

Breathe easily with Salitair™



"Astonished by the results"

Dr Simon Dunstan

A natural aid based on an age old remedy for treating people suffering from conditions such as:

- Asthma, COPD, bronchitis or rhinitis
- Pollen and other respiratory allergies
- Whooping-cough, hayfever or colds
- Respiratory problems caused by smoking
- Snoring

Just a few minutes of regular daily use can:

- Help you breathe more easily
- Assist rehabilitation and medical treatment
- Help cleanse the respiratory system
- Help the general well being of the lungs and respiratory system

Created by nature over millions of years, the salty atmospheres of the deep rock salt mines in Eastern Europe have been used for centuries to ease the symptoms of respiratory discomfort. Salitair is a convenient receptacle that has been designed to recreate that similar micro-climate, giving you access to salt therapy wherever and whenever you need it. Salt crystals are positioned between the filters inside Salitair, so when inhaling, the moisture of the passing air absorbs microscopic salt particles which then permeate through your respiratory system.

- **100% natural product containing only pure salt crystals**
- **Drug free and safe to use**
- **Many satisfied users**
- **No side effects**
- **CE registered medical device**
- **Clinically tested**
- **Just a 15 minute treatment per day**



What our customers say

"I decided to take a 'free flow' reading before starting to use Salitair - it was 290. Now, a few weeks later, I am getting readings of 450. Salitair is fantastic and not only has my health improved dramatically, I have also been able to give up my dependence on steroid drugs. I still carry my Ventalin as a precautionary measure but amazingly, I have not had to use it for weeks. I am also delighted that for the first time in four years, and since moving to the country, I have been free of using antihistamines.

Salitair has in short, been the answer to all my respiratory and allergy problems."

Mrs F. Hammond

"I am a chronic sufferer of asthma. I have been using Salitair for about three months and have found a noticeable improvement in my asthma. I would highly recommend it to others who suffer from similar respiratory problems."

Tim Hand, Southampton

What the Press say

Daily Mail

Rock salt has been used for centuries around the world to ease respiratory discomfort. A trial involving asthmatic and allergic patients and those with chronic obstructive pulmonary disease showed that salt therapy improved symptoms in more than half of them. During a three week period, 25 of the 50 patients were given a placebo pipe and the others a pipe filled with salt. At the end of the trial, 56% of those using salt therapy had an improvement in lung function compared to 34% on the placebo pipe. 73.9% had an improvement in their breathing.

THE Sun

A pipe filled with salt could offer new hope for Britain's 8 million asthma sufferers. Puffing on the pipe draws tiny particles of salt into the lungs, which manufacturers claim boosts natural cleansing processes. Trials in Budapest found three out of four patients improved after using the device for 15 minutes a day.

What the Doctors say

"As a physician specialising in natural approaches to healing and the enhancement of wellness, I am struck with the sheer genius of the concept... Salt inhalation therapy is used in Germany, Austria, the Dead Sea, and many other Central and Eastern European countries - this is a traditional therapy that has withstood the test of time, and based on some of the clinical studies I've seen should be employed more often for healthier pulmonary function...It was a pleasure to use... and I shall definitely be adding it to my armamentarium of natural therapies."

Dr. Marvin P Schweitzer. (Clinic Director, Wellness Inst, Connecticut)

To see what **Dr. Chris Steele**, Manchester GP and ITV's This Morning's resident Doctor, has to say about Salitair visit our website: www.salitair.co.uk

Frequently asked questions

Q How do I use Salitair?

A Salitair can be comfortably held in the hand, insert the pipe into your mouth and inhale through your mouth. You do not need to inhale more deeply than during normal breathing. You should then exhale through the nose as this ensures that the complete respiratory tract is thoroughly cleansed and prevents any moisture from your breath going back into the pipe. You may experience increased expectoration after use of Salitair which shows the effectiveness of the device as it cleans the respiratory tract. Salitair should be used continuously for 15 minutes daily.

Q Is Salitair suitable for children?

A Salitair can be used by a person of any age so long as they are able to inhale through the mouth and exhale through the nose.

Q Can I still take my current medication?

A As Salitair contains only natural ingredients there are no side effects and it can be used alongside any current medication.

Q Will Salitair affect my blood pressure?

A No, the amount of sodium that enters the body is very low and will not affect blood pressure. Most of it is expelled through the nose.

Q How do I clean and store Salitair?

A It is important not to store Salitair in places of high humidity such as in the bathroom, and it should not come into contact with water. Salitair has been uniquely designed to allow you to periodically replace or refill the salt chamber enabling you to empty and clean the entire unit for maximum levels of hygiene. Replacement packs of salt can be purchased from Tower Health or in selected pharmacies.

Health News Review

Salt therapy: A brief history

Published by Tower Health Ltd

Editor: Roger Bratton

Salt Therapy: A brief history

For many years the seaside and sea air was regarded as beneficial and bracing, and trips to the seaside "to take the sea air" became very popular with our forbears. For years during June, Skegness became known as "Little Leicester" as the hosiery workers took up residence during the firms' fortnight. Two weeks at the seaside was not only a holiday for all but was also popular because it eased the symptoms of respiratory ailments picked up in the cramped, noisy, hot, workshop environment.

