

# the **SaltSuite**<sup>®</sup>

**BREATHE EASY**

The Simple Story of Salt  
Tiffany Dodson



**BREATHE EASY**

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*“There must be something  
strangely sacred about salt. It  
is in our tears and the sea.”*

- Khalil Gibran, Lebanese American  
writer, poet and philosopher

# Stories and Research about the Efficacy of Salt Therapy

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*“Change is the end result of true learning”*

– Leo Buscaglia, American author and speaker

I recall waking for school winter mornings in the early 1980s and sitting next to the warmth of a heat vent as my mother prepared my usual school day breakfast – rich homemade chocolate cake and Pepsi! While my mom was a loving mother, her understanding of nutrition and health lacked. My pursuit of natural healing and wellness came as an ‘acquired taste’, often fed by my insatiable appetite for learning and appreciation of research and experiment. When my oldest daughter, who has an innate interest for natural wellness, invited my husband and me to our first salt therapy session, I was curious and a little skeptical as I had not researched therapy nor did I know many people who had experienced it.

The day of our session, the weather changed and a pressure system developed. Soon, I felt a familiar pain as my right shoulder tightened, the right side at the back of my neck grew stiff and a constant pain emerged just inside the brow line of my right eye. It

was my constant major weather change companion, a migraine. Typically, this called for a prescription medicine with rest. If I capitulated immediately, the pain would relent and I could have a mostly normal remainder of the day. But if I delayed too long, then my old companion would visit for a few days. And my first salt therapy session was set to begin in 30 minutes.

Not wanting to disappoint my daughter who made heroic arrangements to secure a private session for her father and me, we headed to the salt cave, vowing to leave immediately at the end of the 45-minute session to secure my medicine and rest. But something happened during session. While my husband, who never naps, restfully slept, minute by minute, the pain started to subside. And at the end of a 45-minute salt therapy session, my migraine was gone.

That experience led me to research salt therapy, reading studies translated from other languages as well as many documents in my native English language. My husband and I visited many salt caves around the US and networked with those in various industry roles. Ultimately, we parlayed a 25-year passion of franchising with our newfound passion for salt therapy, to bring salt therapy to markets across the US through The Salt Suite®. It is with great pleasure and passion that I share in this Mini Buk what salt therapy may do for your health journey.

## Youth Returns

*“Out of difficulties grow miracles”*

– Jean de la Bruyere, French philosopher

### The Story of Mel and Betty\*

On a humid mid-morning visit in May 2020 to The Salt Suite® in Lake Worth, FL, I met a spry athletic looking 81-year-old named Mel. With a bounce in his step and a gleam in his eye, he walked toward the front door to meet me and share his salt therapy journey. In December 2019, five-months prior, Mel headed to the local hospital to visit his wife, Betty, age 77. Both had been under the care of a pulmonologist for several years, and Betty was experiencing breathing issues severe enough to require a hospital stay. Shortly after Mel arrived, their pulmonologist stopped by to examine Betty. Hopeful, Mel asked what else could be done to improve his wife's condition. The doctor replied that he had given Betty, and Mel too for that matter, all of the medicine and treatment that he could give them. There was nothing else to try. Saddened and concerned, Mel asked the doctor if he thought that salt therapy could help. Mel had read about it online. The doctor responded that ‘it couldn't hurt’.

When Betty was released from the hospital, Mel and Betty headed to The Salt Suite® at Lake Worth for salt therapy. Mel shared that when they decided to start salt therapy, they were going to give it 110%, coming three to four times per week for salt therapy sessions. With a grin and an extra twinkle in his eye, Mel said, “I’m back to playing golf, as a matter of fact, I’m headed there next to play with friends. And tomorrow, I’m playing tennis at 10:00, so I’ll come in for salt therapy later in the afternoon. And I’m sorry that you did not get to meet Betty today, she is at yoga, but she will be here tomorrow at 10:00! You see, salt therapy gave us our life back and now we do the activities that we did when we were younger. Our pulmonologist is very happy and very shocked by this turn of events”. I stood basking in Mel’s sunshine with goose bumps.

