

HSR LAYOUT
RESIDENTS WATCH
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THE MONTHLY NEIGHBOURHOOD MAGAZINE

BREATHE EASY
 Clear your airways naturally with Salt World in HSR Layout, Sector 3
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SALT WORLD




Healing sanctuary

Salt World treats symptoms related to breathing and skin disorders
 By our CORRESPONDENT

During World War 2, soldiers used to hide inside natural salt caves to relax and heal their breathing disorders. Way back in 1843, a Polish scientist found that salt mine workers never suffered from any breathing ailments. And this led to the first man-made salt cave in Russia in 1989. And later in UK in 2008. And now, it's in HSR Layout. Healthy people can boost their immunity by staying in this regulated salt room for an hour. The more sessions you take, the better it is. For people with severe breathing disorders, 30 sessions are advisable. 'Anyone above the age of six months can use it,' says Deepthi Babu, the Co-founder of Salt World in Sector 3. 'It is not recommended for the person who is constantly on oxygen and not fit enough to walk even a few metres, unless their specialist doctor still recommends it.'

There is clinical evidence to this. A 2006 study in the New England Journal of Medicine found that salt therapy improved lung function among people with cystic fibrosis. Another study the same year by the European Respiratory Journal found that inhaling aerosolised salt temporarily improved smoking-related symptoms such as coughing and mucus production among smokers. The patients that Residents Watch spoke to said they were experiencing less shortness of breath, reduced coughing and decreased sinus pressure because of their continued use of Salt World. For more clinical studies, visit: <https://tinyurl.com/saltroom>.

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This study by National Health Services (NHS) in the UK with Salt Cave, a wellness centre, is testimony enough. According to their survey of 42,000 individuals, nine out of ten clients voted for the efficacy of salt therapy. But why salt?

Because it is antibacterial, anti-inflammatory, removes allergy-causing organisms, boosts general immunity and loosens excessive mucus and clears nasal congestion.

'Our salt rooms are coated with pure sea salt that mimics the natural salt cave,' explains Deepthi. The heart

of the whole treatment is a device called Halogenerator which is imported from UK. This device is accredited by the National Healthcare Services (NHS), UK. This machine grinds the salt into microscopic particles and disperses it into the salt room. The people resting in our salt rooms will inhale pharmaceutical grade salt particles that will go into their respiratory tract and cleanse the whole system by removing pathogens, smoke residues and pollutants.'

Bangalore being the allergy capital is just the perfect city for a salt room. And with pollution rising by the day, this drug-less holistic treatment with zero side effects is the best bet, according to the Salt World promoter.

Salt therapy works for both adults and children above the age of six months. 'Athletes and vocal intensive professionals like singers and musicians can benefit from salt therapy,' says Deepthi. 'Salt therapy improves their endurance and stamina.'

Says 10-year-old Swetha: 'I have had the Nasal Polyps issue since my childhood. After my 8th session, nasal blockages reduced and I could breathe better.' She is not alone. Says 65-year-old Ram Mohan: 'I have been suffering from COPD for the last six years. Before

starting the therapy, I was feeling heaviness in my lungs even when I walked a little. After my 7th session though, I could see a considerable amount of improvement in my breathing pattern.'

Deepthi's husband benefitted too. 'Rajesh had a very bad cold and a minor skin issue,' she says. 'After taking a couple of sessions, he got completely relieved from them. And I have personally seen a considerable amount of stress relief after being in the sessions.'

According to Deepthi, salt therapy is best to relieve symptoms of people suffering from Asthma, COPD, Sinusitis, Bronchiectasis, Rhinitis and Hay fever, cold, flu, tonsillitis, Cystic fibrosis, allergies, Smokers cough, ear infection and psoriasis.

'What's more, it can help healthy people in much the same way. It controls sneezing, coughing, snoring and shortness of breath,' says Deepthi. 'It makes you breathe easy after just a few sessions. It reduces

and/or eliminates the necessity of antibiotics and inhalers. It enhances lung function, reduces mucus and clears the sticky phlegm from the lungs, relieves stress, strengthens immunity and improves your quality of life.'

Step inside the salt rooms in comfortable clothing, wearing their hair and foot covers. You could just doze off in the lounge chairs, listen to music, watch your kids play, read a book, play a board game or watch TV. There is a separate kids room where they can play games, puzzles, build salt dunes, read, or watch TV. Salt World will soon have branches in other parts of Bangalore too.

So what are you waiting for? Step right in to breathe easy. It's your breathing wellness spa. (Names of patients changed to protect identity)



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