

MCH Wellness

Salt Therapy – Halotherapy

The use of Salt Therapy/Halotherapy is not intended to substitute for medical care or treatment. Do not stop your any medications without first consulting with your doctor.

The information contained herein is not intended to cover all possible uses, directions, precautions, warnings, drug interactions, allergic reactions, or adverse effects. If you have any questions about Salt Therapy/Halotherapy or possible contraindications, please consult with your physician or health professional before proceeding.

Salt Therapy/Halotherapy is not recommended if you have one of the following medical conditions: active tuberculosis, fever, contagious conditions, severe heart disorders, uncontrolled blood pressure, open wounds, hemoptysis, lung cancer, mental disorders, severe kidney or liver issues, advanced stages of COPD, or acute state of respiratory attack. Pregnant women should consult with their doctor before using Halotherapy.

Salt Therapy/Halotherapy – Possible side effects: Dry or itchy throat, nasal drip, and increased coughing at the beginning. This is a natural part of the cleaning process of the respiratory system, during which the pollution, accumulated over time, and now loosened up by the salt, is expelled from even the deepest regions of the lungs. Such side effects should cease with the removal of pollution and pathogens. Skin irritation and dermal sensitivity may occur. In such cases, decrease the frequency of sessions.

Amethyst Infrared PEMF Mat

The PEMF frequencies in the infrared mat range from 3Hz – 23Hz and are designed to provide specific benefits for each waveform but not suitable for those with an implanted electrical device (such as a pacemaker or insulin pump), metal implants, or pregnant.

- 3Hz: Relaxation and better sleep.
- 7.8Hz: Grounding and calming. Recharge and reconnecting after day-to-day stress.
- 10Hz: Stress reduction and mindfulness. Helps improve focus and memory.
- 23Hz: Enhances mental function, concentration, and memory.

PEMF works by sending low-level frequencies throughout the body to speed recovery, recharge cells and relax the central nervous system. It has also been proven to improve chronic discomfort, reduce inflammation and boost the immune system.

Infrared Contraindications:

Medications

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to far infrared waves or elevated body temperature. Diuretics, barbiturates and beta-blockers may impair the

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body's natural heat loss mechanisms. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke.

Children

The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. Consult with the child's pediatrician before using infrared.

Saunas & The Elderly

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature.

Cardiovascular Conditions

Individuals with cardiovascular conditions or problems (hypertension / hypotension), congestive heart failure, impaired coronary circulation or those who are taking medications, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output, blood flow, in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

Alcohol / Alcohol Abuse

Alcohol intoxication decreases a person's judgment; therefore, they may not realize it when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

Chronic Conditions / Diseases Associated with a Reduced Ability to Sweat or Perspire

Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

Hemophiliacs / Individuals Prone to Bleeding

The use of infrared should be avoided by anyone who is predisposed to bleeding.

Fever

Individuals should not use the infrared when they have a fever.

Insensitivity to Heat

An individual that has insensitivity to heat should not use an infrared.

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Pregnancy

Pregnant women should consult a physician before using infrared because fetal damage can occur with a certain elevated body temperature.

Menstruation

Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief commonly associated with their cycle whereas others simply choose to avoid infrared use during that time of the month.

Joint Injury

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contra-indicated in cases of enclosed infections be they dental, in joints or in any other tissues.

Implants

Metal pins, rods, artificial joints or any other surgical implants generally reflect far infrared waves and thus are not heated by this system, nevertheless you should consult your surgeon prior to using an Infrared. Certainly, the usage of an infrared must be discontinued if you experience pain near any such implants. Silicone does absorb far infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the far infrared waves. Since silicone melts at over 200°C (392°F), it should not be adversely affected by the usage of infrared. It is still advised that you check with your surgeon and possibly a representative from the implant manufacturer to be certain.

If you have any questions about Infrared or Pulsed Electromagnetic Field Therapy or possible contraindications, please consult with your physician or health professional.

Red Light Therapy

Red and near light therapy are general wellness devices and are not intended to cure or diagnose any medical condition. This therapy is designed to help promote overall health and wellness by supporting cellular function.

Red light therapy is not recommended if you have one of the following medical conditions: malignant cancer, hyperthyroidism (neck and upper chest), recent burns or open wounds, pregnancy, eye disease, light sensitivity, fever or infection, system lupus erythematosus, severe bleeding or blood loss, use of photosensitizing medications, tattoos, dark skin pigmentation, melasma / hyperpigmentation.

Other considerations/cautions: Consult with your healthcare provider if you have any suspicious cancerous lesions or recently had a steroid injection or use topical steroids, have any pre-existing

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condition or take photosensitizing drugs. Some cold and allergy medications, pain medications, and medications used to treat infection may cause light sensitivity.

If you have a history of facial fillers and/or Botox injections, consult with your dermatologist prior to use. If you have breast implants, consult with your plastic surgeon prior to use.