# Ancient Salt, Modern Health

*“Salt is born of the purest of parents:  
the sun and the sea”*

– Pythagoras

## From Ancient Salt Deposits

From preserving food, to a form of currency, to treatment for various ailments, salt has been used for various purposes for centuries. As far back as 20 million years ago, a shallow sea covered Europe and Russia. As the sea retreated, salt deposits were left between 10 and 300 meters below. We know that the earliest civilizations formed near salt deposits. Rome built roads to transport the valuable compound more easily. The phrase ‘worth their weight in salt’ comes from Roman soldiers receiving payment in salt. Even the word salary comes from Roman workers receiving payments in salt. Those who study religions know that the Bible uses salt as a metaphor for sustaining life. For centuries, salt has helped sustain life.

## The First Salt Cave

In 1843, Polish physician Dr. Feliks Boczkowski discovered that one type of miner rarely became sick and did not suffer the normal respiratory issues associated with working in underground. Furthermore,

the workers physically looked younger than their years. What did this group have in common?

They all worked in the Wieliczka salt mine.

Dr. Boczkowski began treating respiratory patients in the mine, sending them underground for sessions while workers mined salt, creating fine particles that were inhaled by patients. By 1958, Wieliczka salt mine became a speleotherapy health resort. Speleotherapy refers to a cave like microclimate where small salt particles are inhaled. By 1976, Russian doctors and scientists created a machine, called a halogenerator, that crushes salt into tiny particles and sends them into the air as a dry aerosol. Halo is the Greek word for salt, thus the name halogenerator.

### **So, how does salt therapy work in the modern world?**

Today, clients enter a room that has a cool dry climate and relax in comfortable clothing reclined in a cushy chair as a modern halogenerator crushes pharmaceutical grade salt into pieces one to five microns in size. For perspective, 80% of the pieces are smaller than two microns and that is 30 times finer than a human hair. The fine salt particles penetrate deeply into the respiratory tract and through the layers of the skin.

**After hearing how it works, often friends and clients ask the following questions:**

**Can I sit in a room with salt on the walls and gain the same benefit?**

While the decor on the walls and floor may have a beautiful relaxing glow, the benefit of salt therapy comes from pharmaceutical grade salt as a dry aerosol. The small particles reach deep into the respiratory tract and skin. Salt décor does not do accomplish this goal.

**Don't you use Himalayan salt in the generator?**

No, we use pharmaceutical grade salt. Himalayan salt is wonderful for cooking, but contains various minerals, normally 84 trace minerals including potassium, calcium, magnesium, iodine, iron, zinc, and many others. We do not want to put these minerals in our lungs, so we use pharmaceutical grade salt which is 99.99% Sodium Chloride (NaCL). Sodium Chloride dissolves in the mucus and exits the lungs after doing its job.

**Isn't a day at the beach the same thing?**

A day at the beach is wonderful, but not the same thing as halotherapy. Salt dissolves in...water! So pre-dissolved salt will not go into the lungs and penetrate the skin like a dry salt aerosol (salt therapy).

## **Is salt therapy for breathing issues only?**

Salt therapy not only aids with breathing issues, but also with skin problems, supports immune health, improves sleep, and increases performance. Both adults and children benefit from salt therapy.

## **Isn't salt bad for you?**

Human blood has a salt concentration of 0.9%. Cry, and you will taste a saltiness on your cheek from saline in the tear ducts. Our bodies are naturally a little bit salty. But, in a 45-minute salt therapy session, a client's salt intake is 100 times less than the daily recommended value. Most of the salt is inhaled, and as it thins mucus, it exits the body<sup>1</sup>.

## **What about people with heart conditions?**

Another study specifically looked at elderly patients with concomitant cardiac pathology. The study concluded that long-term use of halotherapy benefited these patients. The same study showed that patients with coronary artery bypass graft surgery also benefited from salt therapy showing a reduction and stabilization of arterial blood pressure<sup>2</sup>. A separate study researched the effects of salt therapy on patients with Chronic Obstructive Pulmonary Disease (COPD) and either hypertension or coronary heart disease and found that salt therapy offers positive effects on the lungs as well as on blood pressure<sup>3</sup>.

