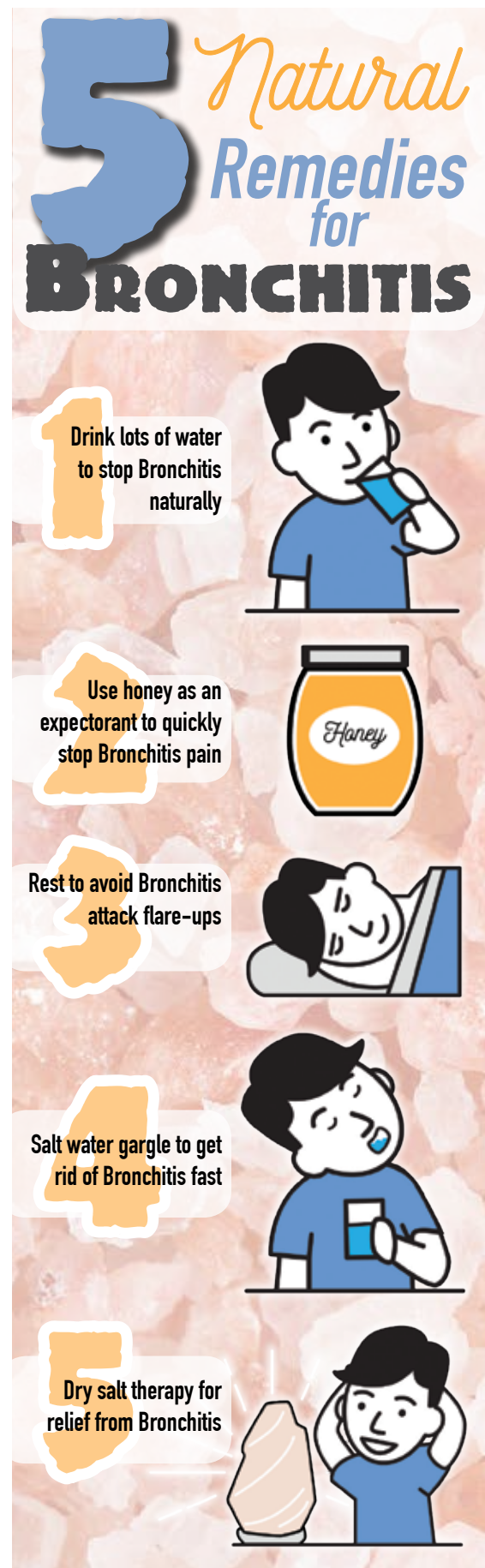
Remedies for bronchitis symptoms include hot showers, rest, drinking plenty of fluids and avoiding air-borne pollutants (smoking or dust). However, if experiencing excessive wheezing, a doctor can prescribe an inhaler. Antibiotics may also be prescribed if it is determined that the infection is bacterial. Halotherapy is another effective treatment to consider for those suffering from either acute or chronic bronchitis.

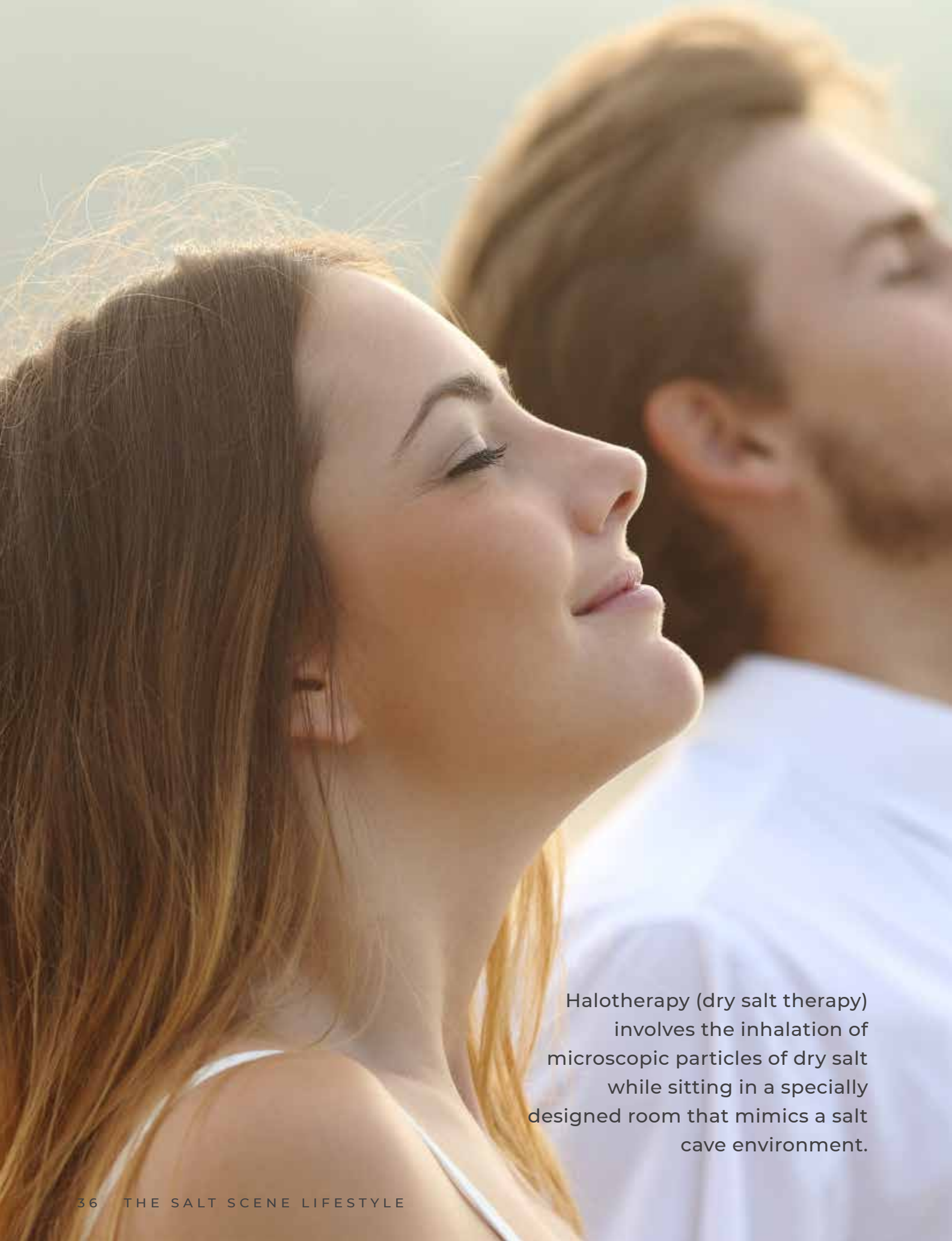
Treatment

The dry atmosphere in a salt chamber is optimal to remove mucous, clear airways, reducing coughing & wheezing, clear bacteria and improve the immune system. A study published in 2000 found that people with chronic bronchitis who use halotherapy had less overall cellular damage. Another study found halotherapy improves quality of life in people suffering from bronchitis, as well as those suffering from COPD. These repeated studies strongly suggest that halotherapy is an effective treatment option for people suffering from bronchitis and other similar respiratory diseases.

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Halotherapy (dry salt therapy) involves the inhalation of microscopic particles of dry salt while sitting in a specially designed room that mimics a salt cave environment.

COPD & Dry Salt Therapy

Natural dry salt therapy can have immense benefits to those with COPD and other chronic respiratory system ailments. Halotherapy (dry salt therapy) involves the inhalation of microscopic particles of dry salt while sitting in a specially designed room that mimics a salt cave environment. Research has repeatedly demonstrated that halotherapy, in a spa-like environment, is an effective way to treat and control the symptoms of respiratory distress. Halotherapy is a simple, natural, and a 100% drug-free way to help with the symptoms of your COPD and other chronic respiratory system ailments.

