NLFI Rehabilitation and Health Clinic

Hveragerði - Iceland

Health Clinic since 1955

- ▶ Heilsustofnun Health Clinic was formally opened in 1955
- The founder Dr. Jónas Kristjánsson (1870-1960) was the pioneer for the operation and the NLFI Association (1937)





About Heilsustofnun

- 40km east of Reykjavík
- In a village with natural hot springs
- Next to Varmá river
- With paths for walks across the river, the small woods, along the mountain and to the hot springs
- Sustainability
- Geothermal energy
- Organic greenhouses

- ► The basic philosophy of Heilsustofnun is to build up the client's health and sense of wellbeing and support the individual to learn to be responsible for own health
 - Motivation
 - Education
 - Treatments
 - Mindfulness



- Around 2000 clients per year
- Average 120-130 pr day
- Average stay is 4 weeks per person
- Around 65% are female
- Average age is 63 years
- Individualized treatment
- Individual, group activities, educational programs
- ▶ Total of 25 hours per week





Interdisciplinary teamwork

Physicians - Nurses and nurse assistants - Physiotherapists - Sports instructors - Massage therapists - Nutritional therapist - Psychologists - Acupuncturists



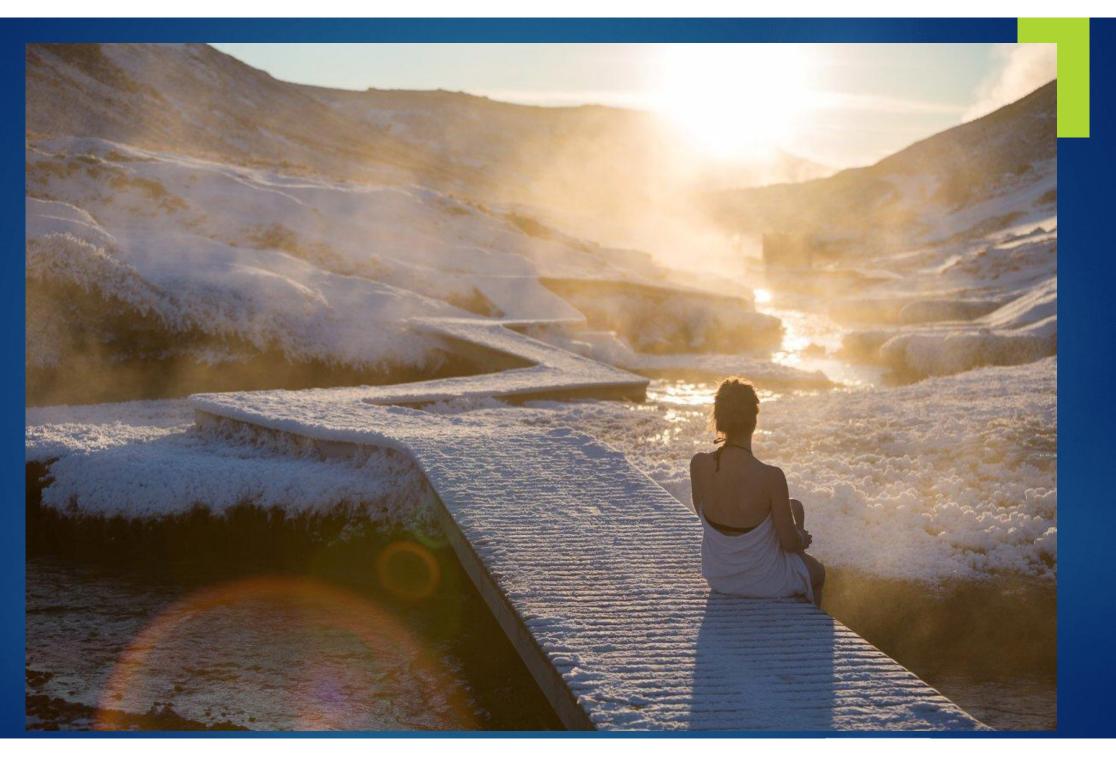
Variety of treatment

- Acupuncture
- Deep heat therapy clay
- Smoking cessation
- Memory training
- Educational programs
- Healthy diet
- Mud-, hot and cold water- and herbal baths
- Parafin wax treatment
- Tai Chi
- Hypnosis
- Yoga
- Relaxation/meditation





