

# The Salt Escape

[www.thesaltescape.com](http://www.thesaltescape.com)

## CYSTIC FIBROSIS

### HOW CAN SALT THERAPY HELP?

Salt therapy provides relief by opening up the respiratory tract, clearing accumulated mucus and unclogging blockages in the bronchi and bronchioles. It also facilitates the drainage of sinusitis which is a common problem among people with cystic fibrosis.

### WHAT TO EXPECT?

You will begin to notice relief and reduced coughing after the first session. Salt therapy will work to boost your immune system resulting in fewer infections and ultimately providing a better quality of life.



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### RECOMMENDATIONS

We recommend the Unlimited Monthly Membership. This will allow you to come as much as needed to notice the best results for your body. You may notice after the initial 30-60 days that you don't need as many sessions to continue having great results.

### RESEARCH

Salt Therapy also known as halotherapy has been well researched in Russia and Eastern Europe. The majority of the research has been conducted by Dr A.V. Chervinskaya, the head of Clinical Research Respiratory Center in St Petersburg, Russia. She works in the field of pulmonology and rehabilitation medicine and has published more than two hundred articles on this topic.

### TESTIMONIALS

"I began visiting The Salt Escape when they first opened. I use salt therapy along with other therapies to help my cystic fibrosis condition. I noticed a major difference in my breathing and ability to clear mucus. It allows me to further spread apart my breathing treatments and I notice that I am not sick as much. I would definitely recommend salt therapy for a better quality of life." – Justin R.