Relief

Salt therapy can bring symptomatic relief to different types of respiratory ailments and many common illnesses. These includes allergies, chronic bronchitis, sinus infections, emphysema and COPD. COPD restricts the airflow through the lungs, reducing oxygen to the body, and causing many other related breathing issues. Although there is no cure for COPD, salt therapy can provide relief from the symptoms that you experience.

The negative ions of the dry salt particles have a significant anti-bacterial effect and can help remove toxins from your body.

How Does Halotherapy Work?

Technological advances and urban development have a role in the deterioration in air quality. It makes sense that any place that could simulate a pollution-free environment would be beneficial. Artificial salt rooms play crucial role, by providing a controlled air medium that simulates a natural salt cave microclimate. Today, halotherapy or dry salt therapy is typically found in specially designed salt rooms or on salt beds. These rooms provide an atmosphere where salt is ground into microscopic particles and circulated throughout the room by a device called a halo-generator. These microscopic salt particles enter the body through the skin, the mouth and nasal cavity. They eventually enter the lungs and are absorbed into the bloodstream. The inhalation of the minute salt particles reduces inflammation that occurs in the tissues of the lungs. Salt

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can remove the toxins and bacteria that are irritating the immune system and causing inflammation. If left untreated, the inflammation process makes it hard to breathe. Halotherapy can provide a natural and painless way to get deep into the body and help with symptoms of COPD.

Research continues to show that many COPD sufferers find they have positive results after beginning salt therapy. Historically, patients have found that when they regularly visit their local salt rooms, their symptoms had reduced for up to 12 months.

Using salt therapy is not something new and trendy. The practice has been very popular and used in Europe for centuries. The modern scientific-era of salt therapy can be traced to the late 1800s in Eastern Europe. Doctors noticed that workers mining in salt caves all day had fewer breathing complaints, and clearer skin than the rest of their patients. Doctors determined that it was the salt-cave environment where salt particles were constantly entering the miner's bodies. The salt helped kill harmful bacteria and cleared many toxins that cause respiratory system symptoms.

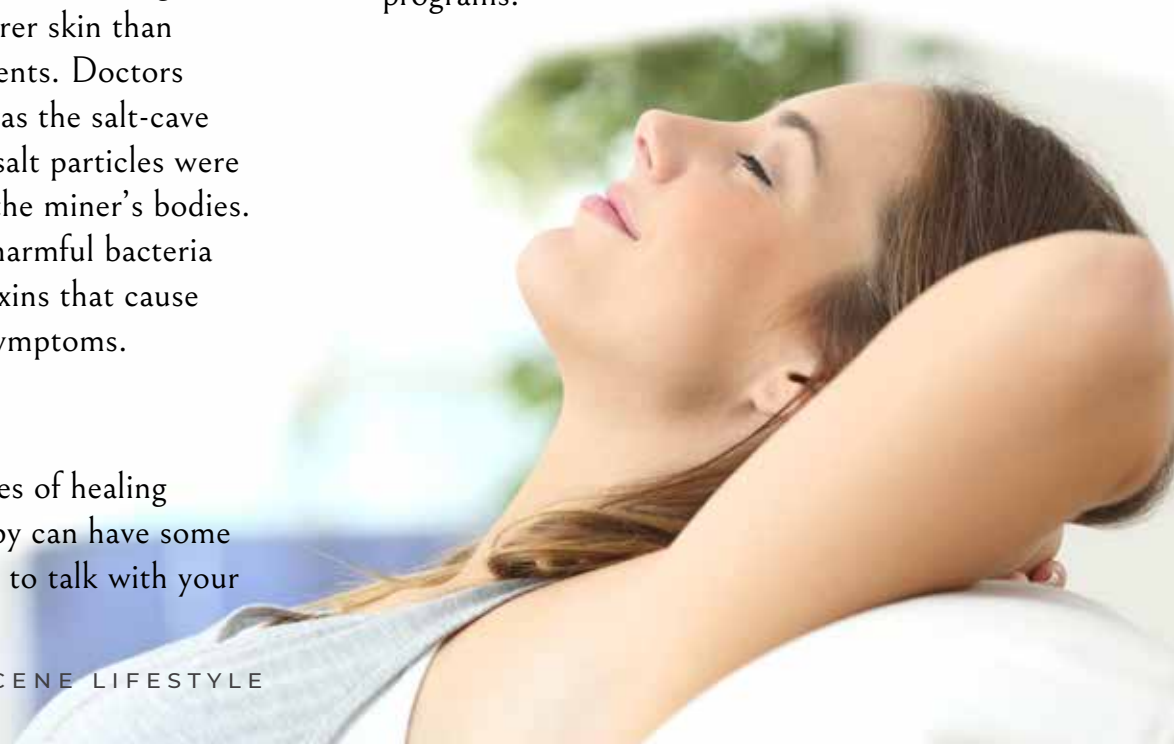
Risks

Like many other types of healing therapies, salt therapy can have some risks. It is important to talk with your

doctor. Discuss the possible benefits that halotherapy can have for your COPD or respiratory symptoms. Although halotherapy is generally a safe and natural way to help treat chronic respiratory system issues, it may also cause minor irritation to your airways. Halotherapy is best when used in conjunction with your current treatments. Any questions about halotherapy and your COPD or other chronic respiratory system issues should be discussed with your physician.

Benefits

Visiting a salt-room regularly can help benefit your COPD and other chronic respiratory symptoms. Salt therapy can not only help reduce your current symptoms but can help prevent future irritation to your respiratory system. Don't forget to contact your local salt therapy room facility for more information on their sessions and programs.



CAN SALT HELP WITH AN EARACHE

Do you or your child suffer from ear infections? Do you find it emotionally hard for you to give them the antibiotics needed for their earache or infection? Halotherapy (or Salt therapy) might be a convenient resolution to your problems. Salt therapy offers benefits that can be as good, if not better than over-the-counter medications. Halotherapy started centuries ago. Salt miners were found to have better health than those who weren't working in the salt caves. The workers had clearer skin and better breathing due to the health benefits the salt environment offered.

Ear Infections

How can this help with your child's earache or your ear infections? By putting warm salt into a sock (most convenient) or other type of cloth and having them hold it against their ear and jaw can help with the pain. Salt has many natural healing benefits for our bodies as well as being a great soother for many types of discomfort. Salt therapy is safe for all ages and works best when performed on a consistent basis.

Salt Socks

Now, you might be wondering how to make the salt sock for your kids. It's actually quite easy! All you need is a clean sock long enough to be tied at the end so that the salt doesn't fall out. Use coarse sea salt or even Epsom salt will work. Add a few drops of your favorite essential oil. Many people recommend sticking with either lavender or tea tree oil. Put the salt in the sock, tie a knot at the end of it. Place the sock in a skillet (low heat), or the microwave to heat. Make sure that you keep flipping the sock so that the warmth is evenly distributed, and you don't burn it. After it starts to get warm, apply 2-3 drops of your essential oil onto the sock. Once the sock is at the desired temperature, hand it off to your child. Make sure it's not too hot. Have them hold it to their face or wherever the pain may be.

Great Remedy

This method of salt therapy is a great ear ache remedy for children but can also be used with ear infection symptoms in adults. If your symptoms persist, go and see a doctor. Then, along with the medications they prescribe, check out your local salt room. Salt room benefits can go far beyond earache remedies.



SALT THERAPY

& Treatment of Acne

Acne is a distressing skin condition that occurs when hair follicles become plugged with bacteria, oil, and dead skin cells. It often causes unsightly whiteheads, blackheads or pimples. Acne usually appears on the face, forehead, chest, upper back and shoulders. While it is most commonly associated with adolescents and teenagers, it can affect people of all ages.

Although effective treatments are available, acne can be persistent and difficult to control. The pimples and bumps heal very slowly. Usually, when one begins to go away, others seem to crop up. This tends to affect sufferers emotionally as much, if not more, than it affects them physically. Depending upon its severity, acne can scar the skin and cause additional, longer lasting emotional distress. The earlier treatment is started, the lower the severity of such symptoms.

