

# Health News Review

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## Salt Therapy: A brief history

For many years the seaside and sea air was regarded as beneficial and bracing, and trips to the seaside "to take the sea air" became very popular with our forbears. For years during June, Skegness became known as "Little Leicester" as the hosiery workers took up residence during the firms' fortnight. Two weeks at the seaside was not only a holiday for all but was also popular because it eased the symptoms of respiratory ailments picked up in the cramped, noisy, hot, workshop environment.

The belief in the benefits of salty air has always been strong and it has always been highly regarded as a "folk

remedy" and passed down through the generations. This belief has always been based on anecdotal evidence, no research to confirm or disprove the theory was ever carried out. With the increase in respiratory ailments in the world, that situation is likely to change. Particularly as recent research in Europe has shown that the benefits are real and tangible.

The many benefits of Salt Therapy have been well known in continental Europe for some time. They believe in the use of salt therapy, how the dry aerosol micro particles of salt and minerals can treat respiratory ailments such as asthma etc. However, to take salt therapy in Poland, Romania, Hungary and Germany sufferers do not head for the seaside, they head for the Salt Mines!!!.

A spell in the salt mines, once regarded as punishments for dissidents committing offences against the state, is now a high tech treatment centre for those with respiratory ailments. The salt mines in the Ukraine and the Praid salt mines in Romania have been transformed into modern luxury clinical centres providing treatment for over 10,000 people per year. Temperature in the mines is steady all year round at 22°C, residents sleep on beds in alcoves carved out of the salt, it is said the air in the mines lessens the respiratory system's sensitivity to allergens.

## How does it do this?

It has been clinically tested and proved that the heavily salted air in a salt mine contains the micro particles that dissolve the phlegm in the sufferer and kill the infectious micro-organisms. Those in charge of these clinics are anxious to provide links with the UK because we currently have the highest prevalence of severe respiratory ailments, particularly in young teenagers, and the NHS currently spends nearly £900m a year on providing treatments. It is estimated that over 5 million people alone currently receive treatment in the UK for asthma.



## What led to the discovery of Salt Therapy?

It is a fact that salt miners rarely suffer from tuberculosis or respiratory diseases and it was acting upon this that led to the development of speleotherapy, which means to be located in a room or area with a presence of Salt Crystal Rock and to breathe the Ionized air, and is the method used in the salt mine clinics. The treatment is little known away from the immediate environs of salt mines but common in parts of Eastern and Central Europe where the mines are located and the therapy has been established for many years. Britain, with its complete lack of salt mines, (though not dissidents) has had to content itself with the annual seaside pilgrimage. But not anymore!

## How can it be used in the UK?

Armed with the research in Europe a Hungarian Company developed **Salitair** using salt from the **Klodawa Salt Mine in Poland**.

Preliminary reports, have been full of praise for the effective nature of the treatment. One eminent physician, **Dr S.L. Wildman-Chard BSc MSc PhD**, herself a chronic asthma sufferer and a Doctor with a great many contacts in the medical profession wrote to say, **"I am delighted... I noticed an improvement instantly there is no question that your innovative drug free product delivers exactly what it claims. For me it almost completely eliminates the residual congestion that did not respond to steroids or Ventalin. Despite being under an expert consultant and complying rigidly to all listed instructions I have never been**

**able to enjoy a cough free day or night. Now I sleep better and experience a vastly improved lung capacity during all activities as long as I use the pipe for 10 minutes in the am and 5 minutes in the pm."**

## The new improved Saltpipe

### A breath of fresh air

Redesigned with a refillable salt chamber, Salitair can be emptied for a complete and thorough clean of the entire unit for maximum levels of hygiene.

### Top-up for tip-top performance

The salt inside Salitair can also be topped up or completely refilled, with replacement salt available from Tower Health to keep Salitair fresh and working at its best.

You will find that Salitair replicates the conditions of "Salt mine therapy" a treatment we now know has been practiced in Eastern Europe since the late 18th and 19th centuries.

