

What is your gut telling you?

Written by Erin Lee - March 15, 2023

Research has shown that by taking just one round of antibiotics for your sinus infection it could decimate your **gut bacteria by 90%**. (Source Healthpath)

The gut contains trillions of microorganisms, both beneficial and harmful varieties. These make up our "gut microbiome". The gut influences everything about our overall health and wellness, not just our digestion.

Gut health is a huge topic, but well worth understanding some of the fundamentals of maintaining good gut health. There are some great articles on the web about this as we won't be covering this here.

When we are ill, sometimes the use of antibiotics may be required, even from a very early age as babies / infants. I'm sure many of you can probably remember that banana flavoured stuff as a kid?

Antibiotics are commonly used for the treatment of:

- **Sinus infections**

- **Lung infections**

- **Throat infections**

- **Acne and skin infections**

As has been proven through research, Antibiotics have the potential to **decimate** our gut bacteria! Not by one tenth, **but down to one tenth**: that's a **90 percent reduction** (Source:NCBI). And what is more, it is possible that your gut bacteria might never return to normal! (Source: Healthpath)

But what if there was something all natural that might be able to help in the prevention of some of these infections or help alleviate the symptoms of them? Potentially negating or reducing the need to resort to antibiotics!

Once such option is **Halotherapy**, also known as Dry Salt therapy.

Did you know that salt is naturally **anti-bacterial**? A recent paper was produced by Scientific Reports in January 2021, detailing how there was a **99.9% reduction of bacteria / pathogens** at the 2-minute marker when put on a salt surface! Further studies are currently being carried out on Sars-Cov2 by the University of Alberta.

Salt is also **anti-inflammatory** and when inhaled in dry minaturised particles, can reduce inflammation in the respiratory tract, widening the airway passages, aiding transport of mucus, eliminating tar and foreign allergens, and assisting in an overall **improved immune system, better breathing** and **faster recovery**.

During a Halotherapy session, micro-particles of salt are inhaled into the respiratory system, helping to **reduce inflammation, widening the airways** and **thinning mucus** to accelerate

its release. Dry salt is also very absorbent and functions like a sponge, attracting foreign substances along its path through the respiratory tract. A clean respiratory system naturally results in **higher oxygen intake, increased energy, and an improved immune system.**

Halotherapy is a wellness practice **anyone can incorporate** into their lifestyle. There is the benefit of not having to remove clothing like with a sauna or steam room, and the sessions can be as short as 10-15 minutes. It is also suitable for all ages including infants.

When including Halotherapy as part of a wellness routine, many people suffering from respiratory conditions have found relief and significant improvement in their symptoms, sometimes even within their first session.

These include:

- Asthma
- Allergies
- Common cold or lingering symptoms
- Bronchitis
- COPD
- Cystic fibrosis
- Sinusitis
- Ear infections
- Lung infections
- Post Covid cough

Halotherapy can be a great addition to any business model including **gyms, beauty salons, day spas, recovery centers, training facilities, destination spas** and more. Being a touchless treatment and requiring little training, the ROI can be very quick too! The cost of salt is minimal with cleaning and maintenance also quick and easy. When used in the workplace it can help reduce sick days and provide a wonderful environment to reduce stress and anxiety with all its negative ions. Check out my blog on negative ions for more information.

It is important to note that halotherapy is an all-natural complimentary therapy and is not intended to replace prescribed medications. When used alongside medication, Halotherapy may actually increase the effectiveness of prescribed medications and over time decrease the amount prescribed.

So before you turn to the antibiotics, why not consider trying halotherapy?

Especially if you are prone to sinus, lung, throat or skin infections. **Prevention is better than cure right?**