

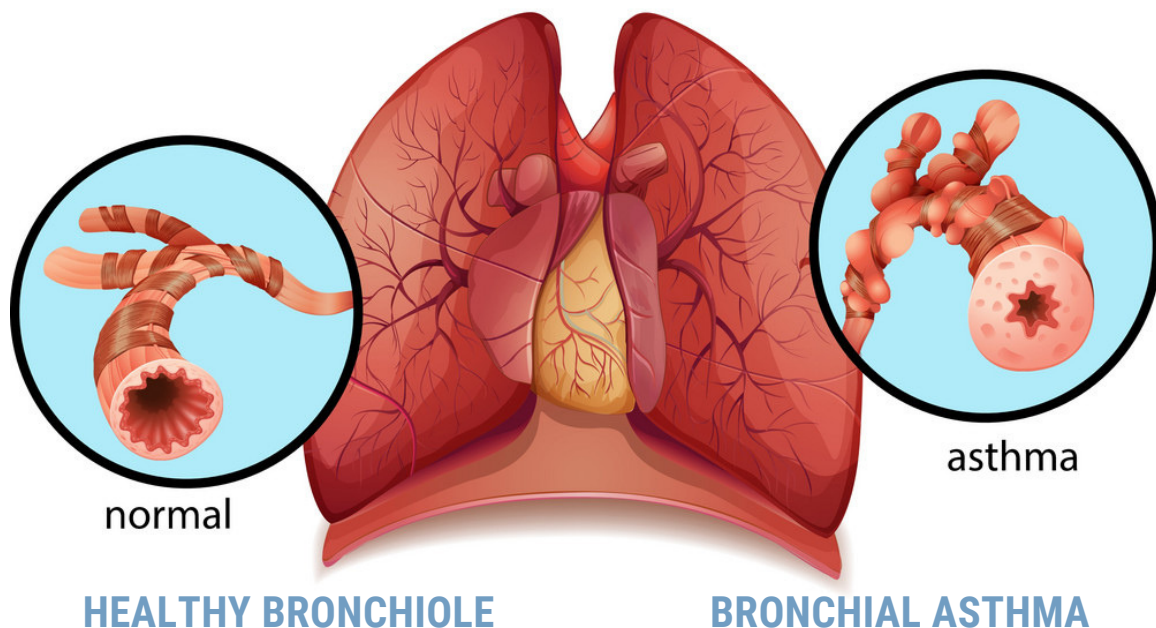
ASTHMA & SALT THERAPY

The cleansing effects of dry salt aerosol on the respiratory system may provide relief from the symptoms of acute and chronic respiratory conditions as mucus is more easily expelled and mucus production decreases.

When lungs are clean and free of mucus, inhaled medications can effectively interact with the lung when mucus is not inhibiting the dispersal of the puffer within the lung.

Salt Therapy is a complimentary practice that should never replace standard medical treatments.

Your Asthma Management Plan provided by your Doctor should be up to date. Asthmatics are required to have access to their blue reliever puffers during a salt room session.



Asthma is a disease of the airways involving inflammation of the bronchial tubes that carry air into our lungs. Sometimes it is harder for a person with asthma to breathe in and out, but at other times their breathing is normal. Asthma is a long-term (chronic) disease which has a genetic component and is triggered by dust, pollen, mould, animal dander, odours including chemical vapours. Asthma can be a life threatening condition and medical attention is necessary in emergency situations.

Symptoms of asthma may include:

- Shortness of breath
- Wheezing
- Persistent cough
- Chest tightness, difficulty breathing

Disclaimer: The information in this brochure should not be considered as medical advice. The information contained is a result of extended study and research and should only be considered as an opinion based literature review. Salt Therapy and Salt Therapists do not treat, diagnose, prescribe or cure any disease.

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