

HIMALAYAS

Salt Inhaler™

Finally, an inexpensive natural device for thousands of people who suffer from respiratory system disorders. A Portable Speleotherapy Salt Inhaler.

Discovered in the middle of the 18th century, a Polish health official noticed that workers in salt mines did not suffer from lung disorders. Mstislav Poljakowski founded a Salt Spa located in a salt mine in Velicko, near Krakow, which is still in operation today. During WWII, salt mines were used as bomb shelters and it was noticed that many who suffered from Asthma had relief from their symptoms after spending time in the mines.

Today people from all over the world travel to the European salt mines for Speleotherapy treatments for COPD (Chronic Obstructive Pulmonary Disease), Asthma, Bronchitis, Sinusitis, Emphysema and other respiratory disorders. As you might imagine, it can be very expensive to travel and spend up to two months relaxing in the mine for 12-14 hours per day. A pair of Hungarians who suffered from lung disorders developed a portable Salt Pipe Inhaler which can be used in the comfort of your own home or wherever you may be.

Himalayas Salt Lamps & More has offered a Salt Pipe Inhaler for 5+ years with over 3000 units sold to date. Customers rave about its effectiveness. Recently, Dr. Oz (Oprah Winfrey Show) highly recommended the use of the Salt Inhalers for those that have lung disorders. Many people find they no longer require prescription meds or may greatly reduce them. The Salt Inhaler has *no side effects*.

The Himalayas Salt Inhaler™ was designed to re-create the micro-climate found in the salt mines, giving you access to the same Speleotherapy enjoyed in Europe. When you inhale through the device, the air carries microscopic salt particles deeply into the respiratory system. This naturally cleanses and aides the body in flushing away impurities from the surface of the cells, bronchi, bronchioles, and nasal cavities, reducing

inflammation, which helps to restore normal function and unclog air passages. Many patients report they are able to expel (cough up) mucus much more easily. Those with a persistent cough or shortness of breath have also found relief. Nasal inhalation helps with sinusitis and allergies.

Unlike the first generation Salt inhalers which can lose their effectiveness over time, the Himalayas Salt Inhaler™ was designed to be refillable for a lifetime of use. It may be washed and refilled for use by another family member. When cold or flu symptoms start to develop, immediate use of the inhaler can ease or even stop the progression of symptoms.

Directions (If not pre-loaded with salt): Remove stopper from bottom of pipe and empty entire bag of salt into pipe. Replace stopper. Pipe may be vigorously shaken occasionally so you can taste the salt while inhaling. Recommended daily usage is a cumulative 15-20 minutes per day. Longer use may speed the relief of symptoms. Simply inhale normally through the pipe and exhale through the nose to prevent your moist breath from clumping the salts. Many find the Salt Inhaler has a meditative, calming effect on the body. We recommend refills every 12 months. Genuine refills are available at Himalayas Salt Lamps & More. Please call for mail order pricing.

Special Note: Himalayan Salt contains over 80 trace minerals and elements found in the human body. Uses for cooking, detoxifying, and as a supplement have been documented to be very beneficial. Additional information is available on our website (www.TheSaltLady.com).

Himalayas Salt Crystal Lamps

It is highly recommended that, at a minimum, a Salt Lamp be added to the bedroom to complete the Speleotherapy environment. This removes airborne pollutants such as bacteria, mold spores, dust and other allergens from the air we breathe. Most patients report they have reduced triggers for Asthma attacks and no longer wake with clogged nasal passages, leading to better sleep.

Snoring, Allergy and Migraine sufferers report their symptoms greatly subside and usually disappear with the use of Salt Lamps alone. Unfortunately, most man-made air purifiers produce ozone which has been linked as a trigger for asthma attacks. They can be noisy, expensive and must be cleaned regularly to be effective. Salt Lamps are inexpensive, never need cleaning and last forever. They create negative ions when warmed with a small wattage bulb. The ions bind with pollutants in the air and drop to the ground, making the air we breathe, pollutant free. Ever wonder why most people get relief from asthma & allergies when visiting ocean beaches and mountain environments? Healthy Ions are naturally produced by the millions in these areas. Salt Lamps are the only way to reproduce this natural environment in your home.

Although controversial, Salt Crystal Lamps are also said to produce a frequency which counteracts EMF (Electro-Magnetic Frequency) pollution from electronic devices in our home and work environments.

We obtain our Salt Crystals (40,000 lbs at a time) directly from a mine in the foothills of the Himalayan Mountains and process them by hand to bring out their beauty. A small lamp on a nightstand next to the bed is sufficient to cover those sleeping. For spaces larger than 10'x10', larger lamps offer greater coverage and reduce the need for frequent dusting of furniture.

HIMALAYAS SALT LAMPS & MORE™

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The FDA has not evaluated these statements. This product is not intended diagnose, treat, cure or prevent any disease. If pregnant or under medical supervision, it is recommended to consult your physician before using this or any product.

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