

REAL LIFE

CAN HIT

SPEAKING OUT:
Welsh actress
Catherine Zeta Jones
recently admitted to
receiving treatment
for bipolar disorder



“For people who’ve struggled for years and haven’t wanted to tell anybody, having well-known people come forward helps them see that everyone can get depression, and everyone can come through it.”
He added: “Mental illness is absolutely devastating and can bring you to your knees, and the cruelty of everyone else on top of that can be life-threatening.”
“I’d like to thank Catherine Zeta Jones for letting her story hit the headlines. I hope it helps other people.”
“There is less of a taboo about acknowledging that you are depressed. It is very different from ‘having the blues’ or feeling a bit low. Anyone who says that it’s simply being unhappy doesn’t understand what depression is.”

SYMPTOMS EXPLAINED

The US National Institute of Mental Health describes bipolar disorder symptoms as:

Mania

- Long periods of feeling high, or an overly happy or outgoing mood.
- Extremely irritable mood, agitation, feeling jumpy or ‘wired’.
- Talking very fast, jumping from one idea to another, having racing thoughts.
- Being easily distracted and restless.
- Increasing goal-directed activities, such as taking on new projects.
- Sleeping little.
- Having an unrealistic belief in your abilities.
- Behaving impulsively and taking part in pleasurable, high-risk behav-

iours, such as spending sprees, impulsive sex and impulsive business investments.

Depression

- Long periods of feeling worried or empty.
- Loss of interest in activities once enjoyed, including sex.
- Tiredness.
- Having problems concentrating, remembering and making decisions.
- Being restless or irritable.
- Changing eating, sleeping, or other habits.
- Thinking of death or suicide.

For more information about any form of depression talk to your GP or visit www.aware.ie or call 1890-303-302



WORTH ITS SALT: Twink’s a fan of the salt cave

CAVE SAVES YOUR BREATH

By **ANDREA McCULLAGH**

THE health police are constantly warning us of the dangers of eating too much salt — but for some people breathing it in has proven to have great benefits.

Stage star Twink is one of many Irish people who are finding great benefits from using salt caves, and it is becoming very popular as a natural alternative.

Twink was dramatically hospitalised last year and she reckons that her visits to a salt cave helped ease her asthma. She says: “I had a chronic asthma attack and thought I was going to die. I spent four weeks in hospital then went to the salt cave in Maynooth.

“The salt therapy sessions brought me lots of relief and I found I could breathe more easily. It did me a great deal of good and I like the fact that it is natural and 100 per cent drug free.”

The Salt Cave Climatherapy Clinic in Maynooth, Co Kildare reproduces a microclimate similar to that found in natural salt chambers. The air is purified to ensure it is germ and allergen free and then they fill the cave with a low concentrate of dry salt powder.

Clients sit in the cave for an hour and relax while they breathe the salt into their lungs. Regularly using the cave has great benefits for respiratory conditions.

Bernie Byrne (27), from Carlow, works in a call centre for a bank and she has suffered from a genetic condition called hypoglobulemia since childhood. It has resulted in damage to her lungs and she takes a daily antibiotic to help keep infections at bay. She started visiting the salt cave in a bid to help her breathing naturally and she was thrilled when she started feeling the benefits.

She says: “I have a lot of problems with my chest and lungs since childhood so I thought it would be a help for them.”

“I have a lower immune system than most people and because of that I have been prone to chest infections. It caused damage and I also have build up in my lungs.”

“Since going to the salt cave I have found it easier to take care of my lungs. After three or four days in there it’s easier to clear my lungs.”

“I would wake a lot at night and that is reduced. I get a lot better sleep and I’m not as tired. It’s great.”

The salt cave sessions last an hour and during every inhalation clients breathe the microscopic dry salt particles into their bodies. The complementary therapy claims to have a healing effect on the whole respiratory system — and can give long lasting improvements with repeated sessions.

The salt cave can help people with a number of conditions including sinusitis, hay fever, bronchitis and cystic fibrosis. Bernie adds: “Even going in and having a quiet evening, it’s very relaxing. There’s nice music on and you drift off half the time. They are lovely people and very friendly.”

To find out more about the salt cave visit www.saltcave.ie or call the Salt Cave Climatherapy Clinic on 01-6289851.



FAN: Bernie visits the cave regularly