



SALT THERAPY WORKS FOR COPD



COPD

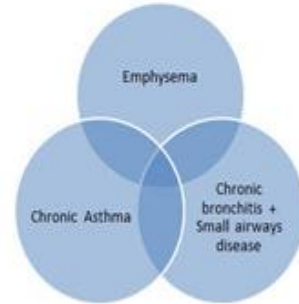
Chronic Obstructive Pulmonary Disease

Chronic Obstructive Pulmonary Disease (COPD) is the term given for a range of diseases, including emphysema, chronic bronchitis, long-standing asthma that is no longer reversible and small airways disease. It is not a single disease but a combination of the four main conditions:

- Emphysema
- Chronic bronchitis
- Small airways disease
- Chronic asthma

Characteristics of COPD

- Airflow inflammation
- Airflow limitation.
- Poorly reversible and usually becomes progressively worse over time.



Symptoms of COPD

- Dyspnoea (Shortness of breath on exertion – difficulty inhaling)
- Cough (with or without sputum production)
- Sputum production
- Wheeze



How Salt Therapy works for COPD

Salt therapy cleanses the respiratory system and speeds up elimination of toxin by loosing excessive mucus and remove pathogens or allergens from the respiratory tract followed by which the particles penetrate deep into the lungs and treat the damaged tissues, reducing

- 1) Reduces the need of inhalers and antibiotics.
- 2) Make the breathing easier after just a few sessions of salt therapy.
- 3) Improves lung function.
- 4) Reduces the number of admission of hospitalized .
- 5) Helps in alleviates sneezing , coughing and shortness of breathing.
- 6) Clears mucus and sticky phlegm from lungs.
- 7) Increases the resistance to respiratory tract diseases.
- 8) Increases the immune system.
- 9) Improves general health and quality of life.
- 10) Removes the pathogens , allergens and toxins.
- 11) Reduces the IGE level (Immune system over sensitivity) by improving immunity.

Testimonials of patients

got relief from COPD at respicare

RespiCare has treated more 4000 patients and out of which around 102 people were diagnosed with **COPD Conditions** and successfully treated using RespiCare Salt Therapy. Please check out below what our clients say about RespiCare Salt therapy.



Here is the review from **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

ShareThisBook NewOffers Get a Coupon Subscribe JoinFacebookGroup
Facebook twitter Instagram Youtube LinkedIn WhatsApp Others

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.



ShareThisBook NewOffers Get a Coupon Subscribe JoinFacebookGroup
Facebook twitter Instagram Youtube LinkedIn WhatsApp Others

Home Remedies

For COPD

1 Steam inhalation with turmeric powder helps in COPD

2 Steam inhalation with eucalyptus oil

3 One should abstain from Smoking - Smoking is the top reason of COPD in the United States and is responsible for around 90 percent of COPD-related deaths. also availed from pineapple consumption

4 Indoor air quality improvement
Certain irritants inside the home can make inhalation tough for people with COPD.
Few of the Irritants are
paints and varnishes
chemical cleaning products
pesticides
tobacco smoke
dust
pet dander



Tips to Prevent Allergies :

