

Salt Therapy, a Natural Cure for Bronchitis

Many illnesses annoy millions of people around the globe. Getting sick is very costly especially nowadays. Medicines are expensive, especially those that are used for treatment regimens. And it's very sad to note that not all individuals are capable of paying their medical bills. In fact, many people die from different illnesses because they don't have enough money to pay for consultation fees or even buy medicine.

Usually, the government offers health programs for the needy. You can search your locality for institutions or organizations that offer free medical services to less fortunate people.

Sometimes, taking a lot of medications can be harmful to the body. And that is probably why many people resort to going back to natural cures. Bronchitis, together with other respiratory diseases can be cured using the natural way.

Have you heard of Halotherapy? This is also called salt therapy or speleotherapy. In Europe, this therapy is highly documented. In the early part of the 19th century, speleotherapy was practiced in salt mines. And today, specialists are trying to replicate speleotherapy by using dry aerosol salt particles and minerals. These things are utilized to treat various types of respiratory diseases.

People who worked in salt mines don't get lung diseases, and this was noticed by Felix Botchkowski. He was a health official who wrote a book about salt dust during the 18th century. He had a successor named M. Poljakowski who founded his own Salt Spa near Krakow. In World War II, salt mines were used as shelters; and it was noted that people suffering from asthma felt better there. As of today, salt sanatoriums can be found in Hungary, Austria, Romania, Poland, Russia, and European countries.

Salt therapy is a non-invasive and non-drug treatment of respiratory diseases including bronchitis. Drug therapy has its own advantages as well as disadvantages, and for people who want to stick with the natural means can make use of salt therapy. Medical researchers from Soviet Union are developing physical therapies to cut down on medicine costs and avoid side effects. Presently, Russia leads the development of physical therapies. A lot of clinical trials focused on salt therapy to treat chronic bronchitis and asthma. It is even proven clinically that salt therapy is very effective in treating all

respiratory tract disorders.

The major cause of mortality and morbidity worldwide are respiratory diseases. Drug therapies usually have palliative effects; and drugs with steroids or corticoids have considerable side effects. And so there is a great need for a natural cure like salt therapy.

Here is a list of countries that acknowledge the use and effectiveness of salt therapy:

- Romania
- Poland
- Germany
- Austria
- Armenia
- Bulgaria
- Hungary
- Belarus
- Russia
- Ukraine
- Slovenia

These countries believe that salt therapy is a very important treatment for chronic bronchitis and other respiratory diseases. It works well if you're taking a medication or not and there are no side effects. Asthmatic patients and pregnant women can use the therapy. In European countries, salt therapy is usually covered by public medical systems, making it easier for the less fortunate to avail of the therapy at a minimal or no cost at all.

The salinity differs from one sanatorium to another. There are also salt lakes with different salinity ranging from 9g per 1 to 320g to 1.

Now, it is possible to have the natural cure even in your own homes. An inventor from Romania developed a certain device that can reproduce salt therapy in a home environment. This device is very convenient and affordable. People having bronchitis and other respiratory diseases can hope for a better and natural way of treating their condition at home. The device is called air salinizer that uses natural salt.

Using salt therapy does not entail any risk and can be adapted to your living space. But remember, natural cures are not substitutes for any medical treatment. Consult your doctor first. Natural cures like salt therapy can greatly improve the life of a patient having bronchitis. With it, you can reduce

antibiotics, steroids or corticoids, and decrease hospitalizations.

This is an alternative that you might want to try yourself. If your medications are not enough to address bronchitis and other respiratory diseases, then you can try the natural cure.