

MediSalt is introducing a new health- and wellness concept to the Netherlands: so-called 'Halo therapy'. We have a 'Saline-Iodine Galos Cave' in which we offer breathing sessions. In short you spend a brief period in a salt cave that has been specially designed and is constructed with its own air circulation system.

The combination creates a specific maritime microclimate that has a beneficial effect on human health. All that you need to do is to sit and relax in the cave for 45 minutes, in your comfortable clothes, while your body absorbs the iodine equivalent of three days at the seaside.

The health benefits of this exposure have been exhaustively scientifically documented, but this therapy is not yet well known in the Netherlands, despite being relatively common in several countries. We have achieved great results already with this therapy, and we are very excited to play a positive part in improving people's health. The first insurance Company already compensate the treatment being Zorg en Zekerheid.

For many years it has become obvious that natural, ecologically clear mineral, plant or animal components allow to effectively treat many different diseases as well as to restore or to keep physical and mental health. For a long time it has been known that sea is a great healer for body and soul. Maritime salt is one of the most vital medicinal factors.

The Saline-Iodine Caves are the invention of group of doctors working under the guidance of medical science candidate prof. Władimir Strojewski. The caves are created completely from the maritime salt from the Black Sea, from the Crimea, from Saxon Lakes, where water for 5-6 years evaporates under the impact of the sun. Seven tons of maritime salt is used for the creation of our Cave. Walls and floor are tiled with salt bricks while salt is showered under the pressure into the form of stalactites. The technology of creating Caves brings about rise of "thermos" with its own microclimate. Natural ventilation of porous walls as well as air conditioning cause coming off micro molecules of salt and microelements into the inside of the cave, where we can breath them in.

Microclimate and thermal comfort conditions in the room during session fit into norm limits for physiotherapy procedures room: optimal for session for participants in Caves. Air temperature: 21-23 C., relative air humidity: 35%-43% (under the thermal comfort – 50%), air movement: 0.01 – 0.03 m/sec. Dry aerosol has size: 0.5-5 mm, salt fog: 5-22 mm. This small size of aerosol provides possibility for it to get to the final parts of bronchial tubes and can penetrate the alveolus. Our lungs have the area of 100m<sup>2</sup>, we breath about 17 times per minute, taking in about 0.5m<sup>3</sup> of air each time.

The construction of the Cave allows to maintain, during the session (inhalation) time, a desirable level of exchanging ions in the human body. Antiseptic characteristic of aero ions reduce the bacterial seeding of air, what precludes contamination caused by bacteria and dust. Number of bacteria in 1m<sup>3</sup> of air is less than 1000 microorganisms for 1m<sup>3</sup>. The content of sodium and potassium chlorides aero ions reaches to, at least, 0.03 mg/m<sup>3</sup>.

In the process of ionization neutrally infected, defined molecules may lose electron from outer orbit as well as to attach electron, adopting a negative charge with it. It is considered that light negative ions have a high effectiveness of treatment compared to positive ions. In 1m<sup>3</sup> of ionized air the number of light ions reaches 1000 while in the city air it is 15-200 with a huge rise of heavy ions (up to a few dozens thousands). It was stated that maritime salt ions have activating influence on breathing enzymes, particularly on cytochrome C oxidase, what improves the effectiveness of breathing, increases reserve possibilities of lung system, optimize action activity of mucous membrane, respiratory system, and have a noticeable effect on bronchitis.

Deciding on taking part in sessions in Caves it should be taken into consideration that human body reactions to a high extent depend on initial activity state of human, his individual "regency", characteristic of pathological process and connected with it changes as well as vegetarian activities, acidic-basic balance state, energetic level and others.

Undisputed fact, confirmed with numerous researches, is complete lack of side effects in case of long-lasting stay in aeroionclimate saturated with chlorides of sodium, lime, magnesium and other micro molecule ions. Clear, ionized air, makes it available to improve health condition and aids the treatment of: respiratory system: nose, throat, larynx, sinuses, asthma, chronic bronchitis and pneumonia, hypo function of thyroid gland, cardiac-vascular affection, cardiac failure, after infarct condition, hypertension, dermatological affections: peeling, dermatitis, allergy, vegetative nervous system, neurosis, exhaustion states, decrease of stress immunity, obesity. Stay in Caves is also advisable for pregnant women since it allows to replenish higher demand for iodine. ATTENTION – doctor's examination is needed in case of: hypo function of thyroid gland, low pressure, tumor diseases, allergy to iodine, claustrophobia.

Not only assure Caves comfortable conditions to aid treatments of particular diseases but also psychological unloading of nervous system – it improves the state of human body and mind. The technology of using the maritime salt in Caves complies with standards of established in climate-physic therapy parameters of medical affection and ecological comfort.

