

# SALT THERAPY WORKS FOR PULMONARY FIBROSIS



# Pulmonary Fibrosis

## a chronic lung condition

Pulmonary fibrosis refers to scarring of the lung tissue (fibrosis of the lungs).

The most common type of this is called Idiopathic Pulmonary Fibrosis (IPF).

its cause is not understood.

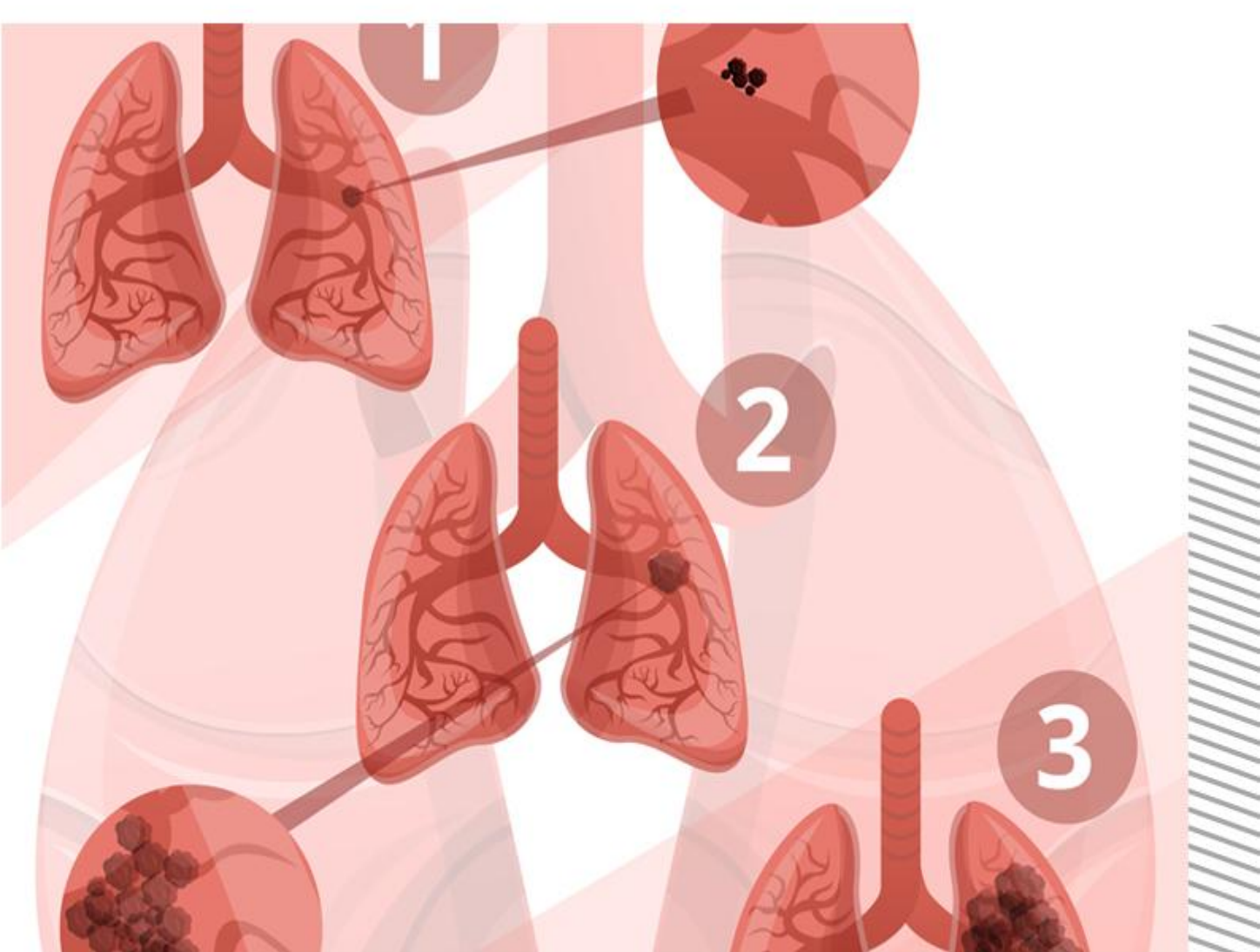
Symptoms of pulmonary fibrosis include:

- Cough
- Shortness of breath or difficulty breathing
- Decreased exercise tolerance.