Do not use red light therapy during the healing period of post Lasik eye surgery and get clearance from your doctor before proceeding.

Essential Oils

Pure essential oils have a long history of safe and effective use, for everything from personal hygiene and cooking to emotional and health benefits. When you use appropriate amounts of pure essential oils, they are safe to use at home for yourself and with your family.

Before you use essential oils, know that not all oils are created equal. It's important to choose high-quality essential oils that have been tested for purity and analyzed for potentially harmful contaminants and other substances that could compromise the safety or quality of the oil. Not all companies use thorough testing methods, and many essential oil distributors will use synthetic fillers that alter the efficacy of the oils.

Essential Oil Safety Guidelines

When it comes to using essential oils, there are a few safety guidelines and varies from individual to individual. It's important to consider your own personal needs when it comes to safety. For example, some people have sensitive skin, which simply means that they will need to dilute more potent essential oils. In certain cases, you may need to refrain from using a particular essential oil if it causes sensitivity when you use it. However, you can often use a smaller amount of oil, or alter your application method to avoid sensitivity.

Here are some of the best practices for safe essential oil usage:

- **Always read the labels.** Pay attention to any specific warnings on your essential oil packaging and adhere to any recommendations provided by the manufacturer.
- **Avoid certain areas.** Avoid putting oils into your nose, inner ears, eyes, broken skin, or other sensitive areas.
- **Dilute oils.** To minimize skin sensitivity, dilute essential oils using a carrier oil like fractionated coconut oil. The suggested dilution ratio is one drop of essential oil to five drops of carrier oil. Always dilute an oil when using it for the first time, applying it to sensitive skin, or when using essential oils with children. When using oils with a particularly strong chemistry, you will want to dilute one drop of essential oil to ten drops of carrier oil.
- **Know your strong oils.** Some essential oils should always be diluted with fractionated coconut oil before putting them on your skin. Some of these oils include Cassia, Cinnamon Bark, Clove, Oregano, and Thyme. Keep in mind, this is not an exhaustive list, so always pay attention to labels with warnings about strong oils.

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- **Be careful of sun sensitivity.** Some essential oils can pose a risk for sun sensitivity, particularly citrus oils. Some of these oils include Bergamot, Green Mandarin, Grapefruit, Lemon, Lime, Tangerine, Wild Orange, and any essential oil blends that contain these oils. Again, this is not an exhaustive list. Before applying an essential oil topically, check the label for any sun sensitivity warnings. Avoid direct sunlight or UV rays for at least 12 hours following the use of these oils on the skin (this includes tanning beds).
- **Practice safe storage.** Make sure to store essential oils out of reach of children. This measure will help prevent accidental ingestion. You'll also want to keep your oils away from excessive light or heat, as this can alter the chemical properties of an essential oil significantly.
- **Supervise young children.** Always supervise essential oil application with your children. Because children have more delicate skin, it's a good idea to dilute oils before applying them topically. Try applying the oil to the bottom of a child's feet before you try other areas. In addition to safe storage practices, you can also use Child Resistant Caps to ensure that your children don't accidentally ingest oils on their own.
- **Talk to a healthcare professional.** If you are pregnant, have specific health concerns or questions about possible drug interactions, consult with your doctor before using essential oils.

Is It Possible to Have an Allergic Reaction to Essential Oils?

Some people ask, "Can you have an allergic reaction to essential oils?" An allergic reaction occurs when the body experiences an abnormal immune reaction after exposure to a protein molecule that is typically harmless. High quality, pure essential oils are completely made up of aromatic compounds found in nature; they don't contain any protein molecules, so they don't cause allergic reactions in the same way that, for example, peanuts or eggs might.

However, with some people, essential oils can bind to proteins in the skin and create a type of molecule that the body may recognize as an allergen, creating an allergic response. This process depends on many things, such as the type and amount of oil being used, the person's individual protein levels, and even genetics.

Sensitivity to an essential oil can cause responses in the skin, digestive system, respiratory system, and other areas of the body.

Signs of an essential oil sensitivity or allergic reaction include:

- Pain, swelling, or tenderness in the skin
- Skin irritation (such as itching, rash, or hives)
- Difficulty breathing
- Stomach upset

If you experience any of the symptoms listed above, it's important to stop using that essential oil immediately so that you don't make the reaction worse. It's advisable to take a break from the application method that caused the reaction (for example, if you have a skin reaction, avoid

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topical use for a while) and choose other ways to enjoy the benefits of the oil. For severe reactions, seek medical treatment if needed.

CONDITIONS OF USE AND IMPORTANT INFORMATION: This information is meant to supplement, not replace advice from your doctor or healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects. This information may not fit your specific health circumstances. Never delay or disregard seeking professional medical advice from your doctor or other qualified health care provider. You should always speak with your doctor or health care professional before you start, stop, or change any prescribed part of your health care plan or treatment and to determine what course of therapy is right for you.