

An Ultimate Care for Lungs



NACiL Health

Natural Drugless Respiratory Therapy



Visit our Website
www.nacil.co.in



Whatsapp: +91 - 95977 04333

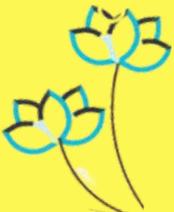


@nacilhealth



Specific Condition or Overall Health

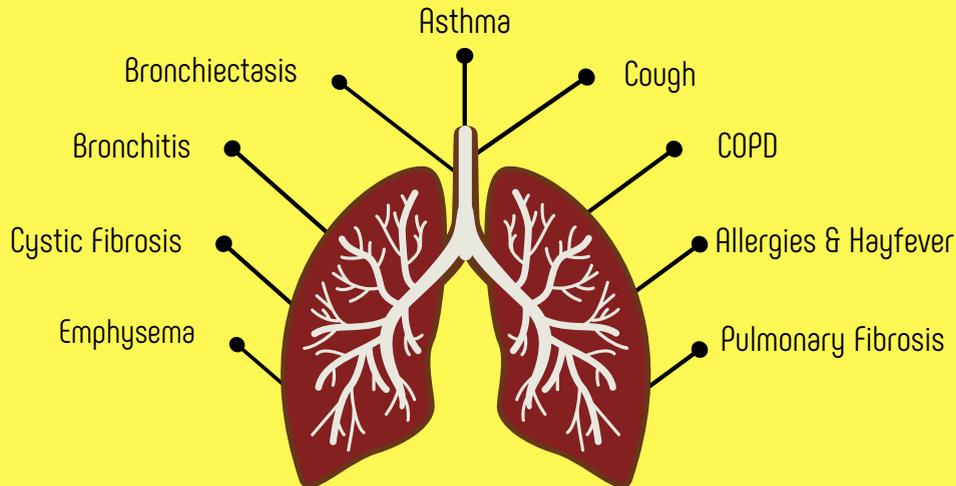
Halotherapy Helps!



Halotherapy

Natural Drugless Respiratory Therapy

Halotherapy is a natural, drugless complementary therapy effective in treating lung conditions and a proven solution to enhance the lung function, rejuvenates skin, improves quality of sleep, lower stress, anxiety and promote over-all wellbeing. A drug-free therapy with no side effects, it can be taken in conjunction with prescribed medications.



Respiratory related symptoms of other diseases that can be treated by Halotherapy are **Long COVID, Nasal Snoring, Obstructive Sleep Apnea & Sinusitis**



Benefits

- Reduces Inflammation
- Opens Airway Blocks
- Cleanse & Detox Lungs
- Keeps away from Cough, Cold & Flu
- Relieves Cough, Mucus & Phlegm
- Builds Immunity to Respiratory Diseases & Allergies
- Enhances performance for Sport Professionals, Musicians
- Removes Sneezing, Coughing, and Shortness of breath
- Relieves Acute & Chornic Lung Diseases Symptoms
- Improved Lung Function & Lung Capacity
- Improve general health & quality of life





How does it work?



Our Halogenerator (Halothiran) uses dry industry grade salt that disperses fine grained micron size particles to halocabins maintained in required conditions for the salt to enter into lungs.

The salt loosens the mucus, which begins to clear quickly, and inflammation is reduced, which makes more room in the airways for you to breathe. While relaxing in our treatment rooms, you inhale the dry, salt-enriched air deep down into the lungs, where the healing benefits do their best healing. Symptoms subside, sometimes for up to 12 months.

Halogen Agent has below properties that helps to provide the benefits by reducing the symptoms found in all lung related diseases



Antibacterial



Anti-inflammatory



Mucolytic Effects



Removes Pollens



Reduces IG Level



Are you going through some of these symptoms?



Wheezing



Chronic Cough



Frequent Cold



Low in Exercise



Phlegms



Fatigue



Loss of Appetite



Nail Clubbing



Chest Pain



Weight Loss



Feeling Weak



Everyday Mucus



Breathless in Bed



Blood Cough



Salty Skin



Depression

Halotherapy could help you relieve from it

Talk to our Therapist

+91 - 95977 04333



Scan to WhatsApp

A close-up, low-angle shot of a person's legs and hands in a starting crouch on a paved road. The person is wearing a white wristwatch and silver and red athletic shoes. The background shows a desert landscape with mountains under a cloudy sky.

