

CYSTIC FIBROSIS



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What is cystic fibrosis?

Cystic Fibrosis is an inherited disorder that causes severe damage to the lungs, digestive system and other organs in the body. It affects the cells that produce mucus, sweat and digestive juices. These secreted fluids are normally thin and slippery but in people with Cystic Fibrosis, a defective gene causes the secretion to become sticky and thick. Instead of acting as a lubricant, the secretion blocks tubes, ducts and passageways, especially in the lungs and pancreas.

How salt therapy can help

Salt therapy has proven to be an invaluable resource for sufferers of Cystic Fibrosis. The hydrophilic and microkinetic action of inhaled salt particles thins unnaturally thick and sticky mucus, unclogging passages in the bronchi and bronchioles. Other benefits are the absorption

of oedema (fluid) from the mucosa lining of the airways and the reduction of inflammation in the respiratory track and sinuses.

According to a study published in the New England Journal of medicine regarding the side effects of salt therapy in Cystic Fibrosis patients, “the results of our trial were revolutionary. We saw a sustained improvement in lung function, a major reduction in the number of lung flare-ups, a reduced need for antibiotics, and fewer days off school or work due to illness.”

Salt therapy can be applied as a complimentary method to promote and maintain a clearer and healthier respiratory system.

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

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