The Saline-Iodine Caves invite for 45 minutes sessions with application of music therapy, color therapy and reflex therapy. For adults we have comfortable deckchairs, for children we have salt sandboxes with toys; as for music: sounds of sea, soothing bird's

sounds, audio book, mountain streams, four seasons. We enter the Caves in socks or shoes protectors. Comfortable, loose clothes will improve relaxation, also we advise not to eat any stodgy dishes earlier. To obtain medical effects few sessions should be obtained, best would be 10 sessions, what would be equal to one month spent by the seaside. To combat the every day stress we need not only to rest by the seaside or in mountains but also in the place where we live.

### Composition and medical characteristics of salt

Salt for many years has been considered as a token of friendship, eternity, wisdom and health. Sodium chloride fulfills a vital role in metabolism process in human body, which content in maritime salt reaches 80%. Sodium contributes to increase in liquid volume the intercellular space while potassium determines content of water inside the cell. Many doctors state that good health condition can be provided with the right balance between sodium and potassium in human body.

The remaining 20% consists of lime, magnesium, bromine, iodine, fluorine and other chemical elements. They are all well absorbed by skin, showing beneficial effects on the human body as a whole.

**Sodium** – keeps the acidic-alkaline balance, osmotic pressure and energy of cell

**Potassium** - keeps the acidic-alkaline balance, osmotic pressure and energy of cell, stabilizes heart work , works anti-idiomatically and urinals, improves conditions of neuromuscle apparatus and movement co-ordination.

**Lime** – improves the human body defenses, resistance on septic diseases, standardizes vegetative nervous system, has anti-allergic effects, improves skeleton and teeth.

**Magnesium** – causes acceleration of transferring nervous impulses to muscles, works relaxingly on tense muscles, has tranquilizing and soporific effects, improves wounds treatment. Lowers heart pressure. Works anticonvulsive.

**Copper** – improves creating blood function, causes increase of hemoglobin, decrease of sugar level, speeds up knitting of bones when broken, has anesthetic effects.

**Bromine** – has soporific effects, lowers heart pressure, works anti-convulsionally

**Iodine** – has anti-sclerosis effects, standardizes processes of fat conversion. Improves conversion processes in human body, protects against radiation impacts.

**Fluorine** – reinforces skeleton and teeth, stimulates resistance, protects against radiation impacts. Treatment with maritime salt and prophylaxis of different diseases take place through general baths ( 1 kg. per bath) and local baths (100 grams on 3-5 liters of water).

The EVERET Company designs, performs, counsels and gives license to run Saline-Iodine Galos Caves.

Saline-Iodine Galos Caves guarantee authentic maritime microclimate. They were created by the EVERET Company with application of special technologies that were worked out by Ukrainian scientists.

The technology of creating Saline-Iodine Galos Caves has already been patented in 108 countries with exclusive rights. It is based on the salt, descending from the BLACK SEA, (Saxon Lakes), from the Crimea, crystallized in natural conditions. For about 5-6 years water from Saxon Lakes evaporates under sun's impact. This is a natural process so it is clean, without preservatives, dyes or any chemical supplements. Salt crystals are shaped into bricks that are used in creation of Saline-Iodine Galos Caves.

The aim of creating Saline-Iodine Galos Caves was creating a specific maritime microclimate that has a beneficial effect on human health. Obtaining such microclimate required 15 years of scientific researches in the Ukraine and was also supported with 5 years long researches in Poland.

In Poland the EVERET Company has been building Saline-Iodine Galos Caves since the year 2000. From the year 2004 – on the turn of July and August - first Saline-Iodine Galos Caves were created in the United States of America. They were built with the joint effort of Ukrainian and Polish specialists, with exactly obeyed technological standards. Due to deficiency of iodine in the middle-east part of the United States of America, they were located in Chicago – the biggest city of Illinois.

Comparing concentration of iodine in caves, it can be affirmed that one 45 minutes session is the same as 3 days spent by the seaside. To gain the full healthy effect, participating in few session, 10 at least, what is equal to one month spent by the seaside.

The essence of session is to implement through respiratory system and skin into human body micro molecules of salt. Session is a kind of inhalation, aiding the treatment of upper respiratory system, asthma, and hypo function of thyroid gland. It improves blood circulation, stabilizes blood pressure, improves metabolism, strengthens immunity system, therefore it is good to come here with children from their earliest years. Contra-indication for such sessions are: allergy to iodine; With hypo function of thyroid gland earlier consultation with specialist is advisable.

Inhalations in Galos Cave are joined with music-therapy what allows deep rest and relaxation. Such a specific microclimate is available only in our caves.