- Identify COPD 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

ShareThisBook NewOffers Get a Coupon Subscribe JoinFacebookGroup

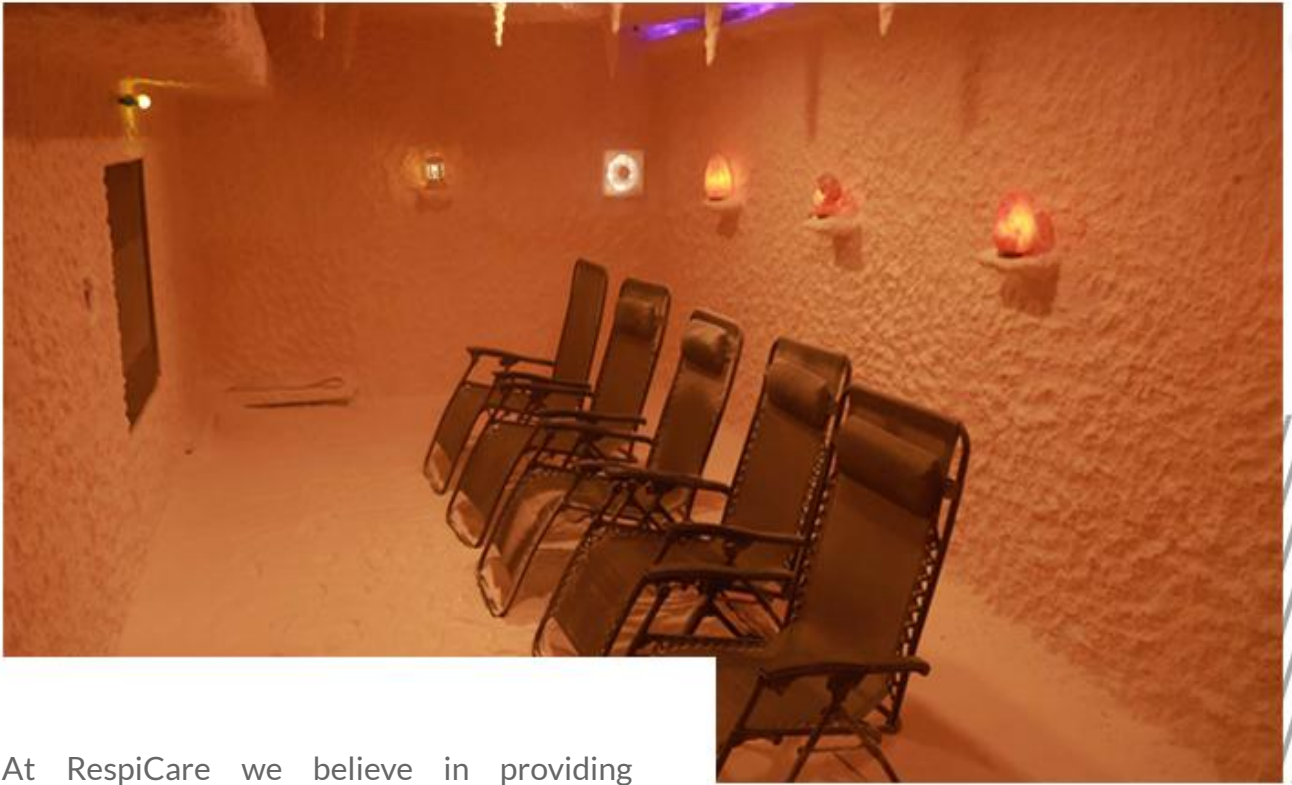
6

RESPICARE
SALT THERAPY

Facebook twitter Instagram Youtube LinkedIn WhatsApp Others

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.

[ShareThisBook](#) [NewOffers](#) [Get a Coupon](#) [Subscribe](#) [JoinFacebookGroup](#)
[Facebook](#) [twitter](#) [Instagram](#) [Youtube](#) [Linkedin](#) [WhatsApp](#) [Others](#)

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.

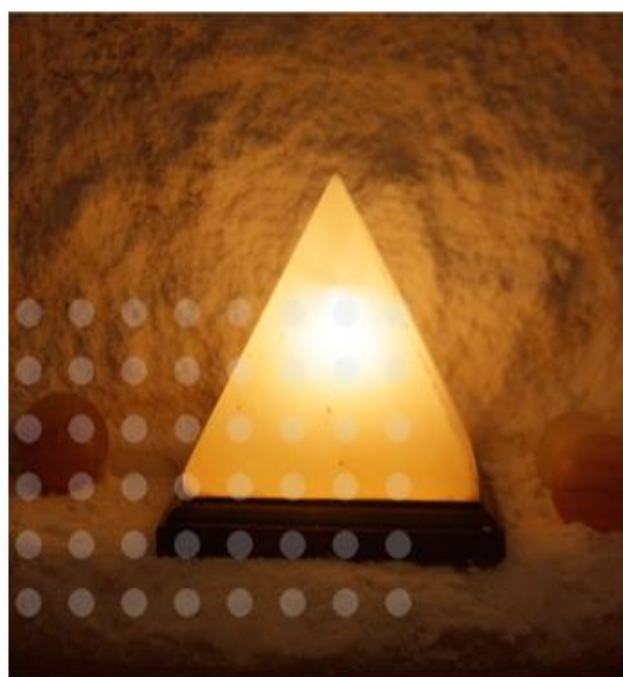


Dr. Ashwini Gowda BAMS, PGDEMS

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.

THANK YOU

WE WELCOME
YOUR
FEEDBACK



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

+91 959 000 8899

INDIRANAGAR • JAYA NAGAR • MALLESHWARAM • WHITEFIELD

www.respicareindia.com

ShareThisBook
NewOffers
Get a Coupon
Subscribe
JoinFacebookGroup
Facebook
twitter
Instagram
Youtube
Linkedin
WhatsApp
Others

