

Sports' Performance and Enhancement

Halotherapy is the latest trend in professional sports training.

The primary goal of every athlete is to achieve their absolute, maximum potential. One of the most important skill improvements is to optimize lung capacity and breathing patterns. Dry salt therapy (Halotherapy) for sports can help you achieve your best performance, to get that edge over the competition by improving and increasing lung function, capacity and stamina.

There are several known respiratory conditions and pulmonary limitations that affect athletes. These include air flow obstruction; increased bronchial hyper-responsiveness; exposure to airborne allergens and other unwanted inhaled particles; respiratory illnesses and conditions such as asthma, allergies and airway inflammation; all of which leads to a reduction in performance.

Halotherapy, or Salt Therapy, is a completely natural, drug-free way to help improve these issues.

Poor breathing patterns:

Increase dehydration

Reduce stamina and performance

Increase the occurrence of cramps

Increase the likelihood of injury in training and competition

Greatly increase recovery time •Elevate the heart rate

Increase anxiety

Decrease concentration

Increase the production of lactic acid and leave the athlete with residual muscle soreness

Limit gaseous exchange in the lungs

Deplete energy levels

Contribute to poor sleep patterns

Limit oxygen exchange

Clinical Trials have shown that Halotherapy is effective by:

Clearing mucus from the airways thus removing airflow obstruction

Enhancing mucociliary clearance mechanism in both asthmatic and healthy subjects

Balancing airway-surface liquid

Providing anti-inflammatory and bactericidal effects

Reducing bronchial hyper responsiveness

Improving lung function

Helping to clear unwanted inhaled particles from lungs