Athletes & Sports Fraternity

A person is shown from the chest up, singing into a microphone. They are wearing a dark shirt and a watch. The background is a vibrant, colorful nebula or galaxy with red and blue hues and bright spots of light.

Musicians & Singers

Besides conditions,
Halotherapy is a Great Option!
for who rely on out-standing lung function



Know more

Halotherapy Facts & FAQs

Obstructive

COPD
Emphysema

Pleural Cavities
Pneumothorax, Effusion

Restrictive

Tumors
Tract Infections

Chronic

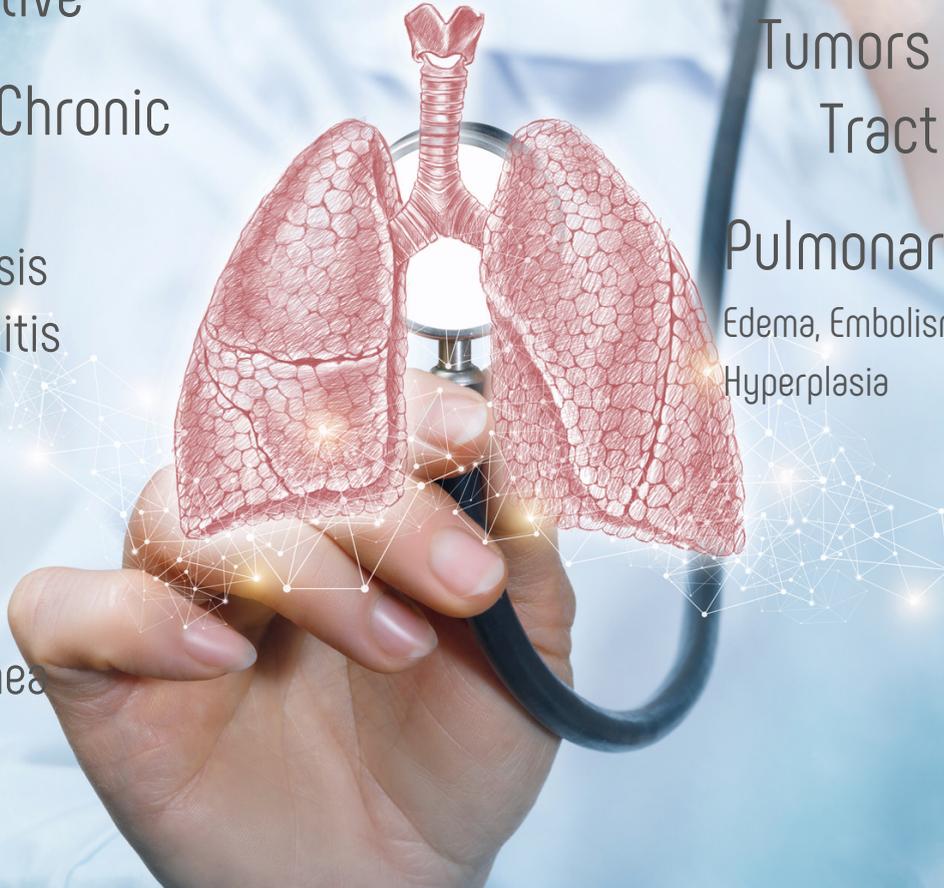
Asthma

Pulmonary
Edema, Embolism, Hemorrhage,
Hyperplasia

Bronchiectasis
Bronchitis

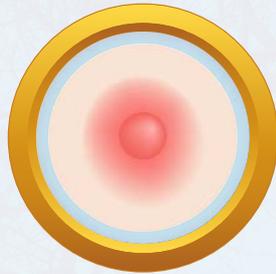
Cystic
Fibrosis

Snoring
Sleep Apnea



Why Halotherapy work on Respiratory Diseases?

We found two key impacts common in all Respiratory Diseases on which Halotherapy works at its best



Inflammation



Mucus Formation

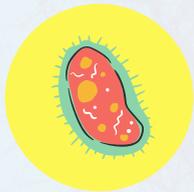
Causing Airways to be blocked

Halotherapy agent, an Industry Grade Dry Salt has great characteristics working under optimal condition during therapy sessions to reduce the impacts and removes the symptoms to lead better quality life.



Can Pneumonia and Tuberculosis be treated with Halotherapy?

Pneumonia and Tuberculosis are caused by Bacteria that needs immediate attention, reporting and treatment with anti-bacterial drugs is must.



