

COPD, EMPHYSEMA & BRONCHITIS



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SALT

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Finding it hard to breathe?

Chronic obstructive pulmonary disease (COPD) is a chronic inflammatory lung disease that causes obstructed airflow from the lungs. Symptoms include difficulty breathing, cough, mucus (sputum) production, and wheezing. Emphysema and Chronic Bronchitis are the two most common conditions that contribute to COPD.

Chronic bronchitis occurs when the lining of the bronchial tubes becomes inflamed, restricting airflow from the air sacs (alveoli) of the lungs. Common characteristics include a daily cough and mucus production.

Emphysema is a long-term, progressive disease of the lungs that causes shortness of breath due to over inflation of the alveoli which can block airflow and make it difficult to breathe.

How salt therapy can help

Salt therapy helps to cleanse the respiratory system and speed up the elimination of toxins from the body. Inflammation is reduced due to natural properties of the inhaled salt particles. The smallest micro particles of salt reach the lower respiratory system and work as a “bronchial brush” for the airways.

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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