## More Life in the Day

*"If you're still breathing, you're still in the race"*  
– Author Unknown

### The Story of Charlie\*

Charlie is a legend at The Salt Suite®. He started salt therapy in 2016 and by the time that we met in the summer of 2020, he had logged hundreds of salt therapy sessions. Charlie retired from a large engineering company and after therapy, when he had the oxygen to chat, he would share stories about manufacturing feats and his life. When Charlie joined in 2016, a team member shared that he would park his large white pickup truck as close to the front door as possible, narrowly wedging it between two cars if necessary. He would slowly pass the check-in desk, not speaking, flashing a blood oximeter on his finger to the receptionist. She grabbed a quick glance and said, "Let me call an ambulance!". Charlie responded that he needed his salt therapy and he would be fine. As a lifelong smoker, Charlie developed COPD and had deteriorated lung health. A reading of 84 on his blood oximeter was a normal site for him. After two sessions of salt therapy, Charlie stopped at the desk to chat for a moment with the previously startled receptionist. He showed her that his new reading was 95.

Charlie explained that while there was no cure, with the help of his doctor and salt therapy, he would live a longer fuller life. Two to three times per week, Charlie would visit for his therapy. And after his session, he would chat for a few minutes with team members or other clients and then head back to his pickup truck for a little more life in his day.

## Breathe Easy™

*"Breathing is the greatest pleasure in life."*

– Giovanni Papini, Italian journalist, essayist and novelist

Salt therapy offers a natural alternative to manage your symptoms from allergies, asthma, bronchitis, COPD, sinusitis, smoker's cough, and upper respiratory infections.

### **How does salt therapy help those with respiratory issues?**

The halogenerator grinds pharmaceutical grade salt into fine pieces so that it may reach the lungs. Salt, a natural anti-inflammatory, reduces inflamed areas of the respiratory tract, opening swollen passages so that air (oxygen), and mucus pass more freely. Salt thins mucus so that it leaves clogged areas more easily, taking with it allergens, toxins, and germs as mucus is meant to sweep those infiltrations from our respiratory tract and eliminate them in our waste. Salt also brings an anti-bacterial property that many find helpful. When mucus and fluid remain in sinuses and ears (eustachian tubes), bacteria can grow causing a painful infection. With salt therapy, mucus and fluid more easily clear from passages and salt kills bacteria, thus reducing the likelihood of these infections.



### **Salt Therapy and Breathing Issues Research**

As Dr. R. Richard Leinhardt, an ENT facial plastic surgeon in New York City and a first responder to 9/11 shares in a US News article, “It follows with sodium chloride being an integral part of the body’s physiology and dealing with homeostasis and health. Saline in the lungs is key to eliminating toxins that we either inhale or otherwise come into contact with, and salt allows the body to excrete impurities through ion exchange”<sup>4</sup>. Dr. Oz further described the process on a February 2014 show segment. Dr. Oz described how salt therapy thins mucus allowing cilia, the hair like

fiber of the lungs, to move more freely, moving mucus with bacteria and toxins out of the respiratory tract<sup>5</sup>.

In a study of patients ages seven to sixty with various respiratory conditions, patients exposed to halotherapy (modern salt therapy) showed improvement in inflammation and allergic response as well as a decrease in the body's sensitiveness and in infectious inflammatory process. This study also showed a need to continue salt therapy to maintain these benefits<sup>6</sup>. Patients exposed to salt therapy had less inflammation, could breathe better and were less sensitive to their triggers.

For anyone considering salt therapy, salt has a positive impact on the nervous system, mucosal surfaces, extending to salivary glands, middle and an inner ear (ear infections), sinus cavity gingival zone, oral cavity as well as physical lesions<sup>7</sup>. While it seems a bit 'hocus pocus' to some, science shows that salt therapy has very positive effect on those with respiratory issues as well as for healthy individuals wishing to reduce the likelihood of colds, flu and virus.