**Need Immediate
attention**

**Anti-Bacterial
Drugs**



**Isolation &
Treatment**

**Other proven
methods**



Post Treatment care can be provided through halotherapy to reduce the inflammation impacts but this not first recommended treatment for these bacterial infections. If you were infected by Pneumonia, there are risks and potential for COPD where Halotherapy can be considered as a preventive step following any infections.



Can Halotherapy benefit Healthy Individuals?

Halotherapy is advised to be taken by healthy individuals and professionals who are dependent on lung functions such as Athletes, Singers & Musicians.



**Keeps away from
Cough, Cold and Flu**



**Enhanced Lung
Capacity**



**Improved
Immunity**



**Prevents any future
misalignments**

We encourage you to participate in various events conducted in our centre that can improve your immunity and lung capacity.

Vital Capacity (VC)

Forced Expiratory Volume (FEV1)

FEV1/VC Ratio FEF 25-75

Lung Clearance DLCO

Index (LCI) MBW

Total Lung Capacity (TLC)

Residual Volume (RV)

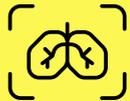
Transfer Factor (TLCO)

Transfer coefficient (KCO)



How to find my healthy lung?

Health of your lungs can be measured in two ways, one that measures the lung Capacity and other that measures the oxygen & other gas levels, below are principle first level methods applied in common.