Symptoms

Signs and symptoms will vary depending on the severity of your own condition:

Whiteheads (caused by bacteria and closed, plugged pores).

Blackheads (caused by bacteria and open, plugged pores).


Small red, tender bumps (papules caused by bacteria).

Pimples (pustules caused by bacteria), which are papules with pus at their tips. Large, solid, painful lumps beneath the surface of the skin (nodules caused by bacteria). Painful, pus-filled lumps beneath the surface of the skin (cystic lesions caused by bacteria).

When To See A Doctor

If self-care and over-the-counter remedies do not clear your acne, see your primary care doctor. Your doctor can prescribe stronger medications to help reduce the symptoms. If symptoms persist or are severe, you may wish to seek medical treatment from a dermatologist, a doctor who specializes in conditions of the skin.

Unfortunately for many women, acne can persist for decades. Flare-ups may be common, typically a week before menstruation. However, this type of acne may clear up without additional treatment in women who use contraceptives.



It's important to note that in older adults, a sudden onset of severe acne may signal an underlying disease that could require medical attention.

The Food and Drug Administration (FDA) has warned that some popular nonprescription acne lotions, cleansers and other skin products can cause a serious reaction. Although this type of reaction is quite rare, it is easy to confuse with the redness, irritation or itchiness where you have applied the products. Any questions should be directed at your medical professional.

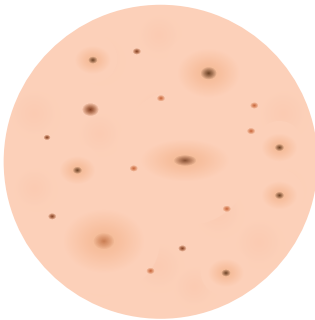
Seek emergency medical help if after using a skin product you experience:

- Faintness
- Difficulty breathing
- Swelling of the eyes, face, lips or tongue
- Tightness of the throat

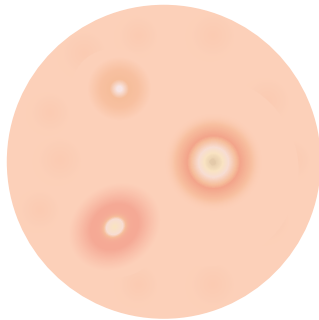
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Blackheads



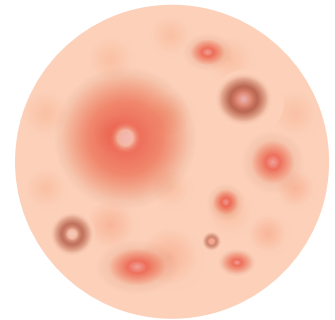
Whiteheads



Papules & Pustules



Cysts & Nodules



Causes

Four main factors that cause acne:

- Bacteria
- Excess oil production
- * Hair follicles clogged by oil and dead skin cells
- Excess activity of specific types of hormones (androgens)

Acne typically appears on your face, forehead, chest, upper back and shoulders. These areas are most affected because they have the greatest number of oil (sebaceous) glands. The hair follicles, that may become plugged and inflamed, are directly connected to oil glands.

Eventually the follicle wall may bulge and produce a whitehead. Or, the plug may be open to the surface and darken, causing a blackhead. A blackhead may simply look like dirt stuck in pores. But the pore is actually congested with bacteria and oil, turning brown when exposed to the air.

Pimples are raised red spots with a white center. They develop when blocked hair follicles become inflamed or infected with bacteria. Blockages and inflammation that develop deep

inside hair follicles produce cyst-like lumps beneath the surface of the skin. However, other pores, such as the openings of the sweat glands, are not usually involved in acne.

Factors That May Trigger Or Aggravate Acne:

Hormones - Androgens are hormones that increase in adolescence during puberty. They cause the sebaceous glands to enlarge and make more sebum, increasing the likelihood of skin problems. Hormonal changes related to pregnancy and the use of oral contraceptives also can affect sebum production. Low amounts of androgens circulating in the blood of women and can significantly worsen acne.

Certain Medications - Research has determined that some medications, prescribed for other conditions, have been directly linked to an increased risk of acne onset. Examples include drugs containing corticosteroids, testosterone, or lithium.

Diet - Studies have indicated that certain dietary factors may worsen

acne. Skim milk and carbohydrate-rich foods (bread, bagels, and chips) have been implicated. Chocolate has long been suspected of making acne worse. A recent study showed that eating chocolate was related to increasing acne symptoms. Numerous studies continue to examine this connection. Research also continues to determine if people with acne would benefit from following specific dietary restrictions.

Stress - Stress can make acne worse by upsetting hormonal balance. The hormone cortisol is known as the stress hormone. Many activities of the Circadian Rhythm (the “biological timeclock”) from sleep/wake cycle to most bodily functions are affected.

How Can Salt Therapy Help?

Recent research has supported the use of salt therapy, in conjunction with prescription medications, for the treatment of acne. The salt room atmosphere is a natural anti-bacterial environment. Siting in the salt room environment provides an anti-bacterial atmosphere that treats the skin topically as well as internally. Upon entering the bloodstream, the anti-bacterial salt particles reduce

inflammation and the intensity (severity) of acne outbreaks. Additional research has suggested that the duration (the length of time each outbreak lasts) and the frequency (the actual number of outbreaks) are reduced with the addition of halotherapy.

Other advantages to salt room therapy include the safety, the painless nature of the treatment, the ease of administration (simple breathing), the systemic (total-body) effects on other systems, and the emotionally-satisfying knowledge that you are actively doing something positive to treat your condition.

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Halotherapy Stress, Anxiety

With the amount of stress in our everyday lives, it's a miracle that we ever get a moment of relief. While a hot bath and a cup of tea can work wonders, it's not really a beneficial solution for the long term. The recent explosion in the popularity of health and wellness has brought about interest in many treatments for conditions like chronic fatigue, stress, and anxiety. One of these treatments is called "halotherapy", which originated in Poland sometime in the twelfth century. Derived from the Greek word for "salt", halotherapy has made a resurgence as one of the most popular methods for de-stressing, while simultaneously improving the health of your lungs.

SIT BACK, RELAX & BREATHE

Undergoing a halotherapy session is easy. All you really only need to do is sit back, relax, and breathe. Many halotherapy sites have the option of one or two salt rooms where you will inhale breathable salt particles. These microscopic salt particles enter your airway and are said to have a "balancing" effect on the body and mind. Salt has a natural, negative ionic charge. This works to balance an excess of the positive ions in our bodies and neutralizes our energy levels. Salt therapy for stress and anxiety is not only effective in treating adults, it also works amazingly well for children. The calming properties of salt pose no health risks or negative side effects and provide almost instant relief. Consider making halotherapy a family event and watch as everyone's health improves!



How Can Help Anxiety & Fatigue

MAKE IT SOCIAL

If you're nervous to do your salt session alone, many halotherapy clinics offer group halotherapy sessions by appointment. Call up some friends and let your time in the salt room become an opportunity to catch up and de-stress. Do it all while experiencing the healing effects of salt therapy! While the therapeutic effects of salt undoubtedly aid the health of your body, halotherapy is also invaluable when it comes to your mental health. Taking a few moments out of the day to relax and unplug from the noise of social media is something we just don't seem to do anymore. Even at the gym it's not likely you'll see anyone without headphones on and phones in their hands between exercises. Even if your salt room session only takes an hour of your day, sitting in a peaceful atmosphere has a meditative quality that is sure to clear your head and relieve your anxieties.

KEEP YOURSELF HEALTHY

Another amazing way that a salt therapy session can calm your anxiety is through its natural anti-inflammatory and antimicrobial properties. Inhaling salt not only cleanses your airways, it may also decrease the odds of picking up a cold or suffering from allergies when the season hits. When your body is able to run at peak performance, it's only reasonable that your mind will follow.

