



To Whom It May Concern:

My name is Dr. Kenneth Groves HBSc, ND and I am writing this letter of recommendation in support of facilities like that of the Healing Salt Cave in Niagara Falls, Ontario. Since moving my Integrative Medical Clinic into the plaza next door to the Healing Salt Cave 3 years ago, I have had the opportunity to be introduced to Halotherapy. After hearing numerous visitors who utilize the Salt Caves, mention noticed improvement in respiratory function; I decided to take a look into the science and research behind it. The benefits of Halotherapy are well supported by research and studies have shown health improvements in people with chronic respiratory pathologies such as bronchial asthma, chronic bronchitis, chronic obstructive bronchopneumopathy, infectious-inflammatory pathologies as well as significant decreases in adenoid/tonsillar hypertrophy in children^{1,2}. Patients of mine have also told me they have experienced improved breathing along with increased lung capacity, decreased obstruction in the airways and even improved sleeping patterns from visiting the Salt Caves on a regular basis. The simple concept of the inhalation of a dry aerosolized salt, leading to the softening of mucus and decreased inflammation within the small airways of the lungs, allows for easy expectoration and clearance of mucus from the body, thus resulting in overall improved respiratory function³.

The overall concept of the Salt Cave is new to North America but has a long traditional and historic use throughout Europe and particularly in Poland where doctors and physicians recommend and prescribe Halotherapy treatment to patients via utilization of places like the sanatorium, built atop the original salt mine in Poland^{4,5}. In my opinion, I view Halotherapy as a viable natural conjunctive therapy to help people with chronic respiratory conditions or it could even be theoretically postulated that Salt Caves be utilized as a preventative therapy for those who live in cities with poor air quality, like Hamilton, Ontario⁶.

I would in the highest regard recommend facilities that offer standardized Halotherapy, like the Healing Salt Cave, to be considered as an asset to any city with a high incidence of air pollution or a growing population of people who suffer from severe chronic respiratory conditions⁶. Should you require further information please do not hesitate to contact me.

Thank you,
Yours in Health,

May 14, 2016

Dr. Kenneth Groves, HBSc, ND

Chief Medical Officer

InspireHealth Niagara

Date

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