## The Magic of a Hairstyle

*"Beauty begins the moment you decide to be yourself."*

– Coco Chanel

### The Story of Michelle\*

August 2020, I met Michelle at a Salt Suite® in Florida. She had psoriasis on her arms, back, and most troublesome on her scalp. Michelle has long thick, beautiful hair, and she loves wearing it up, especially in the hot humid Florida summers. But her entire scalp was completely covered in itchy, scaly, psoriasis. Not only was it visible when she pulled back her hair, but it flaked all over her shoulders and back. Michelle had been to 3 or 4 doctors. She tried their prescriptions and treatments, with little improvement in itchiness nor in appearance. She was exhausted of itching and tired of psoriasis dictating what she wears and how she wears it. She was embarrassed by its appearance and the looks that strangers gave.

Michelle started salt therapy three times per week, pulling a double session, sitting for two sessions back-to-back. In addition, she used a topical cream that we carry, Mindful Minerals Get Nurtured, on her skin and

even on her scalp at night. I recall about 3 weeks after starting salt therapy, Michele traveled over the weekend, stretching out her sessions, and she could tell that she was a little itchier than over the prior week with therapy. Two-months after starting salt therapy, almost to the day, Michelle walked into the suite in a sleeveless top and her hair pulled up. I exclaimed, “Michelle, your hair is up!”. She beamed and did a little model spin. It was amazing that after many doctor appointments and other therapies, adding two months of salt therapy three times per week plus Get Nurtured made a world of difference in how she felt, and how she looked. Michelle beamed.

## How Does Salt Therapy Improve Skin Health?

*“Invest in your skin. It’s going to represent you for a very long time.”*

– Unknown

For me, envisioning how salt therapy works in the respiratory tract was easier than comprehending how it works to improve skin. I was amazed by the salt therapy research related to skin conditions. The research helped me better understand the purpose of tiny dry salt particles, and what occurs as the salt penetrates the skin.

A 2006 study showed that salt therapy improves skin as well as hair! As microscopic salt particles touch exposed skin, it increases skin cell ion channels and activates electrophysiological activity that creates skin protection. In addition to being anti-inflammatory and killing bacteria, it releases fluid trapped in tissue. As salt penetrates the skin, it balances the Ph, and encourages skin regeneration<sup>8</sup>. By its nature, salt aids in draining the lymphatic system as it thins mucus and clears pathogens detoxifying the body.



This helps clear the skin from acne and blemishes. Among many benefits, this study found that salt therapy improves:

- “atopic dermatitis, diffuse and exudative form in maintenance phase

- recurrent urticaria
- psoriasis in maintenance phase
- eczema
- sebaceous hypersecretion (seborrhea adiposa)
- pyodermatites
- pinta and onychomycosis
- thermal cutaneous lesions
- postoperative states (aesthetic surgery)
- comedogenous disease (acne)
- cellulite
- fading skin
- trichopathy<sup>8”</sup>

**Fighting a skin issues like neurodermatitis  
disseminate, allergic dermatitis, atopic dermatitis,  
eczema, psoriasis, streptodornase, or others?**

Then according to a 2003 study, salt therapy can help. Those with atopic dermatitis were found to benefit most in this study, especially when there was fluid in the tissue. This study also found a benefit to the outer cosmetic layer of skin<sup>2</sup>.

**More specifically, how does salt therapy improve  
these conditions?**

Halotherapy works on superficial and deeper skin layers increasing activity and improving the skin's protective properties. This provides healing as well as cosmetic effects. Salt therapy normalizes skin pH, stimulates "restorative and regenerative processes in

the epidermis and derma resulting in increases in skin rigidity". Plus, the therapy "Improves microcirculation cellular membrane activity, enhances skin regeneration and elasticity, and reduces wrinkles and edema" all with insignificant risks<sup>9</sup>.

Thinking back to Dr. Boczkowski's observation that Wieliczka salt miners looked physically younger, I realized how this was possible after reading through this research. We cry salt; we sweat salt. It is a natural revitalization tool for our body.