The bottom line is, halotherapy is a great way to relieve symptoms of stress, anxiety and fatigue. Without the side effects of medication and the heavy costs of a therapist, you may find it's the missing piece to your wellness puzzle you've been seeking. So, if you feel like you could use a little time to rejuvenate, consider salt therapy. It may be the answer you've been waiting for!



SALT THERAPY, EXE

If you have a child of 6-10 years of age that wants to start exercising and lifting weights, you may find yourself wondering what you should do. While some think it is perfectly fine for children to exercise, there are others are more reluctant. However, research continues to reflect that it is beneficial for your child to participate in exercise that would include a weight training regimen. Young boys and girls can dramatically improve their strength with weight training although neurological factors are primarily responsible instead of muscle growth factors. While designing a program for your child, there are a few things that you should keep in mind.

No matter how you look at it, children aren't simply miniature adults. Therefore, you can't use the same methods with growing children that you can use with adults. Children differ from adults emotionally, anatomically, and physiologically. When designing programs for children, you should first obtain a medical clearance. When constructing a program, establish a light repetition range of 8-12 and keep the work-load appropriate. Children have immature skeletons. Their bones don't mature until 14-22 years of age. With girls, exercise during childhood can have very positive effects on bone density that can last for their entire lives.

Children are often times vulnerable to growth-related overuse injuries. Children also tend to suffer disproportionately from allergies, asthma, and various skin conditions. They also have immature temperature regulation systems due to having a large surface (skin) area compared to their muscle mass. This could make them more susceptible to injury if they aren't properly warmed up. Regular visits to a salt room clinic could prove to be very beneficial to help treat



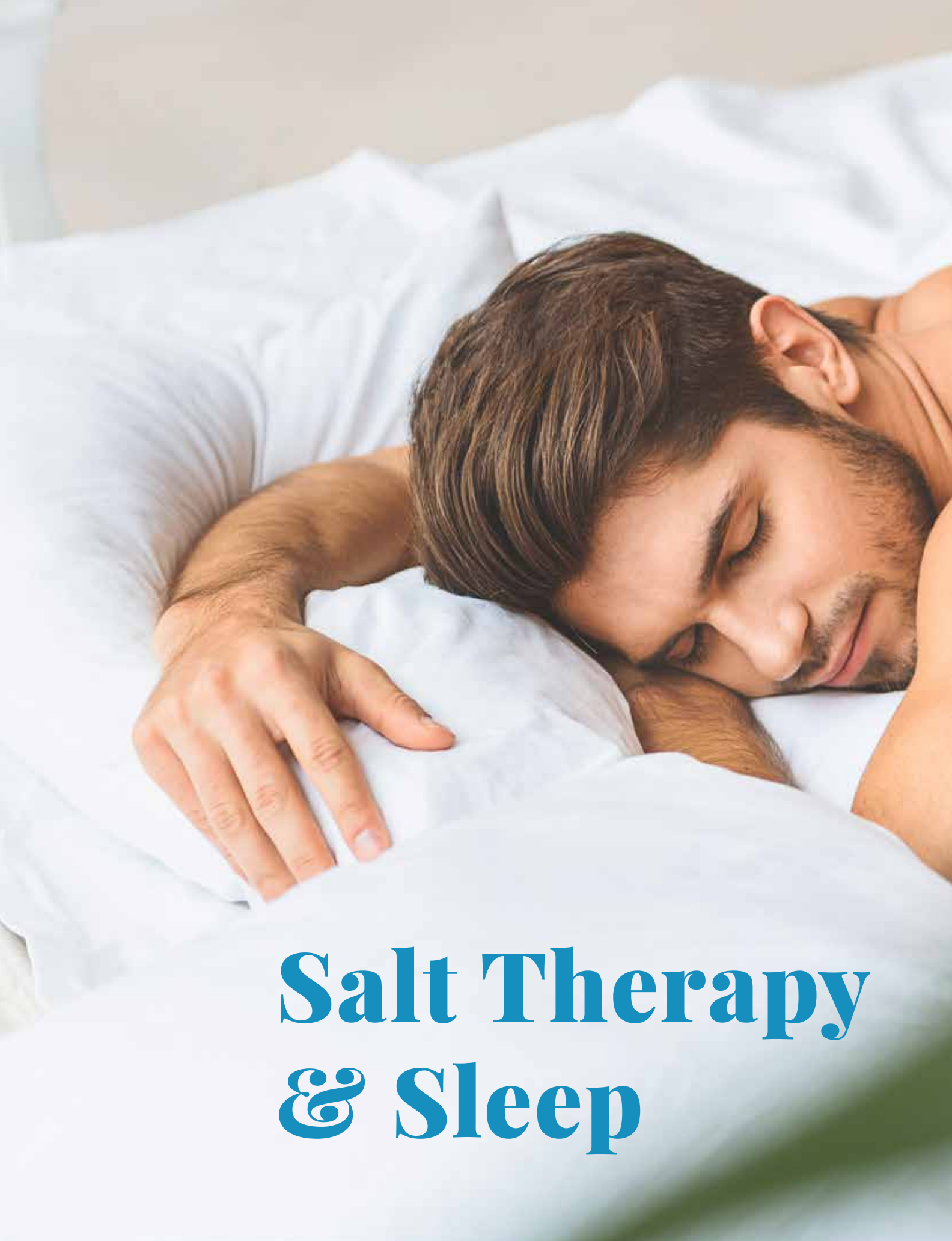
EXERCISE & CHILDREN

all of these common ailments. Perhaps the greatest advantage to salt room therapy for a child is the non-threatening nature of the treatment. There is no unpleasant medicine to take. There are no shots or procedures that might frighten children. Most children read, play games, or watch videos while sitting in the therapeutic salt-rich atmosphere.

The design of your program should ensure that they have at least 1 - 2 full days of rest between workouts. Rest and recovery are essential. Monitor your child carefully for any symptoms of exercise-induced discomfort. The main focus should be on the proper form of every exercise, and not on the amount of weight being lifted.

Children don't sweat as much as adults. They will be more susceptible to heat exhaustion as well as other, more serious heat-injuries. Due to their low muscle mass and immature hormone system, it is more difficult for them to develop strength and speed. Their breathing and heart-rate response during exercise are also different from an adult. This will affect their overall capacity for exercise and recovery.

Before training, be sure to warm up and stretch. Start your children with lighter loads and make adjustments accordingly. There should be no more than 3 non-consecutive exercise sessions in a week. Make sure that they drink plenty of water before, during, and after exercise. Getting enough water is very important with exercise, as it is very easy for children to get dehydrated. Finally, consider salt room therapy as an efficient, effective part of the rest and recovery program for your child.



Salt Therapy & Sleep



Research continues to contribute scientific support to the rising popularity of salt therapy. Halotherapy has been shown to help with many problems that you may be enduring every day (and even every night). The importance of sleep has been the subject of considerable research. Some of the most important and revealing research comes from studying the military and first-responders performance declined after being sleep-deprived. Hormonal levels, attention span, and the immune system are severely impacted after not being able to sleep. Salt therapy offers a naturally relaxing atmosphere that can help you breathe more easily, fall asleep and stay asleep. These effects contribute to stimulating rest through the healing properties of salt room air.

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How Does Removing Toxins Help Me Sleep?

When the salt enters your body, it inhaled into the deepest parts of your lungs. Once there, toxins, mucus and harmful bacteria plaguing your body are removed. This helps detoxify your body, clears your airways, and enables you to process air more efficiently. This will also help to alleviate congestion from the nasal tissues and sinuses. Once clearer, it can help to reduce annoying and fitful snoring. Snoring is typically a sign that you are not experiencing a restful night's sleep.

Can I Practice Salt Therapy at Home for Sleep?

