

Living He

WELL-BEING

Halotherapy is all about going drugless

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Is salt just for seasoning? This mineral actually has a wide range of benefits away from the dining table. Salt has actually been used in treatment since the times of the Greeks and Romans when Hippocrates, the father of modern medicine, praised its uses and people bathed in warm salt water to relax and heal various skin complaints.

Salt therapy is a holistic, drug-free treatment which takes place in a salt room coated with salt crystals with controlled air and humidity. Also known as Halotherapy, (halo is the Greek word for salt), it simply involves breathing in salty air. The microclimate in the room can effectively treat people with respiratory problems and skin conditions by promoting better breathing, healthier skin, undisturbed sleep and overall well-being. It helps people suffering from asthma, bronchiectasis, allergies, COPD, sinusitis, cystic fibrosis, cough and eczema.

We are surrounded by ions, both positive and negative. Pollution, chemicals and electronic devices emit positive ions which are known to have negative effects on the body. During halotherapy, the salt is ground into tiny micro particles by halo generators and then dispersed into the salt room or bed. The salt releases high concentrations of negative ions in the air. Inhaling these ions helps to heal the body and promote the overall well-being. It also helps to reduce inflammation, widen the airways, accelerate mucus release, eliminate toxins and allergens and strengthen the immune system. This is significantly beneficial for those suffering from asthma and chronic upper respiratory conditions.

(The author is founder, Salt World)