- Peliods (mud baths) have been used as treatment for over 60 years at Heilsustofnun
- Are one of the cornerstones in treatment at Heilsustofnun and main attraction
- Peloids are an ancient remedy that has evolved as natural medicine in Europe for centuries
- The peloids are harvested at Reykjafjall in Hveragerði, and cleaned and diluted with water at Heilsustofnun
- In addition to mud baths, peloid treatment is provided for hands and/or feet. This treatment is useful for arthritis patients who can not use the mudbaths



- The mud baths are 39-40°C and provide deep heat to the core of the body
- Clients lay in the mud for 15 minutes and then go to a relaxation area where they are wrapped in blankets and relax for 20 minutes





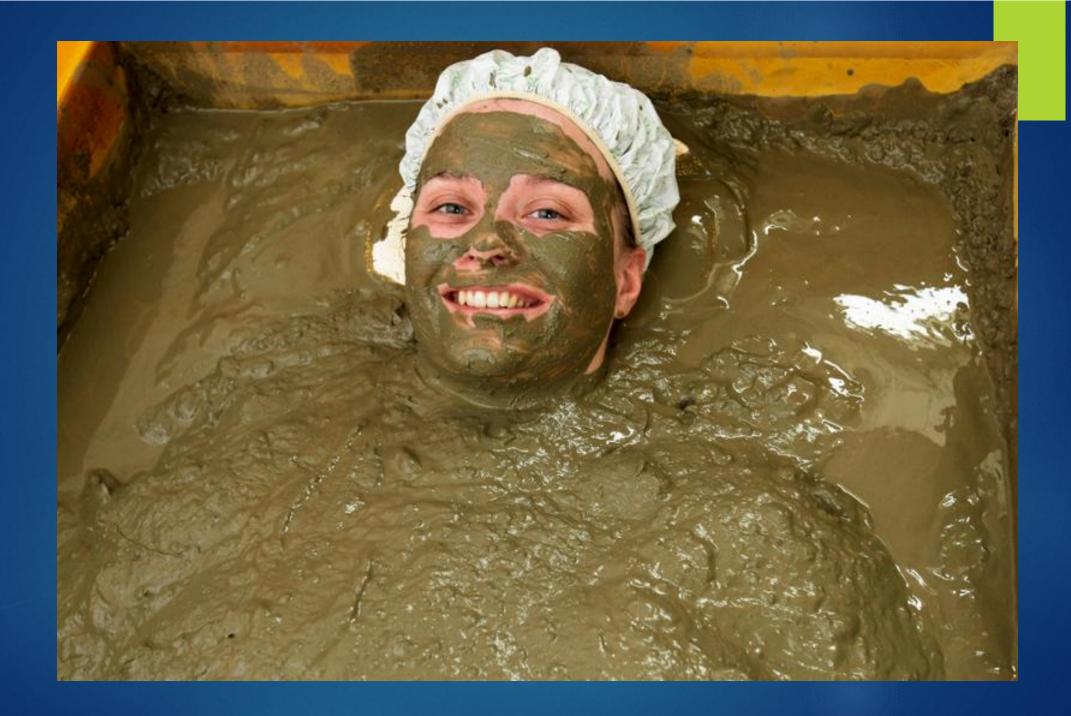
- Contraindication
 - Nickel allergy
 - Pacemakers
 - Cardiac problems
 - Varicose veins
 - Open wounds

- Studies done on the peloids show that bacteria and viruses do not thrive in it
- Results also show that the peloids have antibiotical effect
 - When bacteria was grown in bacteriological medium with and without peloids in various strength, the bacteria count decreased when the peloids in the medium was over 10%

Composition of the Peloids

	Hver-11	83167/8
SiO ₂	50.70	19.74
TiO ₂	1.87	2.24
Al ₂ O ₃	12.54	23.95
Fe ₂ O ₃	12.05	13.65
FeO	0.25	0.29
MnO	0.07	0.03
MgO	3.31	1.54
CaO	1.51	< 0.1
Na ₂ O	0.05	1.30
K ₂ O	0.10	0.20
P_2O_5	0.09	0.12
LOI*	15.52	35.60
Total	98.06	98.66
H ₂ O	8.67	4.09
H_2O^+	4.93	12.23
CO ₂	<0.2	< 0.2
S _{total}	4.00	12.40
Corg	<0.1	< 0.1

^{*} LOI: loss on ignition







- Diverse healthfood every day
- Fish is served twice every week
- No added sugar
- No meat
- Seminars by the chef
- Health tea
- Organic vegetables from own greenhouse



- Organic certification (Tún)
- GMO-free area
- All vegetables are organic
- We cultivate:











