

From the beginning of time, the beneficial properties of salt have been well-known and documented. People in Europe regularly turned to salt for healing. It was very common for them to visit salt caves to promote a sense of well-being and rejuvenation, and the therapeutic effects of the microclimate of these caves has been known since ancient times.

The pharmaceutical grade salt in our bed reproduces the unique microclimate found in natural salt caves. The salt is effective in treating a variety of health conditions. It is safe and has no side effects. Its primary impact is on the respiratory system, skin and immune systems. It also benefits the nervous and cardiovascular systems and the mental-emotional state. It can help shift your state of mind.

Salt caves are very beneficial to the human body because they contain a very dry, negative ion environment. Have you ever experienced calmness when you have been around the ocean, after a thunder storm or on a beautiful mountaintop? Think about how great the clean, fresh air felt coursing through your body as you took a breath. Well what you experienced was the result of negative ions. In nature, negative ions are created continuously through things like lightning, wind, rainstorms, waterfalls, ocean waves and sunlight. Prior to a storm, the positive ions build up, and once they have reached their peak and a storm hits, the air produces electrical charges in the atmosphere through rain. The resulting oxygen-rich air bursts with negative ions. That rush of negative ions helps neutralize and balance the positive ones.

Most of us forget that we came from the ocean. The human body is primarily made of up of water and salt. They are the building blocks for the creation of life. Today, we have too many positive ions and not enough negative ones. Our houses are charged with electromagnetic devices, such as TVs, stereos, computers, microwaves and the basic electric currents running through our walls. When not at home, we hold cell phones to our ears. This electro-pollution causes an excess of positively charged ions that disturbs the balance between the positively and negatively charged particles. It also creates an excess of positively charged chemically unbound particles in the air. However, salt has the natural ability to absorb moisture and kill bacteria. It balances this positive charge and neutralizes the detrimental frequencies of electro-pollution. When our body is sick and lacking its natural frequency, salt can bring us back into our original, balanced state. The healing effects of salt are based on its special frequency vibration that balances the body's energy deficit. The vibration of that salt activates our self-healing and self-regulating powers. The neutralizing forces of salt can cancel harmful electromagnetic vibrations in our environment. Over 40 years of research shows that treatment of negative ions can dramatically increase energy and mental alertness, reduce stress and contributes to an overall sense of well being.

Dry salt therapy, also known as halotherapy, has been in Europe since the early twenty-first century. The former Soviet Union quickly became a leader in developing the technology for halotherapy. Air is saturated with negative ions created by Himalayan salt. By breathing in these elements, the body gets in balance and begins to heal itself. Dry salt therapy is like a bronchial brush for your lungs. It cleanses and purifies,

thereby increasing oxygen in your body. It also cleans the respiratory system by removing buildups of foreign elements that cause various respiratory ailments and conditions. The salt provides PH normalization and induces regenerative processes in the derma, increases skin rigidity, stimulates growth and improves hair health. It also impacts the skin's circulation and enhances the effectiveness of cellular membrane activity.

We offer 15 and 30 minute sessions. You can keep your children healthy and prevent colds throughout the year with dry salt therapy. In general, children respond to treatments faster and require a shorter session. Dry salt therapy has been researched and proven to be a safe alternative to traditional therapies and compliments other treatments.

Athletes can also use it to increase lung capacity. It expands the airways for increased oxygen flow and enhances athletic performance and endurance. It lowers recovery time from physical activity and stress and accelerates recovery. It can revitalize you following jet lag. It also slows the aging process, detoxifies and rehabilitates.

Because the bed is much smaller than a cave, you receive a concentrated treatment tailored to your individual needs. In this environment, the salt can be measured and controlled. As you lay in our state of the art bed, you will breathe in deeply the dry pharmaceutical grade salt which is heated and then ground and crushed into very tiny micro-particles. These dry aerosol micro-particles are then dispersed into the salt chamber. The particles penetrate deep into the lungs. The non-inhaled salt particles fall onto the skin and work their magic there. All you do is breathe, relax and enjoy. Dry salt is super absorbent and acts like a sponge, attracting foreign substances along its path through the respiratory tract.

Now, you can experience the healing effects of dry salt therapy right here at Healing Therapies. Currently, we have the only Himalayan salt bed in San Diego. Be one of the first to benefit from this amazing therapy.

CALL NOW AND MAKE YOUR APPOINTMENT

HEALING THERAPIES

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619-460-6091

healingtherapiessandiego@cox.net

DRY SALT THERAPY BENEFITS PEOPLE WITH THE FOLLOWING AILMENTS:

- * Allergies
- * Asthma
- * Bronchitis
- * Bronchial Infections
- * Cold and Flu
- * COPD
- * Cystic Fibrosis
- * Emphysema

- * Psoriasis
- * Dermatitis
- * Rosacea
- * Swelling and Inflammation
- * Rashes

- * Pneumonia
- * Rhinitis
- * Sinus Infections
- * Sinusitis
- * Smoker's Cough
- * Snoring
- * Stress and Fatigue
- * Wheezing

- * Eczema
- * Acne
- * Itching
- * Dry and Flaky Skin
- * Aging Skin

MENU OF PRICES

15 MINUTE SESSION	\$25.00
30 MINUTE SESSION	\$40.00
CHILD (5 AND UNDER) with paid adult session	
15 MINUTE SESSION	\$10.00
30 MINUTE SESSION	\$15.00

PACKAGE PRICE (for either time period):
Buy 5 sessions and get the 6th one FREE

CONTRAINDICATIONS

Acute issues and fever
Active tuberculosis
Open wounds and sores
Active Cancer
Contagious conditions
Severe hypertension
Mental disorders and all kinds of drug addiction
Spitting blood
Cardiac insufficiency
Pregnancy? (consult your doctor)

BRING THIS PAGE IN AND RECEIVE \$5.00 OFF YOUR NEXT SALT BED SESSION
ONE COUPON PER PERSON
EXPIRES 10/01/13

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