Yes. The most popular way to help improve sleep at home is with a Himalayan salt lamp. These lamps emit the same beneficial, negatively-charged ions into your home. They also have the additional benefit of giving off a warm, pink illuminating glow. A Himalayan Salt lamp can be used as a night-light, as it releases a warm glow along with the negative ions. The negative ions can help you relax and de-stress at home before you go to sleep. To get the best experience turn on your Himalayan Salt lamp an hour before going to bed. Other home-use products include a Himalayan salt inhaler. The inhaler is most effective when used in an enclosed room. This device helps to replicate the salt room and can also help you de-stress and relax before bed.

This type of therapy works best when used as a complement to what you are currently using. Research has determined salt therapy works best when used on a regular basis. To achieve the best results, regular weekly sessions are needed. For the best results for your sleeping difficulties, 30-45-minute sessions are recommended. Be sure to visit your local salt therapy room to see the health benefits they can offer you.



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Cystic Fibrosis



Unlike many infections or diseases that affect the lungs and airways, cystic fibrosis is caused by a genetic mutation resulting in a chronic bacterial infection in the airway. More than 70% of the cases are diagnosed before the age of two years old. Cystic fibrosis can also affect the digestive system. People with cystic fibrosis experience poor absorption of food in their digestive system. This makes them underweight, and they tend to have chronic respiratory tract infections.

Cystic fibrosis is a complicated disease. Currently there is no cure, although research scientists are making advances. Patients with this disease experience a mucous build up in the

lungs because it cannot be properly transported across the surface of the lungs. As the mucous cannot be moved properly through the lungs, patients are more likely to get infections as bacteria become trapped within the mucous and grow uncontrollably. This can often cause chronic a lower respiratory tract infection known as pneumonia. Such developments of the disease can cause health problems. For example, because people with cystic fibrosis have poor digestion, it can result in excessive weight loss, nutrient deficiencies, and gastrointestinal problems.

Halotherapy has been explored as a viable, complimentary treatment for cystic fibrosis. Patients with cystic fibrosis

often experience a persistent cough, wheezing, breathlessness, infections, and inflammation of the respiratory tract. A recent study found halotherapy improved symptoms of cystic fibrosis by reducing cough and mucous buildup. Another study found halotherapy effectively removed bacteria and cells that cause inflammation while increasing protective immune-system cells. Such respiratory inflammations could be harmful to the tissues of the lungs. Halotherapy works on cystic fibrosis because the dry atmosphere of the salt room relieves the buildup of mucous and phlegm in the lungs. Because the body is not working effectively to clear the mucous, halotherapy helps by introducing large quantities of sodium chloride into the lungs to absorb the excess moisture (mucous). The mucous becomes more concentrated and can be more easily removed from the lungs through coughing.

Salt chambers have been shown to be hypoallergenic. This means that there are low amounts of airborne pollutants, bacteria, fungi, and viruses that could potentially irritate those with cystic fibrosis. The high concentration

of microscopic sodium chloride particles in the air has been shown to be an antibacterial, anti-fungal, and an antioxidant. With these qualities, halotherapy can conveniently and painlessly remove bacterial and fungi from the lungs of those with cystic fibrosis. These microbes can cause infections. Therefore, removing them through halotherapy is beneficial, convenient, and cost-effective. The anti-inflammatory environment in a salt room has also been shown to lower oxidative stress in the lungs of a patient with cystic fibrosis. This has an anti-inflammatory effect in patients with the disease. Overall, research continues to support the benefits of halotherapy to enhance the quality of life in patients with cystic fibrosis.

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Anti-Aging Skin Care



One of the aspects of skin care that generates the most interest is “anti-aging” skin care. As we get older, the natural defenses of our skin (and the whole body) weakens. Anti-aging skin care is concerned with protecting your skin from the negative effects of aging process. Anti-aging skin care looks at ways to help maintain a youthful and fresh appearance for as long as possible. However, anti-aging skin care is also about retaining resistance to disease. Though the research into anti-aging has increased, many people are unable to identify symptoms of aging. Therefore, they are unable to determine if they need additional anti-aging skin care measures.

When discussing the aging process, we are actually looking at two different “types” of aging: primary aging and secondary aging. Primary aging includes changes considered a “normal” part of our bodies getting older. These signs eventually occur in all of us, but at different rates. Secondary aging includes changes related to “use, misuse, and abuse”. These changes are typically unique to the individual. They occur relative to their adopted lifestyle. Like primary aging, these changes occur at different rates according to lifestyle.

Here is a list of visible aging symptoms of primary aging that will help you plan your strategy for anti-aging skin care: baldness, forgetfulness, graying hair, wrinkle formation, loss of eyesight, hearing loss and menopause. The presence of one or more these symptoms is a signal to up the ante on anti-aging skin care. We are talking about introducing additional measures for a results-oriented anti-aging skin care plan. Anti-aging skin care actually needs to start long before the symptoms of aging appear. Serious anti-aging skin care is building and following a proper skin care routine much earlier in life, perhaps as early as your teens. Anti-aging skin care doesn’t necessarily mean adopting any special skin care procedure. However, it needs to be based upon some normal procedures consistently practiced with the proper attitude. This is going to be a life-long process of consistently following good habits. Eating a lot of fruits, avoiding stress, being careful about excessive exposure to the sun, drinking plenty of water and using natural therapies can delay the aging process.

Once the signs of aging begin to be apparent, you should consider using some additional measures to your anti-aging skin care regimen. The market is full of anti-aging skin care products and programs. They range from creams and ointments, to medications and injections to, ultimately, surgery. With age, the skin undergoes significant cellular changes. You will need to carefully analyze your current skin care routine to check if it is still suitable for your skin.

A popular European option is regular sessions of halotherapy, or salt-room therapy. Simply sitting in the dry atmosphere of negatively charged salt ions has been a favorite of Europeans for decades. Taken together with salt facials and salt body scrubs, salt-room therapy is a quick, convenient and effective method to help preserve younger, more vibrant looking skin.

Remember that aging is a natural process. There is no “Fountain of Youth”, and there is nothing that can stop it from happening. But a carefully designed anti-aging skin program can certainly help delay the appearance of aging.

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Exactly What Is Salt Therapy?

By Dr. Tom Fisher

Without getting into a discussion of complex human physiology, the fact that we all need salt to survive is well known. In fact, our bodies often send us signals for salt in the form of cravings. It might be a sip of a sports drink, a crispy French-fry, or on the rim of an adult beverage, salt is a necessary part of our physiology and sociology. Salt is an integral player in maintaining our electrolyte balance. Together with potassium and other metal-salts, sodium contained in common table salt (NaCl) works to control the amount of water both inside and outside the cells. In short, it helps us maintain proper hydration.

Countries in East and Central Europe have a significant history of accessing and visiting salt caves in the belief that they offered health benefits. Although the benefits of salt therapy have been documented since ancient Greece and Rome, it seems that the “discovery” of the benefits of modern salt therapy were first documented in the early 19th century. An Eastern European physician noticed something unusual in his patients. Although he was seeing many patients with respiratory ailments (particularly during the harsh winters), he rarely saw salt miners. Salt was already a valuable commodity as a food condiment and had been mined locally for many centuries. Salt miners appeared to be significantly less susceptible to bacterial and respiratory ailments. Health benefits attributed to the salt environment and the unique microclimate. There is also a near-constant temperature and humidity microclimate in the caves. Beyond that, the air is laden with natural, negative salt ions. Putting “two and two together” is yet another “accidental discovery” made by a physician who was curious enough to take notice and investigate.

Salt therapies were called upon during periods with shortages of modern medicines. During World Wars One and Two, there was increased reliance upon these traditional “spa-related” therapeutic modalities. Many sought relief from typical respiratory ailments such as the common cold, respiratory allergies, asthma, COPD, and bronchitis. It is the negative ions found in the salt environment that provide the desirable anti-microbial or anti-bacterial properties. The anti-bacterial atmosphere of the salt caves provided relief without taxing the resources of already burdened governments. Beyond the respiratory benefits, patients also found the microclimates of the caves provided welcomed relief from skin problems such as dermatitis, eczema, psoriasis, seborrhea, shingles and other related skin conditions. The ready availability of the salt therapy, the low cost/investment (simply sitting in the environment), and the associated therapeutic relief cemented the useful role of salt-room treatment in European society.

