

# The Salt Escape

RELAX Breathe HEAL

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

## SMOKERS COUGH

### HOW CAN SALT THERAPY HELP?

Salt therapy aids in the process to release toxins from deep within the ex-smokers lungs. The microscopic dry salt particles will clear away mucus that harbors bacteria, clogs bronchial tubes, and causes coughing. Mucus will loosen and be coughed up, clearing passageways.

### WHAT TO EXPECT?

Smoking paralyzes the cilia that line our respiratory tract. Salt therapy soothes inflammation, revives the cilia allowing mucus to be coughed out. Once the mucus clears, coughing will begin to calm down. You may notice quite a bit of coughing in the beginning. This means it is working.



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### RECOMMENDATIONS

We recommend coming 2-4 visits per week for the first month. If you can come more during the first two weeks you will see better results. The Unlimited Monthly Membership is the best option as it allows you to come an unlimited number of times. Once you find that your cough has subsided you may notice after 30-60 days that you can come less frequently.

### 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

"A friend told me about The Salt Escape and thought it could help me quit smoking. I decided to give it a shot. I noticed after the first week that my sense of smell had come back and I was no longer having the same cravings as before. After one month my cough subsided and I no longer smoke!" - Tony V.