Espa Innovation Awards

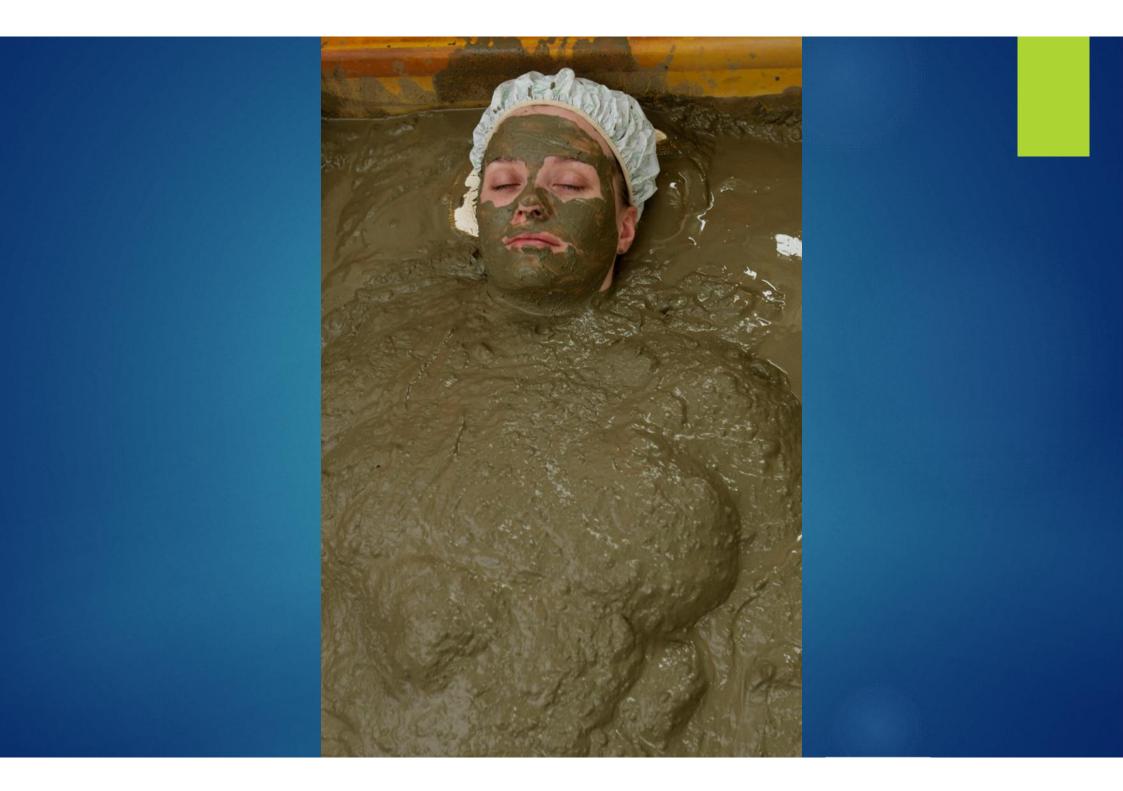












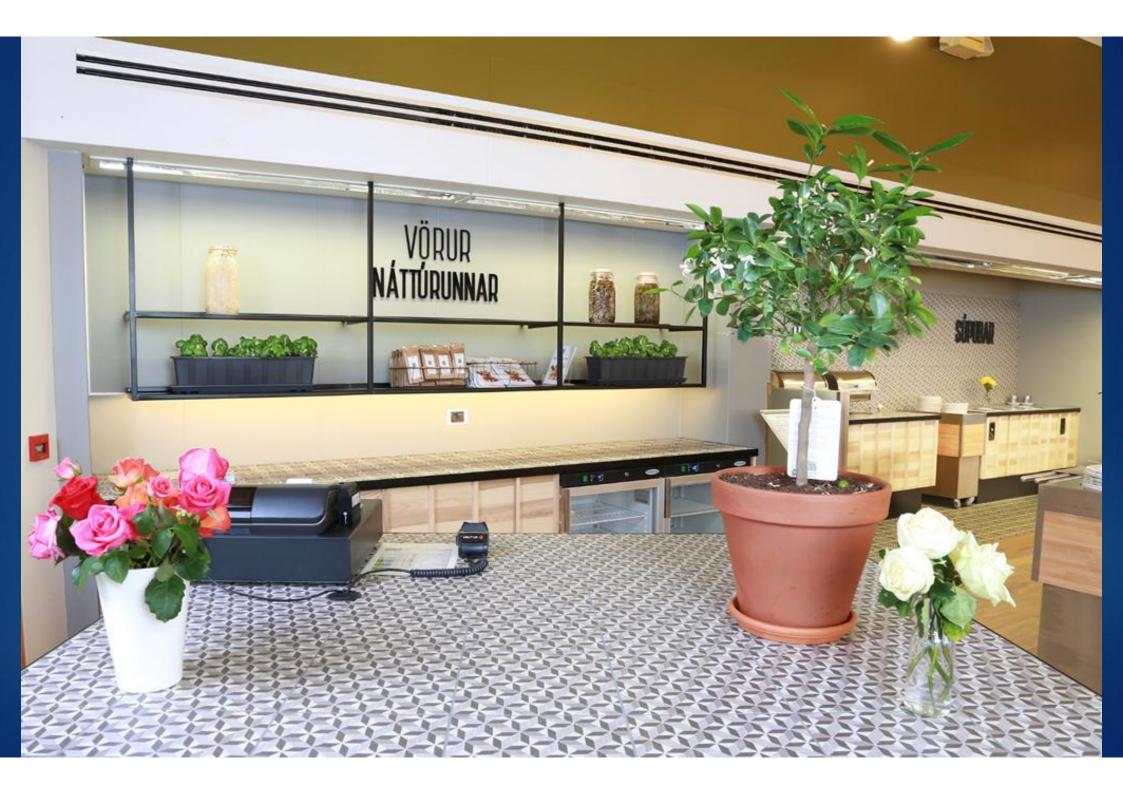




