

Saline therapy, natural remedy for respiratory, dermatology and cosmetology problems. *by Richard Zagrobelny*

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Halotherapy or salt therapy uses dry aerosol of salt micro particles and minerals to treat respiratory and dermatological ailments and replicates conditions of treatment that has been practiced in European salt mines since early 19th century. It is a physical, non invasive, drug free and safe therapy.

It can be used as a complementary treatment to prescribed medications or as a sole treatment. When Halotherapy is used as a complementary treatment, it can increase the effectiveness of prescribed medications, and decrease their amount.

Very important factor in the effectiveness of Halotherapy is negative ionization of dry salt aerosol micro particles. Negative ions are very beneficial for humans. In certain hills and mountain areas nature produces high concentration of negative ions. In part this is because in the mountains there is less dust in the air to consume the negative ions. Throughout history mankind has gone to hilly areas to rest and recuperate, particularly from respiratory diseases.

The energy in moving waters also generates a lot of negative ions. As a waterfall is tumbling over rocks or waves are crushing on the seashore, the positive charge remains in the larger drops and the negative charge flies free with the fine spray, forming negative ions. At waterfalls everybody swimming and breathing in the mist usually laughs and talks loudly, and that is because they are absorbing Life Force in the form of negative ions and oxygen.

Experiments showed that cilia of the trachea, or windpipes, are stimulated by negative ions and depressed by positive ions. Human cilia are microscopic hairs that maintain whiplike motion while cleaning the air we inhale of dust and pollen and other matter that should not reach the lungs.

Another tests, on athletes subjected to negative ions environment demonstrated considerable improvement in general physical and mental tone, in cheerfulness, energy, appetite, and in the ability to sleep soundly.

In 1966 at a hospital in Jerusalem, doctors performed a series of tests on thirty eight infants between two and twelve months old. All suffered from respiratory problems. The research reported that negative ions without any other treatment seem to cure attacks of asthma and bronchitis more quickly than drugs. They also observed that there were no adverse side effects frequently found when treating such children with drugs.

Halotherapy, Dry Saline Aerosol Therapy has been developed on the basis of Speleotherapy - underground natural healing rock salt chambers.

The beneficial health effects of the microclimate of salt mines have been known for centuries. Even before they were first described in a book published by a Polish physician Feliks Boczkowski in 1843. Since then, the practice of bringing patients with respiratory diseases down to the salt mines for healing spread throughout Europe, and it has become a standard feature of Spa treatment of respiratory diseases.

In the 1980s Eastern European scientists began to build Halotherapy chambers that re-created in clinics and other above ground facilities the microclimate of salt mines. These Halo chambers have floors and walls lined with rock salt. Patients sit in the Halo chamber (salt therapy room) for 45 minutes per session while music and aesthetical, natural environment creates a relaxed mood that promotes healing.

Salt covering of Halotherapy chamber surfaces is performed chiefly to deliver negative ion environment (like water falls, pine forests, ocean and sea shores). Another major reason is to deliver an aesthetic function for stress reduction, which is a powerful psychological effect contributing to healing. Is it necessary to use Dry Saline Generator (Halogenerator) in a salt therapy room which surfaces are covered with salt? Concentration of 3-5 mg of particles of minerals per cubic meter, with breathable particles of 1-5 micrometers is absolutely necessary for creating right healing Halotherapy environment. This factor has been investigated by experts and is very well known. It has been proven that this concentration of minerals has a critical importance for therapeutic action in the respiratory tract.

It is the dry salt aerosol that protects the air of the underground Speleo-chambers. It keeps it sterile and amicrobial (not caused by or related to microbes). So in order to re-create this microclimate in artificially created Halotherapy chambers all surfaces are covered with salt, and dry saline aerosol is delivered by Halogenerator (Dry Salt Aerosol Generator).

Dry Saline Generators are certified as medical devices in European countries, and are in use throughout Europe, and are starting to spread to North America with increasing intensity.

At the end of the day it all comes back to the old Naturopathic saying: "The closer we are to Nature, the healthier we are. The further away from her we get, the more diseases we have"

- Father Sebastian Kneipp, a famous naturopath (1846).

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About the Author

MSc. Eng. PE. Majored in Chemical Engineering. Specialized in the science of water and air purification. Fifteen years ago took interest in natural healing methods, which led him to the area of salt therapy and its devices.

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