## You Saved My Son's Life

*"To describe my mother would be to write  
about a hurricane in its perfect power.  
Or the climbing, falling colors of a rainbow."*

– Maya Angelou

### The Story of Cole\*

For many of us, there is nothing fiercer nor more beautiful than our mother's love. For these mothers, there is nothing that will stop them from helping their child thrive. When something threatens the child's life, a whirl of emotion, persistence and fight unleash. Cole had severe asthma. By age 2, he had six different medications and, in that year, had taken three trips to the emergency room. His mother was desperate to find something that could help more. She feared that one day, the rescue inhaler or the trip to the ER would not be fast enough. Frantically researching for answers as she raced an unseen countdown to the next major attack, Cole's mom learned about salt therapy and how it helps children with asthma, ear infections as well as supports the immune system. Cole's pediatrician agreed that it was a good idea to try. What Cole's doctor knew and what we know not only from testimonials and observations, but also from research, is that salt's anti-inflammatory properties

shrink inflamed air passages. As well, salt thins mucus, making it easier to clear through those now open passageways. As well, salt's anti-bacterial and anti-microbial properties help to kill bacteria and other things that could harbor in a respiratory system that is not efficient, helping the body to stay healthier. After 6 months of salt therapy twice per week, Cole had only needed one dose of children's over-the-counter Benadryl.

Cole's mom confided that she believes that salt therapy saved her son's life, as the asthma attacks were too frequent, and the steroids too many. Cole's mom sleeps much better now knowing that her son breathes better. And she loves the benefits that she and Cole's brother receive by taking salt therapy with Cole. They have fewer colds and stay healthier. Just two relaxing play sessions a week transformed Cole's world and his families'.

## Is Salt Therapy Safe for Children?

*"The body heals with play, the mind heals with laughter and the spirit heals with joy."*

– Proverb

Parents seek salt therapy for children for many reasons. The most common include, asthma, ear infections, skin conditions and immune support to make catching colds, flu, and virus less likely. As a parent, we want to help our child and make certain that we do not cause harm. Commonly, parents ask if salt therapy is safe for children. While we always suggest talking with your doctor, studies indicate that salt therapy can be a safe, all-natural therapy for children.

### **Routine salt therapy for children with asthma:**

Asthma is one of the most common conditions that send parents seeking to learn about salt therapy. Several studies have specifically evaluated the effect of salt therapy on children with the condition. One studied 235 children, 177 with asthma, ages seven to sixteen over a four-year span. A control group used sputum induction only, while the others received sputum induction and salt therapy. Those receiving

salt therapy benefited more as salt successfully moved mucus. The study noted that the therapy was tolerated well and is less invasive than other methods<sup>10</sup>. A different 2017 study shared in Pediatric Pulmonology found that children with asthma who took seven weeks of salt therapy at two sessions per week showed fewer constrictions had fewer spasms<sup>4</sup>. A 2016 study found that children with asthma showed improved quality of life measures after salt therapy sessions<sup>11</sup>.

### **Reducing ear infections and skin conditions:**

Children with ear infections often experience the reoccurring pain. With skin conditions, no parent wishes to watch their child have an itch that a scratch does not remedy. A 2016 study showed that salt therapy helps with both<sup>12</sup>. Salt therapy reduces the inflammation in the sinus and into the middle ear area as well as thins the fluid so that it drains more easily. For skin conditions, salt therapy penetrates deep into the skin layers, killing bacteria that may come from constant scratching and reducing the inflammation, improving the effects of childhood eczema and psoriasis.

**Children's salt therapy:**

Children often comment that they don't want to leave our kid's suite! They think of their salt therapy as play time. With salt therapy offering a safe all-natural complement to modern medicine, parents often choose to add it for respiratory and skin conditions as well as to improve immunity from the latest bug going around. And when your child feels better, you feel better too!

## What is This?

*"Life is full of surprises."*

– John Major

### The Story of Jack\*

Jack grew up coming to The Salt Suite® a time or two per week from the time that he was baby until age 7, when his family moved to an area that did not have a salt cave. Jack had always been and is a very healthy boy. He plays with other kids, goes to public school, and participates in all the normal things that a kid does.