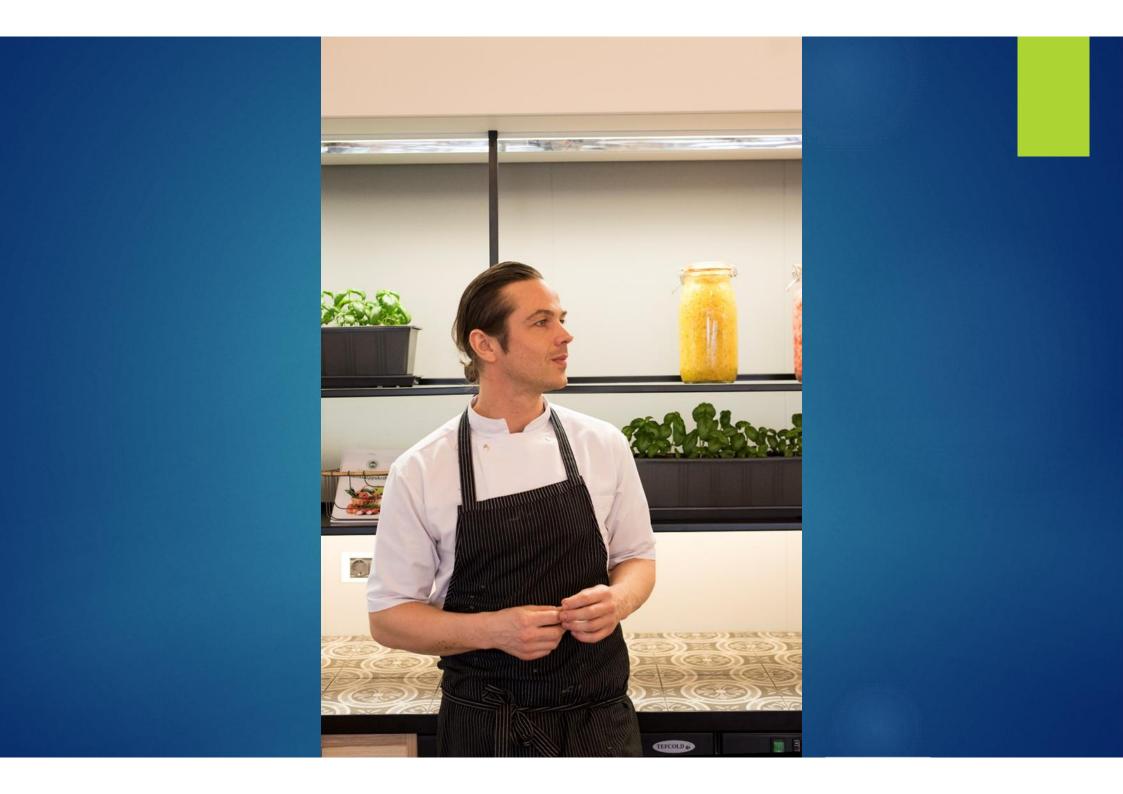


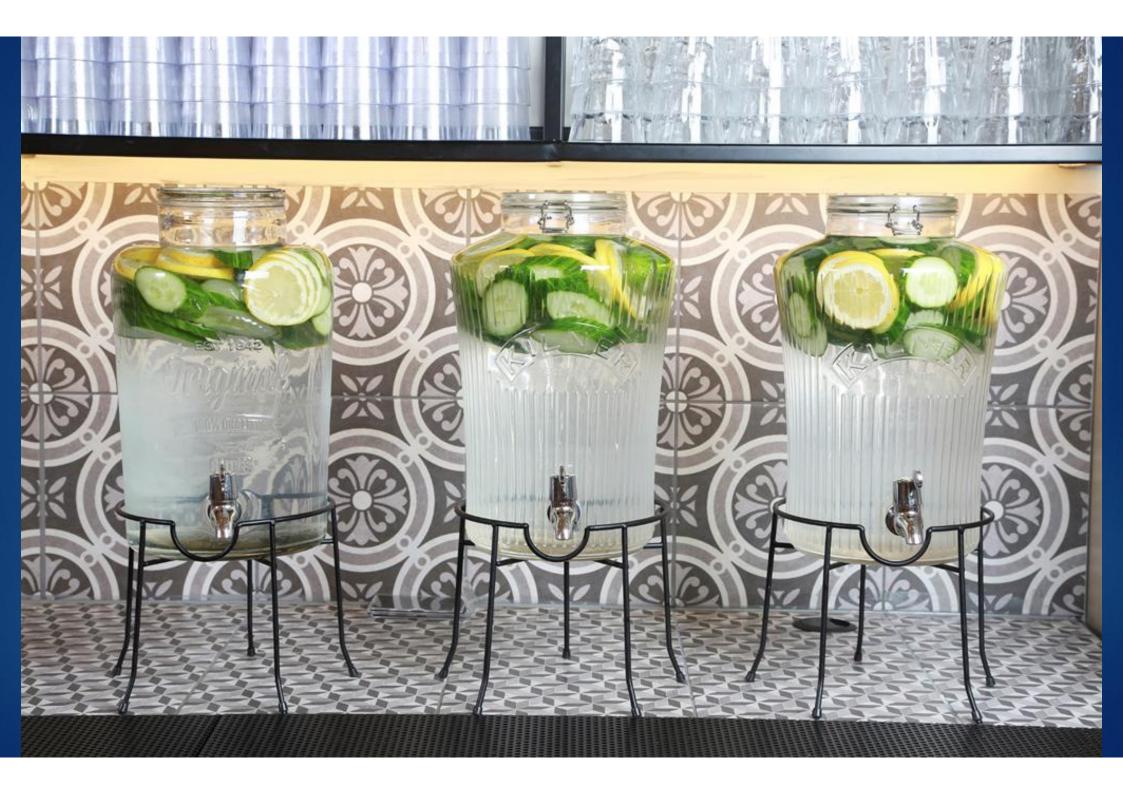
