A number of different medical conditions can also cause pulmonary fibrosis.

Causes of pulmonary fibrosis can include:

- Environmental toxins
- Medications chronic inflammation
- Infections





# How Salt Therapy

## works for Pulmonary Fibrosis

Since salt therapy is natural and non-invasive, drug free therapy. This therapy can be taken comfortably people suffering from Pulmonary Fibrosis. This therapy can be taken as along mainstream treatment to rehabilitation of lungs.

When dry microscopic particles of the salt that enter the lungs through normal breathing while sitting and relaxing in the therapy room.

- It acts as anti-inflammatory thus opens the airways and increasing the oxygen flow thus reducing breathing difficulty, Increases saturation level.
- Patient can walk for longer distance without much exertion and also helps to maintain oxygen level while doing physical activities.
- Dependency on oxygen will reduce. Thus increases the confidence in the patients. Increases the lung functions.
- Acts natural anti-histamine , anti-inflammatory properties of salt helps relives inflammation in the airways and loosens mucus and reduces allergic reactions to allergens and pollutants.
- Anti- bacterial and viral properties salt therapy clear the infections and prevents the repeated infection by improving natural immunity thus preventing repeated Hospitalization.
- Reduces generalized weakness and improves quality of life.

# Testimonials of patients

## got relief from Pulmonary Fibrosis

RespiCare has treated more 4000 patients and out of which around 31 people were diagnosed with **Pulmonary Fibrosis** and successfully treated using RespiCare Salt Therapy. Please check out below what our clients say about RespiCare Salt therapy.



Here is a review by **Mr. Suresh,**

he has suffered with respiratory illness for over a decade now and was affected by even the slightest change in weather or even a false odor. Having tried many modalities of treatment and dependent on inhalers to breathe, he proudly outlines how RespiCare Salt Therapy has finally helped relieve him of his symptoms to a major extent and he is absolutely impressed by the treatment and suggests it to everyone as a safe and secure mode of treatment.



Hello! My Name is Suresh one of the senior secretaries of Government. I retired somewhere in 2002. I've held various senior positions like

Here is a review by

**Ms Malathi Balakrishna,**

She was diagnosed with pulmonary fibrosis, she felt totally debilitated and at a loss as to how she would cope with her everyday life. After continued treatment with RespiCare, she is very happy that her condition has improved and strongly urges everyone to give it a shot as an effective drugless therapy.



I've been a regular visitor to RespiCare

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# What is Salt Therapy ?

Halotherapy (Halo means salt in Greek) is the method of using salt aerosols in a specially constructed salt room which mimics salt mines in Scandinavian countries where naturally-occurring salt caves are present which is saturated with dry salt particles causing healing effects people with pulmonary and dermatological discomfort. A study conducted by Polish doctor found that health of the workers in salt mines was much more enhanced compared to other people. In this study it was concluded that saline had properties which is key to eliminate toxins and impurities we come in contact with on a daily basis and improve overall health.

Halotherapy is a mode of this therapy conducted in a controlled air medium that stimulates a natural salt cave microclimate generated by a special machine called halogenerator. The salt aerosols in the salt room consists of dry predefined mixture of untreated salt and specific minerals, these microparticles of salt penetrate into deep tissues and it's anti-inflammatory, bacteriostatic, bactericidal, etc properties helps alleviate respiratory, dermatological conditions providing better quality of life naturally without medications or side-effects.