The belief in the benefits of salty air has always been strong and it has always been highly regarded as a "folk remedy" and passed down through the generations. This belief has always been based on anecdotal evidence, no research to confirm or disprove the theory was ever carried out. With the increase in respiratory ailments in the world, that situation is likely to change. Particularly as recent research in Europe has shown that the benefits are real and tangible.



The many benefits of Salt Therapy have been well known in continental Europe for some time. They believe in the use of salt therapy, how the dry aerosol micro particles of salt and minerals can treat respiratory ailments such as asthma etc. However, to take salt therapy in Poland, Romania, Hungary and Germany sufferers do not head for the seaside, they head for the Salt Mines!!!

A spell in the salt mines, once regarded as punishment for dissidents committing offences against the state, is now a high tech treatment centre for those with respiratory ailments. The salt mines in the Ukraine and the Praid salt mines in Romania have been transformed into modern luxury clinical centres providing treatment for over 10,000 people per year. Temperature in the mines is steady all year round at 22°C, residents sleep on beds in alcoves carved out of the salt, it is said the air in the mines lessens the respiratory system's sensitivity to allergens.

How does it do this?

It has been clinically tested and proved that the heavily salted air in a salt mine contains the micro particles that dissolve the phlegm in the sufferer and kill the infectious micro-organisms. Those in charge of these clinics are anxious to provide links with the UK because we currently have the highest prevalence of severe respiratory ailments, particularly in young teenagers, and the NHS currently spends nearly £900m a year on providing treatments. It is estimated that over 5 million people alone currently receive treatment in the UK for asthma.

What led to the discovery of Salt Therapy?

It is a fact that salt miners rarely suffer from tuberculosis or respiratory diseases and it was acting upon this that led to the development of speleotherapy, which means to be located in a room or area with a presence of Salt Crystal Rock and to breathe the ionized air, and is the method used in the salt mine clinics. The treatment is little known away from the immediate environs of salt mines but common in parts of Eastern and Central Europe where the mines are located and the therapy has been established for many years. Britain, with its complete lack of salt mines, (though not dissidents) has had to content itself with the annual seaside pilgrimage. But not anymore!



did not respond to steroids or Ventalin. Despite being under an expert consultant and complying rigidly to all listed instructions I have never been able to enjoy a cough free day or night. Now I sleep better and experience a vastly improved lung capacity during all activities as long as I use the pipe for 10 minutes in the am and 5 minutes in the pm."

The new improved Saltpipe

A breath of fresh air

Redesigned with a refillable salt chamber, Salitair can be emptied for a complete and thorough clean of the entire unit for maximum levels of hygiene.

How can it be used in the UK?

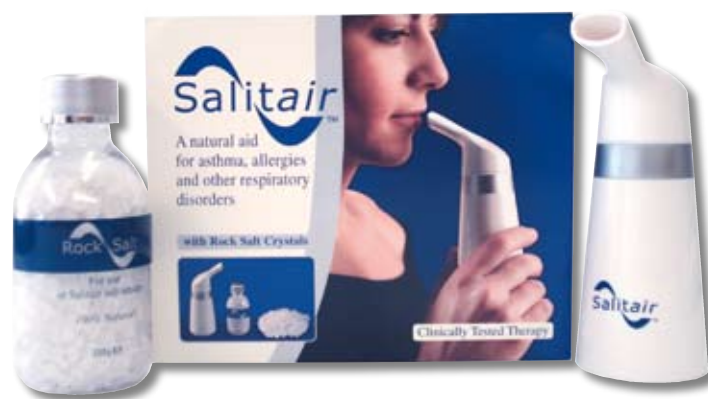
Armed with the research in Europe a Hungarian Company developed **Salitair** using salt from the **Klodawa Salt Mine in Poland**.

Preliminary reports, have been full of praise for the effective nature of the treatment. One eminent physician, **Dr S.L. Wildman-Chard BSc MSc PhD**, herself a chronic asthma sufferer and a Doctor with a great many contacts in the medical profession wrote to say, **"I am delighted...I noticed an improvement instantly, there is no question that your innovative drug free product delivers exactly what it claims. For me it almost completely eliminates the residual congestion that**

Top-up for tip-top performance

The salt inside Salitair can also be topped up or completely refilled, with replacement salt available from Tower Health to keep Salitair fresh and working at its best.

You will find that Salitair replicates the conditions of "Salt mine therapy" a treatment we now know has been practiced in Eastern Europe since the late 18th and 19th centuries.



We hope to be able to bring you a variety of interesting offers from reputable companies. If you prefer not to receive such offers, please write to us at the address below.

Tower Health Ltd. Unit 1, Holly Court Business Park, Landmere Lane, Edwalton, Nottingham NG12 4DG.

"Your Salitair has done wonders for my asthma" – **Margaret Crockett**

www.tower-health.co.uk
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