

Salt Pipe

(Portable Salt Cave Therapy)

A salt pipe is a natural healing device that provides salt-rich air to cure the body. It must be used on a regular basis in order to systematically clean the respiratory system and to prevent and alleviate vascular illnesses. It is perfect for asthma, hay fever, pollen allergies, sinus problems, bronchitis, chronic obstructive pulmonary disease, breathing difficulties and disorders, and respiratory ailments related to smoking.

DIRECTIONS:

Salt is already included in the pipe, so you will not need to add anything. Place the pipe in your mouth and then inhale through the mouth and exhale through the nose for 15 to 25 minutes daily. No need to hold your breath. Be careful not to exhale into the pipe, as the moisture from your breath will disturb the chemical balance in the pipe's chamber and can render the pipe ineffective over time. With normal use the pipe will last approximately 5 years.

When first using a salt pipe, the inhaled salt may cause a tickling sensation in the throat. Therefore, do not inhale deeply when first beginning your regimen. Also, keep a glass of water handy to alleviate any throat irritation. After the first few breaths, you will feel as though you're breathing normal air.

After a few days, some coughing might occur as the lungs clear themselves of impurities and congestion. This is normal and should be expected, as the salt crystals act to loosen phlegm and mucus while cleaning the

accumulation of impurities in the vascular system. Within a few days these symptoms will disappear and you will breathe noticeably more easily. Throat discomfort and coughing will also diminish within the first few days of using your salt pipe.

For best results, the pipe should be used regularly, 15-25 minutes daily; however, extra use (up to 2 hours per day) can result in greater benefits. The quantity of salt inhaled per usage is less than a microgram and is not enough to interact with medications or be contra-indicated for those with high blood pressure. As the salt is naturally occurring and not processed, it has the same benefits as consuming sea salt rather than iodized.

For sinus problems, you may try inhaling through the pipe with each nostril for up to 25 times each. You should also exhale through the nose, removing the pipe as you do so to avoid releasing moist breath into the pipe, as that is detrimental to its effectiveness.

The pipe is safe for all ages, but not recommended for children under 3 years of age, due to the difficulty in explaining the importance of not exhaling into the pipe. It is also safe for use by pregnant women. Be sure to keep your pipe out of humid environments, as the atmospheric moisture can crystallize the salt inside the chamber, thus rendering it less effective.

SPELEOTHERAPY

Europeans have been aware of the health benefits of salt for generations. People

suffering from chronic congestive problems go to clinics located in salt mines for speleotherapy. The very dry, negative ion-rich environment of these salt mines helps to clear out patients' bronchial tubes, sinuses, and to kill bacteria and harmful microbes. Treatment in the cave is 12-14 hours a day for one to two months. We can now replicate speleotherapy in your home by using a salt pipe in conjunction with the lamp. This is like having a portable salt cave and has actually replaced inhalers for many people.

As with any homeopathic or alternative medicine, we strongly recommend consulting your doctor before beginning any treatment.

**We strongly recommend the book
Water & Salt, the Essence of Life
by Barbara Hendel, MD
and Bio-Physicist Peter Ferreira**

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