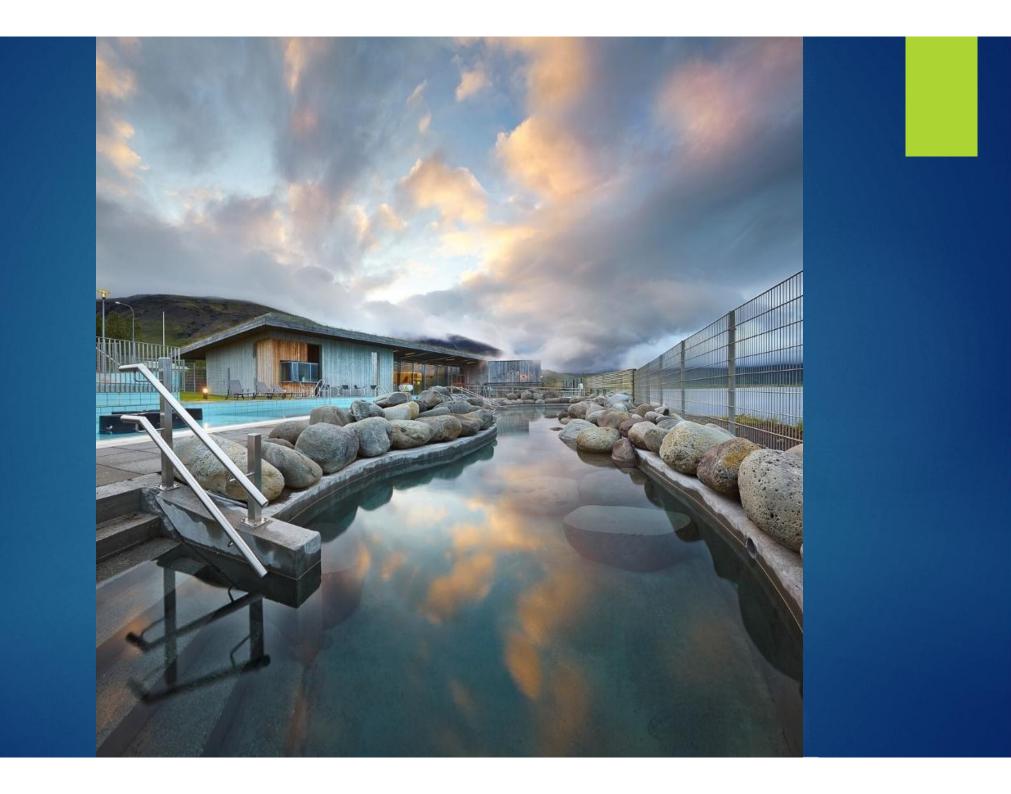


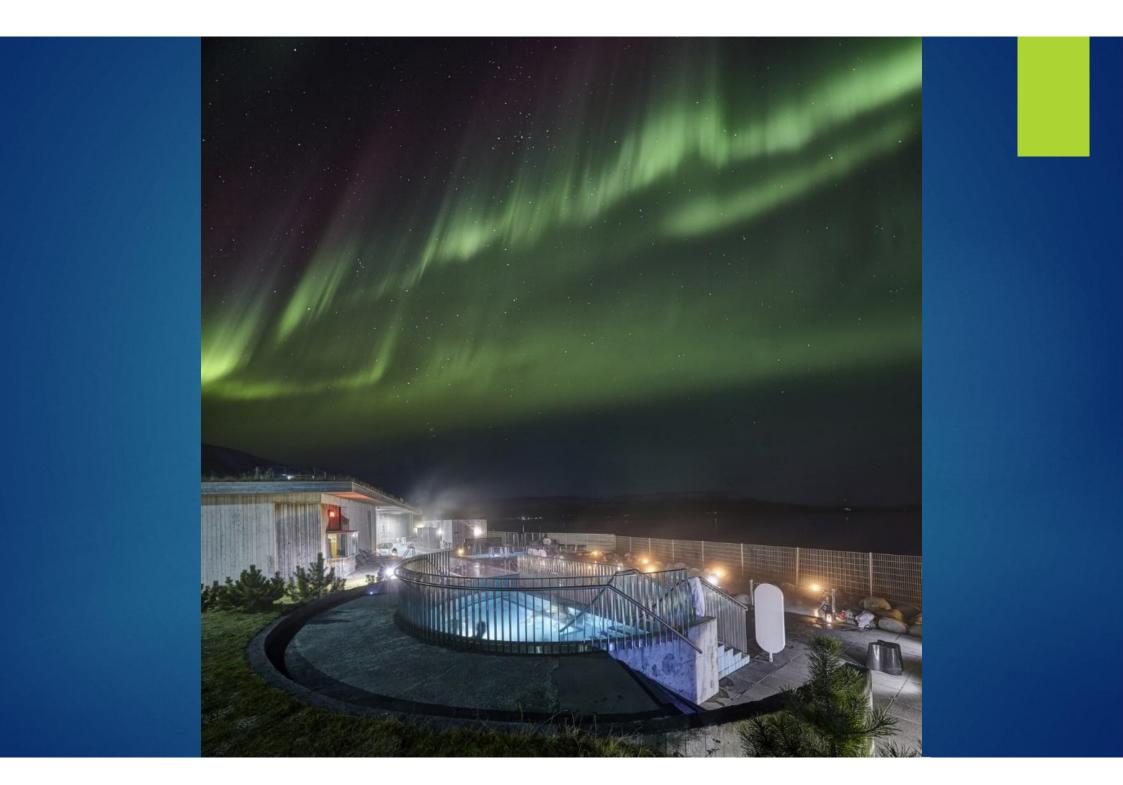














Be responsible for your health

NLFI Rehabilitation and Health Clinic heilsustofnun.is