Being a healthcare professional (and possessing an insatiable curiosity!), I am always on the lookout for new and exciting therapeutic approaches to health and wellness. While vacationing in Eastern Europe over the summer, I was introduced to the unique health-related activity: Salt Therapy. It seems that, for years, many Europeans have enthusiastically embraced this therapy. So enthusiastic has salt therapy been, many have even integrated it into their Activities of Daily Living (ADLs). Very much like soaking in the geothermal baths or drinking mineral-rich water (“Taking Waters”), many Europeans have found sitting in dedicated salt rooms to be both relaxing, rejuvenating and therapeutic. Despite salt therapy being adopted by the general European population, much of the research completed in Europe has been conducted on the elderly and children. Regardless of seeking salt therapy for health-related reasons, or simply for rest and relaxation, the popularity of salt rooms is on the rise. Modern salt therapy takes one of two forms: Speleotherapy, and Halotherapy.

Speleotherapy is the more passive form of salt therapy. Patients simply sit in a salt cave and breathe the ambient atmosphere. There are no amendments or additives, and nothing is purposefully circulated. Patients typically receive the environmental benefits from the natural salt accompanied by increased atmospheric pressure. This increased atmospheric pressure is due to the deep, subterranean location of the caves. The increased atmospheric pressure is thought to assist tissue absorption of microscopic, naturally-occurring negative ions in the air. Increased atmospheric pressure also helps improve gas exchanges (O₂/CO₂) in the alveoli of the lungs.

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Halotherapy is the more “active” form of salt therapy. Similar to speleotherapy, patients sit in the salt cave environment and breathe the air. However, the atmosphere is amended with the circulation of dry-ground salt. Microscopic, dry salt particles are circulated to enhance the anti-microbial qualities. Typically, therapeutic salt rooms are carefully constructed with slabs of natural salt rock (floors, walls, and ceilings) that are almost pure sodium chloride. In halotherapy, the negative ionization of the air is supplemented with circulated, dry, sodium chloride particles.

For both speleotherapy and halotherapy, an initial series of sessions is recommended. Four to five sessions of 30-minutes each are typically used to observe sensitivities to the therapy, as well as to gauge the relative effectiveness for each individual. Typically, any side-effects are minimal, but some patients may experience minor “itchy” skin, dry throat, or sinus drainage. Ultimately, the goal of health-related therapy is to strengthen the immune system. Research has suggested that hour-long sessions (14-20 sessions) scheduled over eight to ten weeks are the optimum “prescription” for salt therapies. Of course, additional treatments may be indicated, depending upon the severity of the condition. Also, additional sessions may be scheduled when patients are more likely to experience increased symptoms.

Although the acceptance of salt therapies is well established in Europe, the popularity in the United States is catching on and on the rise. Many patients report that, after trying a few sessions, they experience tangible benefit warranting further therapy. While some patients simply sit & listen to music, others find the environment most conducive to doing creative work (drawing, writing, problem solving, etc.). The expressed hope of many physicians prescribing salt therapies is to have it evolve from being strictly a prescribed therapy for existing conditions to a more wellness-oriented, regularly practiced preventative strategy. Undoubtedly more research will be oriented toward athletic performance enhancement and the field of anti-aging.

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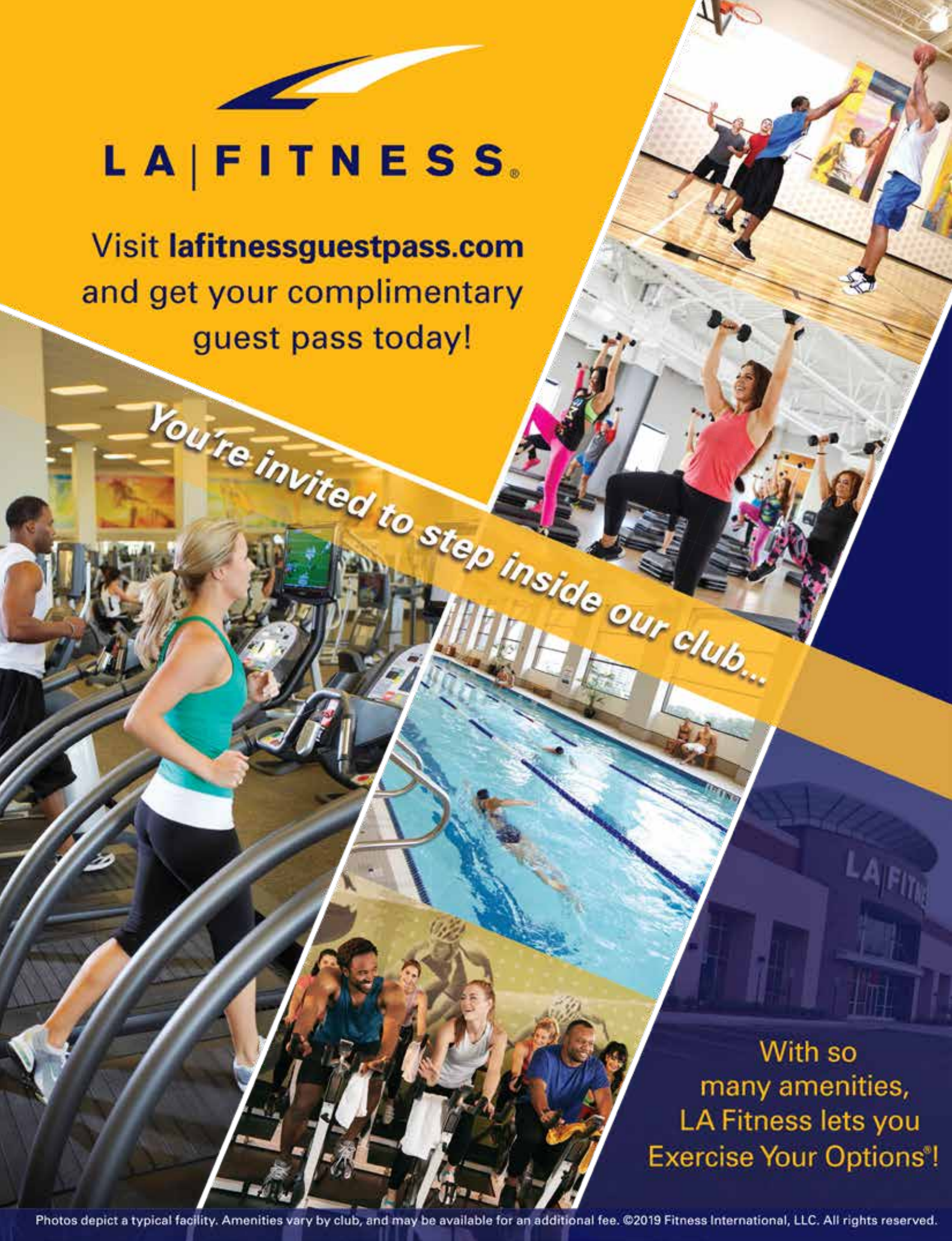




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Dextoxing For

It may seem to be a little disgusting at first when you are detoxing or cleansing. Your body may show some definite signs that you have built up toxins in your system. These toxins can have serious negative effects on your whole-body fitness and health. We have all experienced times when we feel sluggish and feel the effects of stressful, daily living. Your body may experience continuous aching, diarrhea, constipation, and feeling of clumsiness. Rapid weight gain and the inability to lose the excess weight can also be signs of having toxins in the body.

Many of the toxins found in the body are stored in fat cells. For Americans, who are products of the “Standard American Diet” (SAD), a person may

consume and store millions of toxins for each cell. In detoxing your body, you should pay attention to your elimination organs. There are particular organs in your body that deal on cell waste management. These organs play a major role in the detoxing process for a fit and healthy body.

