



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 NLFÍ 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





- ▶ Peloids (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



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

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- ▶ Studies done on the peloids show that bacteria and viruses do not thrive in it
 - ▶ Results also show that the peloids have antibiotal 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 ₂ O ₅	0.09	0.12
LOI*	15.52	35.60
Total	98.06	98.66
H ₂ O ⁻	8.67	4.09
H ₂ O ⁺	4.93	12.23
CO ₂	<0.2	<0.2
S _{total}	4.00	12.40
C _{org}	<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:

Tomatos, cucumbers, carrots, celery, salad, leek, cabbage, herbs for tea and more



Espa Innovation Awards























VÖRUR
NÁTTÚRUNNAR

SÚPURAR





































Be responsible for your health

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heilsustofnun.is