**Pulmonary Function Test
with Spirometer**

**Blood Oxygen Levels
with Oximeter**

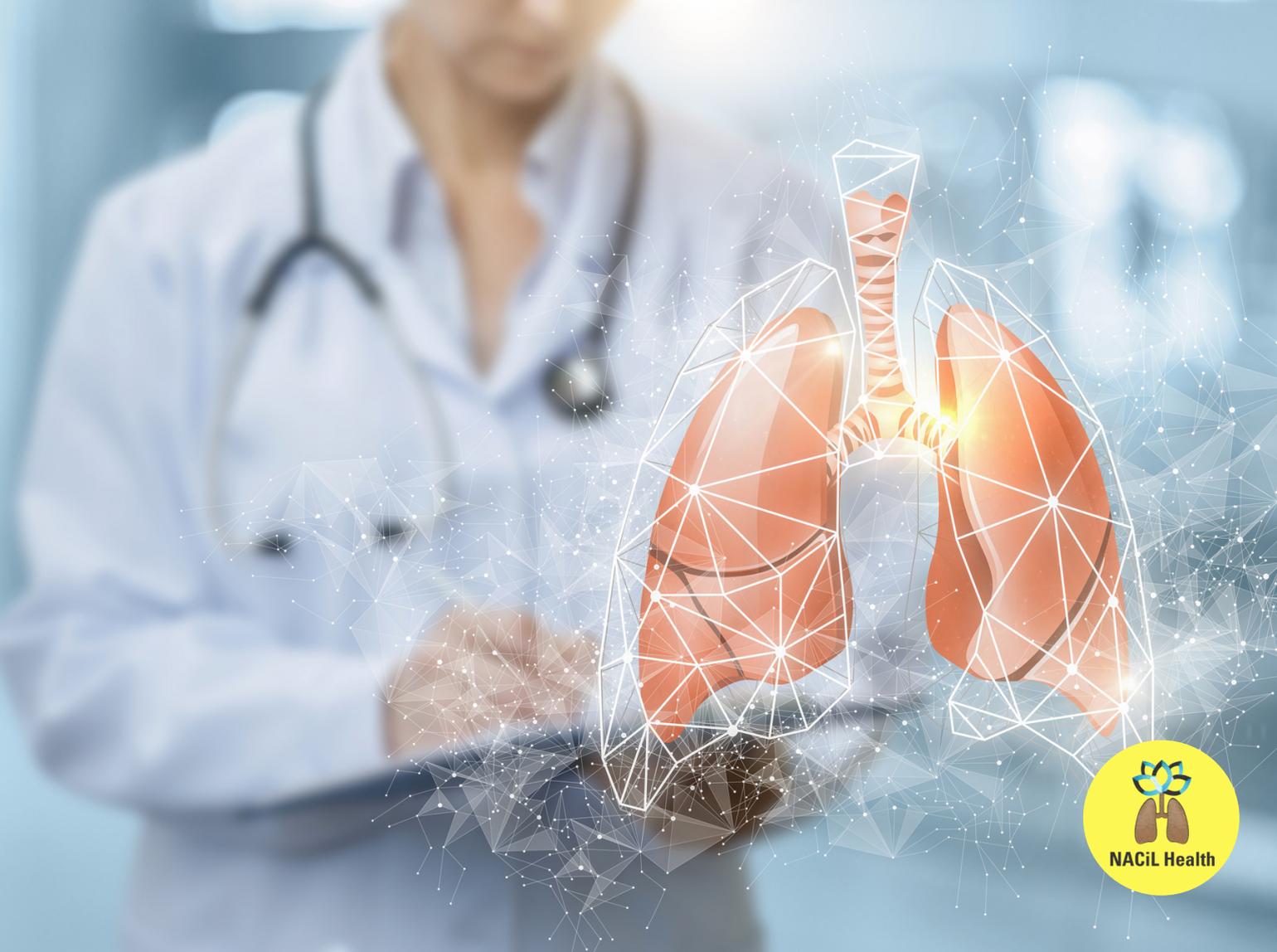


**Lung Capacity Test
with Plethysmography**

**ABGs - Arterial
Blood Gas Test**



Additional advanced tests includes test such as DLCO, MBW/Nitrogen Washout test, Chest X-Ray, Tomography, Biospy, Anigogram, Ultrasound, Blood Tests, Sputum Culture, Bronchoscopy, Bronchoscopic Sampling, Skin Prink Test, Sweat Test and etc.



Asthma & COPD - Are there any difference at all?

It is very common to be confused by symptoms as they are similar; so it is essential to diagnose them correctly to follow a right treatment.

ACOS is condition to have both predominately in smokers



Triggers

Asthma: Environmental & Genetic

COPD: Smokers & Genetic



Pathophysiology

Asthma: Reversible

COPD: Chornic & Obstructive

Asthma-COPD overlap syndrome (ACOS) is a condition in which you have symptoms of both Asthma and COPD. Exact guidelines for diagnosing ACOS haven't been established. ACOS generally involves these three features compared with people who have COPD alone.

- Response to inhalers/bronchodilators
- Reversibility of airflow obstruction
- Bronchial and Inflammation from eosinophils



India Ranks 2nd Largest in
COPD Deaths



NACiL Health

What is the Quality of Air we Breath?

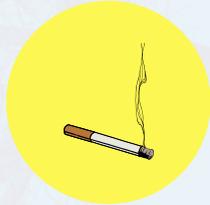
Quality of air we breath is not just impacted by the industry pollutes; but also by what we consider to be insignificant that has larger impacts on our health leading to chronic respiratory diseases that forms major part of non communicable diseases leading to death.



Coal



Traffic Snarls



Smoking



Chem. Hazards



Coils



Bio Gas



Breathlessness



Wheezing



Fatigue



Chronic Cough

India has the most cases of COPD in the world and ranks second when it comes to deaths caused by air pollution. COPD causes more deaths than AIDS, tuberculosis, malaria and diabetes all put together.



What Halotherapy can offer as a post COVID Care?

Various Patients history has shown that past Respiratory Virus Infections such as Influenza started as ARDS left significant impact on respiratory tracts and created long term impacts on respiratory health. Similar behaviour is seen with COVID-19 based on certain health conditions. Halotherapy can help to redcue the symptoms and problems to lead a better quality life



**ARDS (Acute Respiratory
Distress Syndrome)**



**Chronic Respiratory
Issues**



Significant studies have been conducted on COVID-19 triggering chronic respiratory diseases in patients recovered, because of the effects on the respiratory tract; Individuals recovered could not use the functions of the lung with their pre-disease capacity. Halotherapy can be useful in the treatment of chronic respiratory diseases of individuals recovered from COVID-19 disease.

August 2020 Journal of Clinical and Experimental Investigations DOI:10.29333/jcei/8486



Lung Diet

for Healthy Lungs



What to eat for Lung to Blossom?

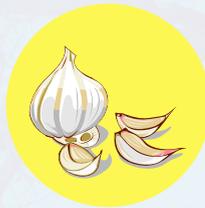
There are so many factors that can easily affect your lungs, which includes smoking, genetics and environmental conditions. On the other hand, Diet also plays an important role to maintain respiratory tract health. Many research findings show that vitamins, minerals, fibres and antioxidants enhance lung health and protect against a number of respiratory problems.



Pepper



Ginger



Garlic



Turmeric



Tomato



Beetroot



Apples



Green Tea



Blueberries



Greens



Many more...