After moving, his mom contacted us to tell us an amusing story. It had been about 6 months since Jack had salt therapy. He called for his mom with a concerned voice. Jack wiped the end of his nose where there was some green mucus and asked, "What is this stuff coming from my nose?". You see, Jack had never, not once, had a cold before. And at age 7, he did not know that nose could make such a thing.

Jack's mom was not surprised. She started coming for the immune support benefits and that is why Jack had

been a customer since birth. We know not only from testimonials and observations, but also from research that over time, salt therapy provides an immunological effect by elevating T lymphocytes which are our germ fighters. As well, salt's anti-bacterial and anti-microbial properties help the respiratory system fight bacteria and other attacks to our health. Then layer in the anti-inflammatory properties, that open the airways and thin mucus so that the respiratory tract may cleanse itself more easily of colds, flus, and toxins. Amazing what a once-a-week salt therapy habit can do to support the immune system!

# How Does Salt Therapy Support the Immune System?

*"The Greatest Wealth is Health."*

– Virgil

Surely, if something all-natural, enjoyable, and accessible lowered the likelihood of contracting the common cold, flu, and viruses, then everyone would do it, right? That is exactly what we think, and perhaps scientific studies will convince more people to add salt therapy to their weekly routine.

## **Mitigate Cold Flus and Viruses:**

During a study of people with rheumatic diseases like arthritis, psoriatic arthritis, osteoarthritis, lupus and gout, researchers found that salt therapy effects certain antigens and stimulated antibodies<sup>7</sup>. Another study with a mix of participants from healthy, at-risk for COPD, has COPD and asthma, researchers found that after 3-months of salt therapy two times per week dramatically improved healthiness and quality of life. Of those receiving treatment, there were 14 cases

of acute respiratory viral infections and 104 days of symptoms vs. the control group who did not receive treatment and had 55 cases of acute respiratory viral infections and 585 days of symptoms. The study followed 160 people, both male and female, and various age groups<sup>13</sup>.

### **Building Germ Fighters:**

In a US News article, Dr. Joseph Marino, medical director of Long Island Jewish Valley Stream Hospital in New York states, “the efficacy of halotherapy [may] be related to an immunologic effect by elevating T lymphocytes, which are one of our germ fighters.” Theoretically, this could translate into better immune function and greater protection from colds, flu and other contagious illnesses”<sup>4</sup>.

### **Want to make fewer family members sick?**

In multi-university study, researchers examined if salt therapy could mitigate transmission of germs. Humans expel germs as small droplets that come from the fluid lining the airways. These exhaled bioaerosols carry airborne pathogens and fuel the spread of infectious diseases including influenza, tuberculosis, and severe acute respiratory syndrome. The study showed that salt therapy mitigated the release of germs in exhaled air including SARS germs, and called for additional research<sup>14</sup>.

**In summary, salt therapy may build germ fighters, make catching the common cold, flu, and viruses less likely, as well as make it less likely to share those germs with loved ones.**

As one study surmised, "It is extremely expedient to apply halotherapy for the primary and secondary prevention of Respiratory Disease"<sup>2</sup>. The application of salt therapy restores movement of mucus to remove particles and gases from the respiratory tract for smokers and others exposed to risk factors<sup>2</sup>. Want to improve your immune system? Then sit back for a relaxing 45-minutes and let salt therapy work its magic...or science rather.

## It's Cheaper than a Divorce

*"If you want a happy marriage,  
then keep the sergeant happy!"*

– Bill Ritter, my husband's grandfather,  
happily married for over 50 years

### The Story of Nancy and Bill\*

I was visiting a New Jersey location when I met Nancy and Bill. Nancy asked, "Could you please make a note on our account?". I responded, "Of Course", and asked what I should note. Nancy said, "Please note", with Bill right in earshot, "that if Bill ever cancels this membership, then we are getting a divorce"! With that Bill and Nancy fortunately burst into laughter... and so could I! It piqued my interest, so I asked them to explain. You see, Bill has sleep apnea and snores like crazy all night. Nancy says that it is so hard for her to sleep. But when Bill comes one to two times per week for salt therapy, then he sleeps so quietly and Nancy gets to sleep too!