1. Your liver is the organ that recycles unwanted chemicals in the body. It selectively filters toxins and eliminates them during the process of circulation. Other principal elimination organs will assist the liver as to where toxins will be stored and then eliminated.

If you are experiencing some signs of the presence of toxins, you might consider regular walking as a detoxifying exercise. Exercise is key to having a fit and healthy body. Many diet doctors also suggest that you drink plenty of lemon water. Not only is this an effective way of maintaining good circulation, it can increase the rate of detoxification of the body.





Fitness & Health

2. Your skin is, by far, the largest organ in the body. Not only does it provide a protective layer around muscles, organs, and bones, but it is also the first line of defense as part of your immune system. You can help detoxify your skin by making visits to your local salt-room therapy clinic. For decades, Europeans have integrated salt therapy into their daily lives to address a variety of skin problems. Conditions such as seborrhea, shingles, eczema, psoriasis, and acne have been successfully treated as the skin is detoxified.

3. The lymph glands also play an important role in eliminating toxins. A network of tubing transports excess cellular waste from the body to the final eliminating organs. The appendix, thymus, tonsil, and spleen are major lymphatic glands. They all assist the major organs of the body in the cleansing and detoxifying process.

4. The kidneys help in the water management of the body. They are the organs that keep the proper chemical balance of the blood alkaline by eliminating dissolved acid waste. You can help your kidney function by drinking plenty of water. It is better to consume fresh alkaline juices and purified water. You should consume several glasses of fresh water every day to see positive results.

5. The lungs are the organs that keep the blood air purified. They allow the oxygen to go directly to the bloodstream. The circulatory system is responsible for removing waste material found in every cell of the body. Deep breathing and fresh air are helpful in keeping the lungs healthy and free from toxins. If you are in the urban area, it is recommended that you find an oxygen rich area where you can perform deep breathing. Halotherapy, or salt-room therapy, is an excellent option to help cleanse and purify your lungs. It provides an ideal anti-bacterial environment to practice deep breathing exercises. Sitting quietly in the dry salt room atmosphere allows the lungs to be treated directly as you breathe.

6. The colon is a solid waste management organ in your body. Medical practitioners have reported patients that have several pounds of rubber-like solid waste on the walls of their colon. Detoxing and cleaning the colon can be difficult, although there are numerous products available at health-food stores to address colon detoxification. However, you can certainly benefit from having a waste free colon as well as a clean and healthy body.

Beat the Summer Heat

with Healthy & Tasty chilled dishes

By Anne C. Fisher, CSW

Now that the full heat of summer is upon us, we're all trying to find ways to beat the heat. After long tough hours in the gym, running, or spin class, our body temperatures are already elevated. Now is the season to cool down with tasty and healthy chilled dishes. As an alternative to heating up the kitchen (or standing over a hot grill!) it's great to have some "go-to" cool but substantial meal choices in your training table arsenal.

In the summer you can find so many gorgeous fruits and vegetables at their peak! Better still, these healthy choices can be mixed or topped with training friendly protein options. You can use up some leftover chicken breast or pick up fresh steamed seafood from your local purveyor. The following training friendly ideas are heavy on fruits, veggies and healthy fats. With the addition of your favorite protein, they provide an easy, satisfying, chilled meal.

One of the best classic summer dishes is gazpacho. This is a cold veggie soup that originated in Spain, where summers are warm and tasty produce is abundant. This is also super easy to make and keep in the fridge for a few days. The classic red gazpacho (below) features red

bell pepper and tomato, and tons of fresh herbs. With great produce, this soup is a nutritional powerhouse, high in lycopene and Vitamin C! It can be topped with chilled steamed shrimp or crab meat, both of which are low in fat, high in protein, and laden with important minerals.

Perhaps the most quintessential summer fruit of all is the ripe juicy watermelon! And it's not just for snacking anymore. Use watermelon as the basis for an amazing summer salad. Spread a bed of organic arugula, fresh flat-leaf parsley (leaves only please, no stems!) and fresh mint on a large platter. Toss cubed watermelon with the very best quality crumbled feta cheese and scatter over the greens. Drizzle it with homemade olive oil and lime dressing like the one below and sprinkle it with cracked black pepper. That's all...! Although it's embarrassingly easy to put together, this salad is absolutely delicious and so refreshing! It also makes a fantastic base for any leftover chicken, shrimp or steak you may have on hand. Or, you could even pick up chilled poached salmon from your local seafood market as a quick, protein topper.

For a simple but delicious summer dessert, pick up organic strawberries, and a small block of good quality parmesan



cheese. Roughly break up the parmesan cheese into bite size chunks. Arrange it on a plate with the fresh strawberries and sprinkle a few drops of excellent quality balsamic vinegar over top (just a few drops, as a little goes a long way here!). The fresh tartness of the strawberries contrasts beautifully with the creamy saltiness of the parmesan cheese. Finally, the balsamic drops offer a surprising burst of sweet & sour acidity. Healthy magic!

Wash down these tasty cool treats with a “Summer Sunset”. Simply muddle a fresh

strawberry, a small chunk of watermelon and a tiny piece of mint in the bottom of a glass. Pour over your favorite sparkling water or sparkling wine over the fruit. Garnish this beauty with a twist of orange rind, for a beautiful and refreshing drink. Impressive...!



All of these dishes are best prepared with fresh and organic produce, and cheeses that are naturally lower in fat but high in healthy enzymes. As always, buy organic when you can, and purchase the absolute best quality veggies, cheeses and protein you can afford. Beat the heat while staying healthy and fit. Enjoy these “lazy, hazy, crazy days of summer...”.

Recipes



Olive Oil & Lime Dressing

- 1 tablespoon Dijon mustard
- 1 teaspoon freshly grated ginger root
- Zest of one lime
- Juice of one lime
- About ½ cup extra virgin olive oil
- Salt, fresh ground pepper
- hot sauce to taste.

Put all ingredients in a jar, close the lid tightly and shake until blended.



Red Gazpacho

- Red bell pepper, seeded and diced
- Cucumber, seeded and diced (extra for garnish)
- Small red onion peeled and diced
- Three large ripe tomatoes, peeled and diced
- 1 clove of garlic pressed (more if you like)
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh chives
- ¼ cup red wine vinegar
- ¼ cup extra virgin olive oil (extra for garnish)
- Diced avocado for garnish

Place all ingredients in a blender and pulse until your desired consistency. It should remain a little chunky but if you like it completely smooth, blend away! Serve chilled, garnished with diced cucumbers and avocado, and a healthy drizzle of top-quality extra virgin olive oil.

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Not only are these substances organic in nature but they are also combined and formulated into the VETIA MARE line according to the principles of Good Manufacturing Practice throughout the entire productive process. Therefore they qualify for the most stringent level of certification by NATRUE, an international non-profit organization whose sole mission is to safeguard and promote the highest standards of natural skincare.





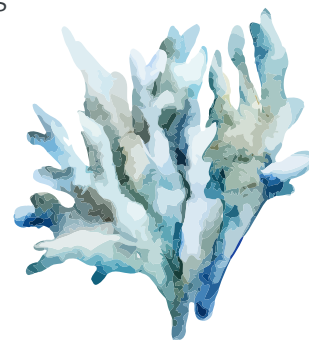
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Micro- and macro-algae, a diverse agglomerate of marine plant life millions of years old, have survived countless natural disasters and therefore possess highly developed adaptive and protective mechanisms, as well as the ability to repair and regenerate damages from biotic and abiotic stresses. The brown, green and red algae, whose extracts are used throughout the VETIA MARE range, revitalize the skin, prevent elastin degradation, stimulate collagen synthesis, enhance cell-to-cell communications and protect against excessive damaging free radicals. The net cosmetic result of their action, together with the extracts from other related sea plants, plays an important role in smoothing and regenerating the skin.

