

ASTHMA



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Asthma

Asthma is a condition where the airways become inflamed, narrow and swell, and produce extra mucus. This can cause difficulty breathing and trigger coughing, wheezing and shortness of breath. Imagine breathing through a straw all the time, with your lips tightly closed. This is what it feels like for many asthma sufferers. The airways can be severely restricted, meaning not enough oxygen can be passed through to the lungs. Asthma is the third leading cause of death in New Zealand and is more common in Children.

How salt therapy can help

Salt therapy can dramatically reduce asthma symptoms with the inhalation of dry salt aerosol. This can improve mucociliary clearance and decrease bronchial inflammation which means better lung function, fewer spasmodic attacks, and clearer air passages. The sodium chloride

particles are carried into the deepest recesses of the bronchial system due to the unique aerosol dispersal system and the microscopic size of the particles. Salt therapy can help create a better flow of oxygen into the lungs, kind of like breathing through a much bigger straw.

In controlled studies, the majority of subjects showed reduced bronchial obstructions, better drain function of the airways, and improved viscosity of bronchial secretions. The number and intensity of asthma attacks was reduced and respiratory discomfort decreased, which allowed most to reduce or even eliminate prescribed medication.

Salt therapy can be applied as a complimentary method to promote and maintain a clean and healthy respiratory system

Opening hours: Mon to Fri: 10am-7pm | Sat: 10am-5pm | Sun: 10am-4pm

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