



Cystic Fibrosis

Is a genetic disorder, in which the lungs and the digestive system get clogged with mucus. Long-term issues include difficulty breathing and coughing up mucus as a result of frequent lung infections.

To date there is no method proven to fully cure the disease; however it was revealed in medical trials the Halotherapy could substantially alleviate the effects of the disease.

Halotherapy in Patients with Cystic Fibrosis

Achkar et al. *Int J Respir Pulm Med* 2015, 2:1

* FDA has not evaluated the statements made on this educational card. Statements made are not intended to diagnose, treat, cure or prevent any disease

Urbanfloat
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HALOTHERAPY and CYSTIC FIBROSIS



Halotherapy Benefits to Cystic Fibrosis

Often, the symptoms of cystic fibrosis are triggered and worsened by airborne substances like pollen, dust mites or other allergens, tobacco smoke, physical exertion, or cold weather.

It affects the cells that produce mucus, sweat and digestive juices. These secreted fluids are normally thin and slippery but in people with Cystic Fibrosis, a defective gene causes the secretion to become sticky and thick.

Halotherapy can help reduce inflammation of the airways and thin the mucous enabling it to be expelled. Being anti-bacterial it also helps tackle and prevent infection.

Depending on the severity, number of sessions are customized. Session length is 20-45 minutes. Frequency is generally 3-4 sessions per week to start and can be increased or decreased based on client's responsiveness and health for ongoing maintenance.



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