Studies show a link between processed, or cured, meats and worse lung function. Researchers think the nitrites used in processing and preserving cured meats may cause inflammation and stress to the lungs. Consumption of Too Much Alcohol or Sugary Drinks can also impact your lungs.

5A & 5D Technique

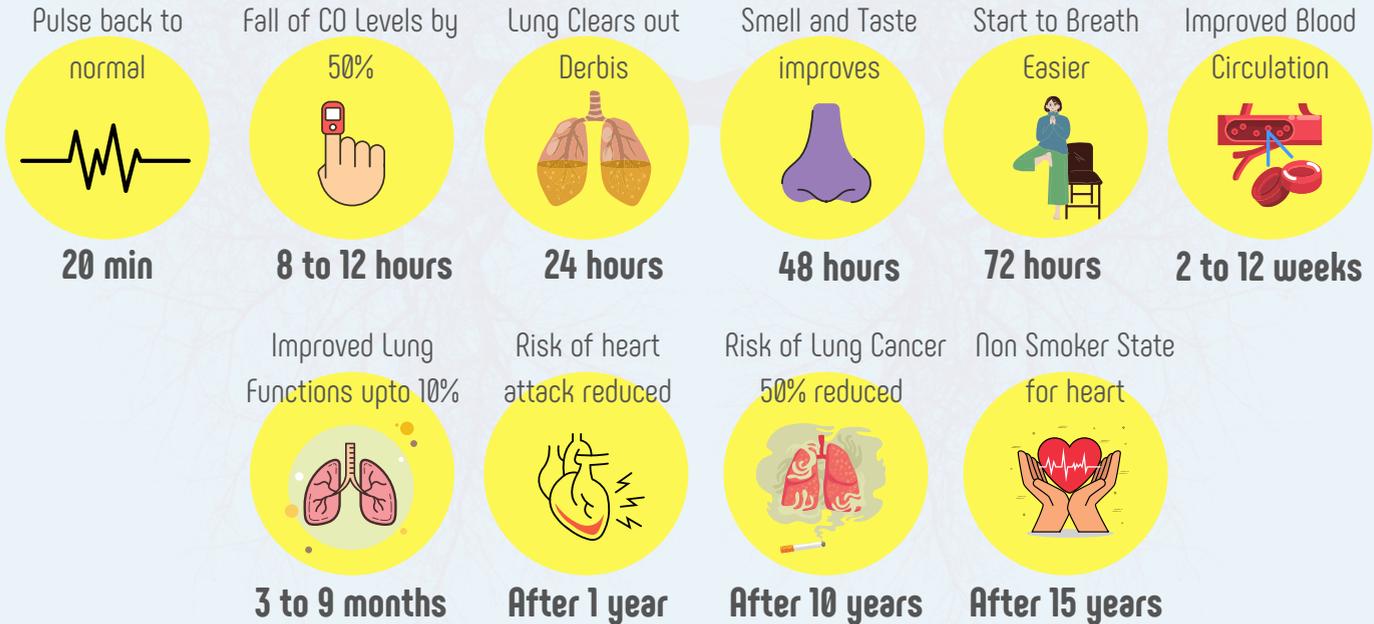
Ask, Advise, Assess, Assist, and Arrange.

Delay, Distract, Deep Breath, Drink, Discussion



Can Halotherapy help when Quitting to Smoke?

Quitting to Smoke is the best gift you can give yourself to start the benefits right from 20 minutes after quitting to many decades to follow. Halotherapy will aid you to deal with easy recovery and realise the benefits of quitting to smoke



Smokers Cough can also be treated well with Halotherapy that enables to clear mucus easily and reduces the inflammation to greater extent

We care for your lungs

We will touch your lung then your heart.

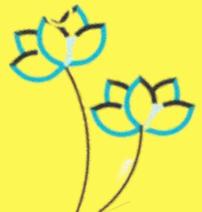
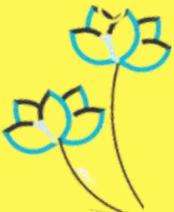


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Natural Drugless Respiratory Therapy

Treatment to improve Lung conditions such as

Asthma, Allergies, COPD, Bronchitis, Bronchiectasis,
Cough, Cystic Fibrosis, Emphysema, Hay fever,
Sinusitis, Nasal Snoring, Sleep Apnea and
Skin conditions like Acne, Eczema, & Psoriasis

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