We know not only from testimonials and observations, but also from research that salt's anti-inflammatory properties open airways, making air flow less restricted. Nancy said that she joins Bill once a week for salt therapy for the immune support and relaxation. And laying all jokes aside, Nancy and Bill both know that Bill needs a good night of rest too. Who would have thought that just one to two times of salt therapy per week could make you rest better and keep the sergeant happy?

# Does Halotherapy Reduce Stress and Improve Sleep?

*“A crust eaten in peace is better than a banquet partaken in anxiety.”*

– Aesop

The world can be a stressful place with tension coming from our personal lives, careers, and surrounding world events. Wouldn't it be nice if a 45-minute salt therapy session could reduce stress levels? Fortunately, scientists have found that salt therapy does have a positive impact on stress and sleep.

A scientific study titled “Halotherapy Benefits and Risks” concluded that salt therapy is a natural treatment with insignificant side effects that offers a “beneficial effect on the psycho-emotional state” on both adults and children. The study also found that salt therapy may improve some psychosomatic conditions including:

- stress and fatigue
- headaches
- immune reactivity<sup>9</sup>

## **How might salt therapy improve stress?**

Salt is naturally antibacterial. Salt coated walls and floor paired with a state-of-the-art HVAC and airflow system allow salt's bactericidal properties to ensure air purity<sup>15</sup>. During salt therapy, the body breathes clean air, so it is not having to work as hard at purifying the air. This allows the body to rest. Salt is naturally anti-inflammatory and helps to lessen inflammation in the body<sup>16</sup>. Chronic inflammation has been linked to damaging healthy cells and body tissue including the organs over time. Inflammation “can lead to DNA damage, tissue death, and internal scarring.

All of these are linked to the development of several diseases including:

- cancer
- heart disease
- rheumatoid arthritis
- type 2 diabetes
- obesity
- asthma
- neurodegenerative diseases, such as Alzheimer’s disease<sup>17</sup>”

While reducing inflammation in the body, salt also works to rid the body of bacteria and pathogens by thinning mucus in the respiratory tract, reducing inflamed passageways, thus clearing the toxins from our body<sup>4</sup>. A 2006 study found that the detoxifying benefits combined with the anti-inflammatory properties that a positive psycho-emotional benefit is realized, and salt therapy had an antidepressant effect<sup>8</sup>. Lower stress combined with happier feelings, make getting a good night of rest easier.

### **How Does It Help With Sleep?**

With less inflammation and open airways, salt therapy has also shown to improve sleep, even in children with adenotonsillar hypertrophy, enlarged tonsils<sup>18</sup>.

Many of us fail to take time to restore and recharge. In addition to researched benefits, salt therapy provides a moment to breath clean air, separate from daily stresses, and focus on yourself<sup>19</sup>. Recharge, breathe, and reduce stress naturally with salt therapy.

## Run for a Clearer Head

*"Exercise not only changes your body  
it changes your mind your attitude  
and your mood.*

– Author Unknown

### The Story of Nina\*

Nina is a runner. She ran in high school, in college and ran marathons through her 40s. As she turned 51, her right ankle began to swell. Her doctor prescribed different medicine and therapies, which she dutifully tried for over 9-months. Nina went from running 12-miles in a day without an issue to not being able to run one-mile due to the pain in her ankle. Not running impacted more than just her physical fitness. Running had always served as a great mental cleanse. She missed her runs.

Her doctor suggested that she continue his regimen and add salt therapy for the anti-inflammatory properties. What her doctor knew and what we know not only from testimonials and observations, but also from research, is that salt penetrates deep into the layers of skin and pulls away trapped fluid.

Inflamed joints can take a while for salt to improve, but Nina was persistent. She continued her medical therapies and took two sessions of salt therapy per week. At the 3-month mark, Nina was excited to tell us, she ran 12-miles, with no ankle pain and then quickly removed her sock revealing that both ankles were the same normal size. Just 90-days with two sessions per week had put Nina back on track to doing what she loves.

