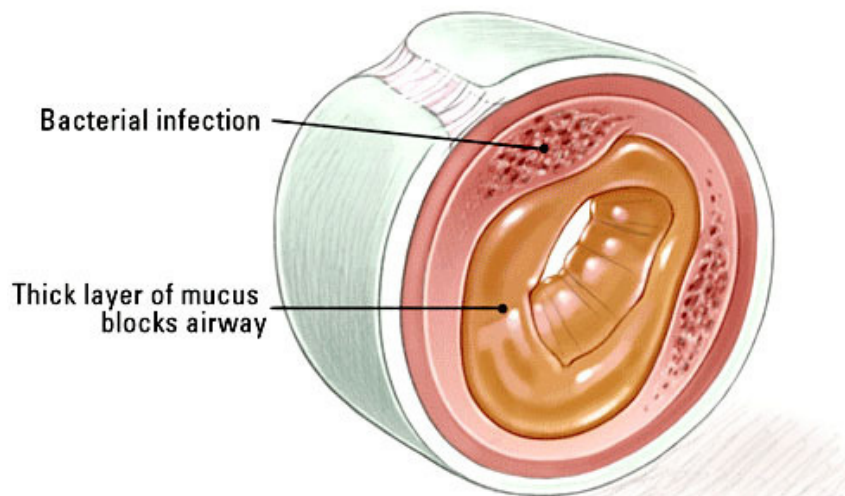


CYSTIC FIBROSIS & SALT THERAPY

The action of Salt Therapy acts as a way of cleaning the respiratory system. The dry salt solute has a cleansing effect on various parts of the body. Research suggests that, positive health responses are a result of clean mucus membranes and the removal of built up sticky mucus. The cleansing of the membrane provides a process where pathogens and pollutants trapped in mucus are easily expelled.

Airway with CF



Cystic fibrosis is an inherited disease that is relatively common. Cystic fibrosis affects multiple parts of the body including the pancreas, sweat glands, and the lungs. When someone has cystic fibrosis, they often have many lung problems. The cause of cystic fibrosis lung problems, is directly related to the basic dysfunction of salt in the lungs.

People with cystic fibrosis have lung problems because:

- Proteins for diffusion of salt into the airways don't work.
- Less salt in the airways means less water in the airways.
- Less water in the airways means mucus layer is very sticky.
- Sticky mucus cannot be easily moved to clear particles from the lungs.
- Sticky mucus traps bacteria and causes more lung infections.

Individuals without cystic fibrosis have a small layer of salt water on the membrane of the lungs. This helps to keep the lung clean. Individuals with cystic fibrosis do not have this salt water layer and sticky mucus builds up as a result.

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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