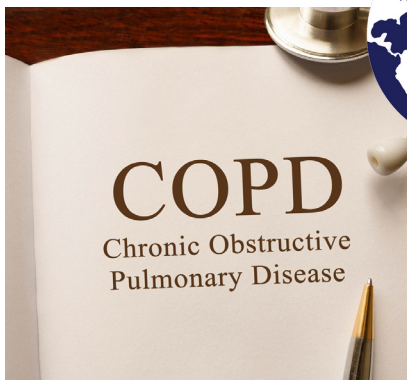


# HALOTHERAPY FOR COPD



## COPD

**Chronic obstructive pulmonary disease (COPD) is a type of obstructive lung disease characterized by long-term breathing problems and poor airflow.**

**The main symptoms include shortness of breath and cough with sputum production.**

**COPD is a progressive disease, meaning it typically worsens over time.[9] Eventually everyday activities, such as walking or getting dressed, become difficult.**

**Chronic bronchitis and emphysema are older terms used for different types of COPD. The term "chronic bronchitis" is still used to define a productive cough that is present for at least three months each year for two years.**

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\* 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**  
Floatation Therapy

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# HALOTHERAPY FOR COPD

## Halotherapy Benefits



Halotherapy has been shown to reduce the symptoms of COPD sufferers, making breathing easier.

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

The main symptom that is bothersome to many is the resulting inflammation due to these COPD triggers. Inflammation and swelling occur to the lining of the air passages within the lungs, and also a buildup of mucus, causing wheezing, shortness of breath, chest tightness, etc.

Halotherapy helps to reduce the inflammation, kills bacteria and helps to thin out and expel mucus.

### ARE THERE ANY SIDE EFFECTS?

Normally there are no negative side effects. Some people might experience a scratchy throat or a tickle in their sinuses. For those who experience a slight cough, this is a sign that the salt therapy is effectively working. The body is loosening and releasing all the mucous build-up.

You should always consult your doctor before trying any new treatment or alternative therapy.

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