



Book Today - 417.830.9174

HALOTHERAPY

SALT ROOM TREATMENT

Drug Free Treatment

Help your horse reach its ultimate potential.

Improve and maintain the wellbeing, recovery, and performance of your ViE. The dual treatment offers benefits for respiratory and skin conditions.



Salt Therapy Association
Promoting the healthy benefits of Salt Therapy



What is Equine Halotherapy

Equine Salt Therapy (Halotherapy) is a completely safe and non-invasive modality that may be used with confidence to boost the health of performance horses of all disciplines.

Halo treatment, as it is known, for horses has made its debut overseas in the Middle East, Ireland, Australia, and recently the United States.

Horses having the treatment are taken into a purpose-built state of the art technology room which is infused with a "highly concentrated" level of 100% natural mineral salt that matches the chemical composition of the bodily fluids of horses, and therefore, will not "test" and as a result is absolutely compliant with the rules and regulations regarding performance enhancement.

This natural treatment for horses involves the controlled congestion of the natural salts through the horse's respiratory system and coat simultaneously. Salt naturally has antiseptic and anti-inflammatory qualities and therefore improves the overall health and efficiency of a horse's respiratory system, which leads to improved cardiovascular performance. When horses breathe salt into their lungs, it reduces inflammation and congestion that causes airway restriction. Salt can also inhibit the growth and reproduction of bacteria, can reduce swelling, and ease inflammation.

Advantages & Disadvantages

100 % Natural and Drug Free!

Salt is sodium chloride also known as rock salt or mineral halite and is ionic compound with formula NaCl.

DRUG FREE RECOVERY FOR YOUR EQUINE WARRIOR A MEDICAL-FREE THERAPY OPTION TO CONSIDER

The use of Equine Salt Therapy reduces or eliminates the need for and reliance on antibiotics, corticosteroids, and bronchodilators, thus reducing potential side effects of those medications. The use of halotherapy shortly before performing allows horses to benefit from the hydration effects of sodium chloride which enhances the horse's ability to rest, recover, and perform at an optimal level.

Salt plays a vital role in many aspects of equine health and our horses need 9g of sodium and 36g of chloride. Without enough salt, muscles will NOT contract, food will NOT digest, and the heart will NOT beat.

Benefits of Halotherapy

Salt therapy has been shown to increase metabolism, energy production and also stimulate the nerves and the resulting nerve transmission.

This improves absorption of oxygen which means the lungs function more efficiently during the exercise process resulting in the horse taking fewer breaths, keeping calmer during exercise, thereby reducing stress.

Airway Improvement Illustration

BEFORE

AFTER



- **LOWER AIRWAY DISEASES** - fine salt particles are ingested deep into the horse's lower airway.
 - **RAPID SKIN RASH CLEARANCE** - the salt settles on the coat, is drawn into the skin, and then has an antibacterial effect which treats the skin conditions.
 - **INFLAMMATORY AIRWAY DISEASE** - IAD is typically a respiratory disease that affects young horses as early as one year of age. Cough, poor performance, and excess mucus within the airways are characteristic of IAD. This disease differs from other equine respiratory conditions, such as heaves, in that affected horses typically do not show increased respiratory efforts at rest. The exact cause is unknown, but is thought to be associated with inhalation of irritants such as barn dust and air pollution.
 - **RECURRENT AIRWAY OBSTRUCTION (RAO)** is a common, performance-limiting, allergic respiratory disease of horses characterized by chronic cough, nasal discharge, and respiratory difficulty. Episodes of airway obstruction are seen when susceptible horses are exposed to common allergens. Most horses exhibit clinical signs when stabled, bedded on straw, and fed hay, whereas elimination of these inciting factors results in remission or attenuation of clinical signs. The pathophysiology involves small-airway inflammation (neutrophilic), mucus production, and bronchoconstriction in response to allergen exposure.
 - **SINUSITIS** disease in horses is fairly common. Salt therapy can help to reduce inflammation, loosen mucus and drain it from sinuses. Salt also has antibacterial properties. Equine Salt Therapy can be either integrated into your horses' current treatment plan as an adjunct therapy or be used as an alternative treatment if medical conditions allow. It will help either to address sinusitis conditions without medications or be used as a complementary therapy to reduce the need for and dosage of medications and cut recovery time. As a preventative treatment it may reduce the risk of a sinusitis episode.
 - **MINERAL SALT DEPLETION** - Halotherapy helps recovery from mineral salt deficiency. When a horse receives salt therapy microclimate treatment, salt particles from the aerosol diffused into the room are inhaled by the horse. These salt particles are negatively charged and thus serve as a healthy antidote to the heavy exposure of positive ions to which stabled horses are generally subjected.
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What is Dry Salt Therapy?

