

Lifestyle With Dr. Z



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“Dr. Z is a practicing Family Physician in Utah. His mission is to encourage and give hope in the lives of others. An entrepreneur, he developed and owns medical clinics, office buildings, and multifamily dwellings. He is committed to Wellness and forward-thinking complimentary medicine, personally enjoying an ultramarathon lifestyle and focus for optimal health.”



Halotherapy: This a form of medicine which makes use of salt. Though not part of “main-stream” medicine, Spa owners attribute a wide range of health benefits to halotherapy.

The most common use is for people with lung issues: the inhaled salt particles might thin out mucus aiding patients in expelling sputum. Asthma, bronchitis, or chronic cough? Halotherapy might help.

Many forms of halotherapy have been used for millennia. The earliest known mention of spa resorts dates back to 12th-century Poland, in which people were urged to bathe in mineral waters. In 1843, Polish physician Boczkowski promoted the idea of salt treatment after noticing that workers at salt mines, unlike other miners, did not have respiratory or lung problems.

In those regions where there are natural karst caves as well as numerous salt tunnels and salt mines, treatment centers for asthma abound since the 1950s, notably in Slovakia, Romania, Ukraine, and Poland.

How it works: Salt therapy is usually done in salt rooms, which can be active or passive.

- **Active salt room.** This room has a machine called a halogenerator, to which salt is added. The equipment breaks down the salt into tiny particles that circulate in the room.
- **Passive salt room.** This type of room does not have a machine to break down the salt. Instead, the room is filled with different types of salts, such as Himalayan Salt. It looks like a salt cave, with controlled temperature and humidity.

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Passive salt rooms are often used for relaxation and meditation rather than halotherapy.

Salt therapy has two types:

- **Dry salt therapy**, known as “Halotherapy.” It is done in active salt rooms with the help of a halogenerator. This allows the small, dry salt particles to spread in the air and enter your lungs and skin.
- **Wet salt therapy**. This involves bathing in salty water containing minerals, gargling with or drinking salty water, or passing salty water through your nasal canal.

What Does Salt Do?

As a natural and safe substance with rare side effects, it is:

- Mucoactive, clearing up mucus from your airways
- Antibacterial, helping prevent infections
- Anti-inflammatory
- Immunity-boosting
- Anti-allergic

Besides lung issues, what else can halotherapy be used for?

- Throat infection or pharyngitis
- Smoking-related breathing problems
- Respiratory allergies
- Cold or cough
- Sinusitis
- Rhinitis
- Tonsillitis
- Breathing problems caused by COVID-19

Tiny salt particles can also help repair your skin cells and protect your skin from aging and infection. This therapy can be used to treat:

- Acne and rosacea
- Skin allergies
- Rash
- Eczema
- Psoriasis
- Dermatitis
- Wrinkles and signs of aging skin

Risks of Halotherapy

Halotherapy can have some side effects. You may have coughing and more mucus secretion because your nasal passages are clearing out. Rarely, you may notice skin or eye redness.

Avoid halotherapy if you have:

- Hyperthyroidism
- High blood pressure (hypertension)
- Heart Problems
- Respiratory failure
- Blood disorders like anemia, hemophilia, or clotting
- Infectious diseases
- Fever
- Open wounds

Talk to your doctor before trying halotherapy. They can help you decide if it's a good option for you based on your medical history and condition.