# How Does Salt Therapy Improve Performance?

*“To give anything less than your best,  
is to sacrifice the gift.”*

– Steve Prefontaine, American Long-Distance Runner,  
Competitor 1972 Olympics

Performance may mean many different things to different people. For some, it means athletic performance. Whether a professional athlete, weekend warrior, or someone working out for healthy lifestyle, performance includes our ability to accomplish an athletic task. For others, it may mean breath control for activities like singing, performing arts and professional auctioneering. Does salt therapy deliver benefits for various types of performance? In short, yes. But let's explore what research has found about salt therapy and improved performance.

## **Improved Respiratory and Cardiovascular function:**

Salt therapy increases the airways. Bacteria in our airways causes breathing issues, and salt therapy cleans the bacteria from the airways. Those who take salt therapy have an increase in respiratory volume, improved oxygen levels, improved cardiovascular performance as well as decreased heart rate and



breathing rate<sup>20</sup>. These multifaceted benefits make salt therapy a wonderful tool for those who want more athletic energy, better breath control, and peak performance. The better oxygen flow, the better the muscle recovery.

### **Swollen joints:**

Workouts, aging, and performing repeatedly may cause swelling, especially in joints. Salt therapy is anti-inflammatory and pulls fluid trapped in skin<sup>8</sup>. Fewer days of swelling may mean more productive days with less pain.

Improved breath and cardiovascular performance coupled with reduced swelling makes a great recipe for various types of performance. Whether you are an opera singer, a professional speaker, or enjoy competing with yourself athletically, then salt therapy offers an opportunity to increase performance naturally.

## Changing Lives One Breath at a Time®

*"It is health that is real wealth and not pieces of gold and silver."*

– Mahatma Gandhi

In April 2021, we refreshed The Salt Suite® website. Once more, I found myself diving into salt therapy research from doctors and scientist. Sharing client stories and explaining salt therapy in plain English answer many questions. Some of us, myself included, want to see the science or ‘proof’ of how it works. Although salt therapy is an old natural therapy, many in the US have never heard of its benefits. Many do not understand what it is nor how it many help them or loved ones live a changed life. As I read the research noting citations for the website, the idea came to write a mini book about salt therapy. Perhaps this little book exposes someone to the concept, and it helps them or a loved one. Perhaps someone has heard of it, but like my first reaction, wondered if salt therapy was real or placebo. My hope for the Mini-Buk is that it raises awareness of salt therapy – what it is, how it may help and encourages more people to benefit from its natural properties.

After our experiences taking salt therapy, talking with those in the industry and reading the research, my husband and I thought about what it would be like if every major city had a salt cave. What if most people could access a natural therapy that helps them stay healthier and alleviates symptoms from ongoing health challenges? We and the franchisees of The Salt Suite® share that passion. We are compassionate professionals that enjoy working with clients, while Changing Lives One Breath at a Time®.

Would you do us the favor of letting us change your life or a loved one's life?



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\*Names changed in stories.



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## CONDITIONS IMPROVED

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EAR INFECTIONS

ECZEMA  
ENDURANCE  
PSORIASIS  
SINUSITIS  
STRESS

BREATHE EASY



# The Healing Power of Salt

As the demand grows for natural relief for respiratory and skin conditions, the amount of research on salt therapy's benefits and effectiveness expands. The information uncovered in clinical trials and studies support salt therapy and outlines how it can help alleviate symptoms of millions of people. Explore what salt therapy can do for you and your lifestyle.

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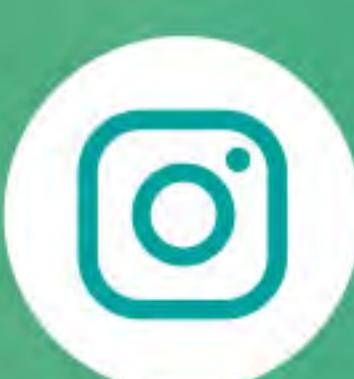
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