Dry salt therapy, or halotherapy, is a holistic, drug free, natural therapy using micro particles of salt to promote better breathing, healthier skin, sounder sleep, improved physical fitness and endurance and overall wellness. Dry salt therapy also helps to alleviate symptoms of many respiratory and skin conditions.

How Does it Work?

Salt has the following properties:

- Antibacterial
 - Anti-inflammatory
 - Mucolytic effects: loosens excessive mucus and speeds up mucociliary transport
 - Removes pathogen agents (airborne pollen)
 - Reduces IgE level (immune system oversensitivity)
 - The salt is grounded into tiny micro particles by our state-of-the-art halogenerator and then dispersed into the salt room. While relaxing in one of our salt rooms, customers inhale the dry, salt-enriched air deep down into the lungs, where the healing benefits do their greatest healing. The salt widens the airways and loosens the mucus, which begins to clear quickly, and inflammation is reduced, which makes more room in the airways for you to breathe. Symptoms subside, sometimes for up to 12 months. The non-inhaled particles landing on the skin help to balance pH and induce the reparative and regenerative processes in the skin, increasing rigidity and stimulating cell growth and microcirculation.
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What should I expect during a Session?

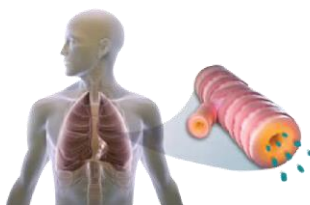
- Negative ions counterbalance the many positive ions we pick up from electronic devices like cell phones, tablets, etc. Neutralizing the atmosphere in this way stabilizes mood, decreases stress and prepares the body for ultimate healing.

A salt room session last 25 minutes and requires no more than lying back in a relaxing in the room and breathing deeply. Micro particles of salt are dispersed into the room by the halogenerator while your horse relaxes, listen to music, or sleeps.

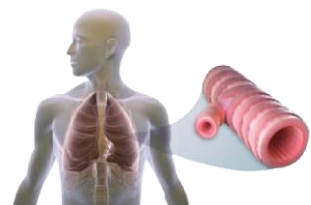
1 While relaxing in our salt room you will inhale minute particles of salt.



2 These salt particles will open up the airways and break up mucus.



3 Airways eventually clear, improving your breathing.



What are the side effects?

Since dry salt therapy is 100% natural and drug free, there are no negative side effects. After sessions, you and your horse may experience a slight cough, minor tightness in the chest or runny nose, but this is simply the salt doing its work to remove mucus and toxins from the lungs and airways.

How often should my horse come?

- Depending on age and stage of the condition, 20-30 sessions are recommended for long term results.
- The sessions should be frequent; about two or three a week is suggested.
- For irreversible conditions, two to three-month follow-up sessions are recommended to maintain the clear lungs.

In most patients, after a course of Dry Salt Therapy, airways become normal and symptoms disappear. The treatment's efficacy is estimated at 75-98%. Most clients do 1-2 Salt Therapy courses a year. In between they might come back for some top-up sessions, if they start to feel poorly, e.g. they are coming down with a cold.

Should I stop my horse's medication?

No. Dry Salt Therapy should be used as a complementary treatment. People who come to JRs often find that their horse can reduce their dependence on certain medications and that their episodes are not as frequent or severe. However, you should always follow your veterinarian's advice and the prescribed medication regimen.

Salt Therapy can:

- Reduce the need for antibiotics
- Make breathing easier after just a few sessions
- Improve lung function
- Reduce the number of hospital admissions
- Alleviate coughing, and shortness of breath
- Clear mucus and sticky phlegm from the lungs
- Increase the resistance to respiratory tract diseases
- Strengthen your immune system
- Prolong remission times