Gorgonian corals belong to a group of primitive marine life that possesses exclusively a simple intake-and-excretion system, a prototype of the human gut. All the other life-sustaining systems are based on substances called secondary metabolites, such as phenolic compounds, terpenoids and glycosides, which have superior free radical-scavenging, immune, UV protective and many other essential properties. This enables their extracts to act as efficient antioxidants, solar screens, and modulators of interactions between normal skin microbiota and human skin immune system thus protecting the skin from oxidation-and ultraviolet-induced damage, a prime cause of premature skin aging as well as balancing an healthy microbial pattern on the skin surface that provides a calming and soothing effect on irritated skin.



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Lemon Bio



The absolute daily care for demanding dry skins

Age-Defying 24H Dry Skin Cream available at thesaltscene.com



AGE-DEFYING 24H OIL BALANCING CREAM, 50 ml

This soothing cream, designed for oily, stress-prone skin, contains ocean-derived ingredients, which calm irritation, diminish redness and swelling, reduce pigmentation, and regulate sebum secretion. An extract from sea whip contributes to powerful calming benefits while a brown alga extract inhibits pigmentation and sebum production. The final aesthetic result is a finely textured matte complexion, light and even color, clarity and brightness of your skin.

Marine Actives
Eau vitale d'algues
Gorgonian extract
Lightocean
Collagen 1%
Sea water
Sebocea
Wakame extract

Oils
Chula oil
Coconut oil
Inca Inchi oil
Kendi oil
Cocoa butter
Shea butter

Water Origin
Lemon Bio



The first class daily care specially formulated to respond to oily skin needs

Age-Defying 24H Oil Balancing Cream available at thesaltscene.com



SMOOTHING EYE CONTOUR CREAM, 15 ml

Expressly formulated for the delicate skin surrounding your eyes, the ocean-sourced ingredients in this multi-faceted treatment provides long-lasting effects of increased firmness, reduced wrinkling and lining, and enhanced hydration. It effectively alleviates (attenuates) dark under-eye circles. A complex of compounds from a marine alga with a unique “light collecting” capacity provides natural luminosity that makes your eyes radiant.

Marine Actives
Eau vitale d’algues
Gorgonian extract
Lightoceans
Collagen 1%
Sea water
Sebocea
Wakame extract

Oils
Chula oil
Coconut oil
Inca Inchi oil
Kendi oil
Cocoa butter
Shea butter

Water Origin
Lemon Bio



The ultimate eye cream
for an invigorating and
vitalizing effect

Smoothing Eye Contour Cream
available at thesaltscene.com



BRIGHTENING EYE-LIFT SERUM, 15 ml

This highly effective serum restores youthful sparkle to your eyes. Compounds from marine micro algae help restructure the eye contour and strengthen its surrounding tissue reinforcing the collagen network. They also diminish dark circles and produce an immediate lifting effect and wrinkle reduction. Substances from seaweed create a protective moisture barrier to maintain optimal hydration in the very thin and delicate skin around your eyes.

Marine Actives
Dermochlorella DG
Eau vitale d'algues
Gorgonian extract
EPS seafill PA
Qollagen 1%
Sea water
Wakame extract

Oils
Avocado oil
Kendi oil

Water Origin
Lemon Bio



The eye serum for a
youthful look

Brightening Eye-Lift Serum
available at thesaltscene.com



ENERGIZING SERUM, 30 ml

A balanced blend of marine substances derived from brown algae and seaweeds improves skin structure, invigorates skin functions, stimulates its natural defense systems, energizes, and provides sustained hydration. The proprietary combination of sea plant extracts counteracts a wide range of contributors to cellular aging leading to the reduction/disappearance of fine lines and wrinkles. Leaving the skin complexion with a healthy and radiant glow.

Marine Actives
Eau vitale d'algues
Gorgonian extract
Homeostatine MS
Pheohydrane G
Phycojuvenine
Qollagen 1%
Wakame extract

Oils
Chula oil
Kendi oil

Water Origin
Lemon Bio



A pampering texture in a high class face serum

Energizing Serum
available at thesaltscene.com



MOISTURIZING REFINING ENZYMATIC PEEL, 100 ml

Enriched by extracts from green and red algae, the peel possesses unique multi-faceted functions, such as gentle skin exfoliation, deep purification, pore constriction, and texture refining. Owing to the complex mixture of active ingredients, the peel provides strong protection from oxidative and mechanical damage to your skin as well as helping skin regeneration. All types of skin could benefit from this enzymatic peel as an essential supplement to daily cleansing.

Marine Actives
Astaplancton GB
Astaplancton HA
Eau vitale d'algues
Exfo bio
Sea water
Zymo Clear MD

Oils
Avocado oil
Chula oil
Coconut oil
Inca Inchi oil
Kendi oil
Olus oil
Shea butter

Water Origin
Lemon Bio



The innovative luxury
gel-to-milk for more
radiance

Moisturizing Refining Enzymatic Peel
available at thesaltscene.com



FIRMING BODY LOTION, 200 ml

This firming body lotion corresponds to the body's physiological rhythm and enhances its well-being. Micro algae and seaweed extracts improve skin elasticity, reduce fibrin deposition in derma, fat accumulation in hypo derma, and controls normal function of adipose tissue. Collectively, it provides a new, more effective approach to cellulite prevention and reduction. The ocean-derived substances also relieve dryness, lessen the appearance of fine veins and refine skin tone and texture.

Marine Actives
Concentre Coralline
Eau vitale d'algues
Dermachlorella DG
Eau vitale d'algues
Goryonian extract
Pheohydrane G
Qollagen 1%
Sea water
Wakame extract

Oils
Avocado oil
Coconut oil
Chula oil
Kendi oil
Olus oil
Shea butter

Water Origin
Lemon Bio



Complete premium body care in a luxurious texture

Firming Body Lotion
available at thesaltscene.com



REVITALIZING CLEANSER, 100 ml

Enriched by extracts from green and red algae, the peel possesses unique multi-faceted functions, such as gentle skin exfoliation, deep purification, pore constriction, and texture refining. Owing to the complex mixture of active ingredients, the peel provides strong protection from oxidative and mechanical damage to your skin as well as helping skin regeneration. All types of skin could benefit from this enzymatic peel as an essential supplement to daily cleansing.

Marine Actives
Eau vitale d'algues
Sea heather
Sea mayweed SC
Sea water

Oils
Coconut oil

Water Origin
Lemon Bio



Natural pore-deep
cleanser

Revitalizing Cleanser
available at thesaltscene.com

SALT THERAPY HAS BEEN SHOWN TO RELIEVE AND IMPROVE SYMPTOMS OF:

www.thesaltscene.com

COPD

Halotherapy has been reported to decrease the severity of coughing for those with COPD.

PAGE 37



ALLERGIES

Halotherapy treatment can bring relief to those suffering from allergies and hay fever.

PAGE 18



CYSTIC FIBROSIS

Salt therapy brings much-needed relief to those suffering with cystic fibrosis.

PAGE 52



ASTHMA

Salt has anti-inflammatory properties that reduce inflammation.

PAGE 29



COLD & FLU

Headaches, sinus congestion and runny nose can all improve after just one session.

PAGE 32



BRONCHITIS

Salt therapy is a drug-free treatment that improves the functioning of your lungs.

PAGE 31



EAR INFECTION

Salt therapy treatments can reduce inner ear edema caused by ear infections.

PAGE 39



STRESS & FATIGUE

Salt therapy can help with overall health, stress relief, and relaxation.

PAGE 44



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IF IT'S ON OUR LABELS, IT'S IN OUR BOTTLES

OUR SALT ROOMS

The Salt Scene is a spa-like, salt room experience that uses dry salt for purposes of allergy relief, relaxation, combating stress and fatigue, improving lung function, and providing relief from many skin conditions.



Children's
Room



Igloo
Room



Ocean
Room

Free Salt Therapy Session

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try a salt therapy session on us!



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