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# Home Remedies

## For Pulmonary Fibrosis

1 Steam inhalation with turmeric powder helps in ILD

2 Steam inhalation with eucalyptus oil

3 Caffeinated coffee can help in ILD

4 Indoor air quality improvement: Certain irritants inside the home can make inhalation tough for people with ILD condition. Few of the Irritants are

- paints and varnishes
- chemical cleaning products
- pesticides
- tobacco smoke
- dust
- pet dander

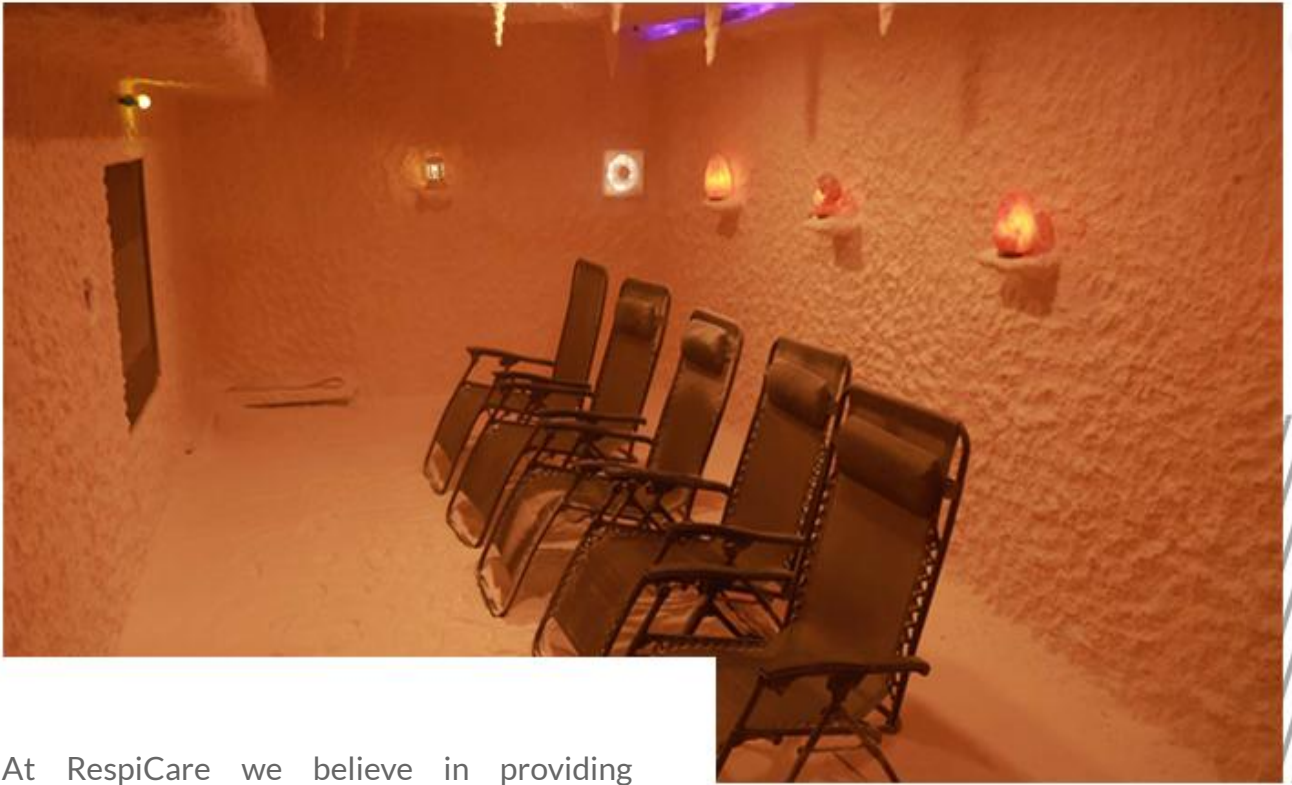


### Tips to Prevent Allergies :

- Identify ILD Triggers for your problem
- Stay Away From Allergens like dust, smoke, odour etc.
- Avoid consuming Cold food and drink.
- Allergy-Proof Your Home with regular deep cleaning

# Respicare

## Holistic Wellness



At RespiCare we believe in providing responsive and high quality care in a cost-effective manner. Our facility boasts of a state-of-the-art Natural, Side-effects free Halotherapy/Salt Therapy from Europe, a first of its kind in Central and South India.

At our centres after an initial orientation by our staff, you'll be consulting our experienced Doctors who are available Full time at RespiCare centres during all sessions, to make an assessment of your condition and advise the necessary number of sessions according to its severity, furthermore you will be continuously monitored and evaluated during the ongoing therapy and maximum care will be provided by the associated staff members in helping you obtain the best treatment comfortably and achieve the desired results for each patient.

Each session is personally designed and fine tuned to the requirements of that particular patient with benefits of diet counselling, selected yoga practises, guided meditation sessions and interval training to add a holistic approach to enrich your experience and faster recovery from your health condition.

Our efforts are to ensure and create an ambience to make you feel at home and avoid waiting and other hassles generally faced in health centres. And stepping in to RespiCare should be a step towards overcoming one of the deadliest enemies of health at present, Pollution. To present yourself and your loved ones the precious gift of health.

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# Our Doctors



## Dr. Tejaswini N. BAMS

She has to her credit the knowledge of NADI VAIDYA or pulse diagnosis which helps with precise diagnosis of the patient. Always open and eager to learn new things. Dr. Tejaswini is qualified Yoga teacher from prestigious S-VYASA university and done Diabetic reversal course.

With her vast 6 years experience in Ayurveda & 4 years of experience in Salt therapy, at present she in-charge of the RespiCare Indiranagar centre.



## Dr. Harshith B.M. BAMS

In the past he has worked at K.C. General Hospital's, Emergency dept. He has been associated with Red Cross Society and with the with the Indian Army and Defence Wings since 8 yrs. He aims at working on the 'Root Cause' of lungs and Skin disorder. Believes in Natural Healing and says that our body has its own Natural power to heal itself. He believes in Yoga, meditation and Swastavrutha which helps in maintaining normalcy in body. Dr. Harshith B.M. is in-charge of the RespiCare Malleswaram centre.



## Dr. Ashwini Gowda BAMS, PGDEMS

She has done her bachelor's from KLE University, She has to her credit the knowledge of Nadi Vaidya Shaastra from Sri Sri College of Ayurveda and has pursued a Post graduation Diploma in Emergency Medicine from Medvarsity - Apollo hospital, With an experience of working in Critical Care Management, She has extensively been a part of various medical camps, seminars and Medical workshops.

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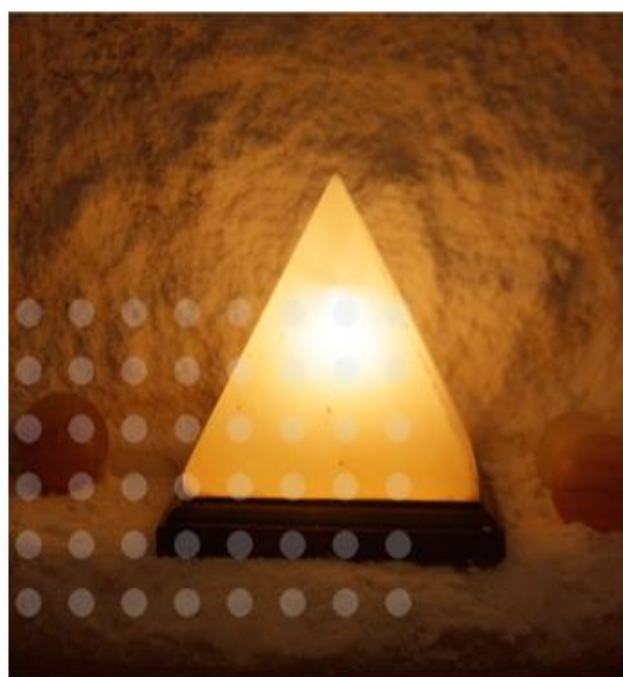
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# THANK YOU

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#78, 11<sup>th</sup> Cross, Near Indiranagar  
Metrostation 'A' entrance, Off CMH Road,  
Indiranagar, Bengaluru - 560 038

**+91 959 000 8899**

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