

Medical information

Radon is a natural therapeutic remedy that occurs naturally in certain locations and has formed part of health spa treatments for over 100 years. Based on empirical medicine – the wealth of experience amassed by many generations of spa physicians – radon is a popular remedy for treating a range of different conditions causing pain. As a rule, patients see a long-term reduction in pain. For this reason, it is particularly beneficial for patients suffering from multiple conditions.

The following indications follow the scientifically proven recommendations of the European Association of radon spas.

Indications

A. Effect on musculoskeletal system diseases relating to chronic pain

1. Arthrosis
Spondylosis, spondylarthrosis, osteochondrosis
Rheumatoid arthritis
2. Chronic arthritis urica (gout)
3. Ankylosing spondylitis and other spondylarthropathies
4. Psoriatic arthritis
5. Following spinal disc surgery and other orthopaedic operations
6. Chronic consequences of accidents and sports injuries
7. Fibromyalgia syndrome
8. Condition after orthopaedic and rheuma-orthopaedic surgeries
9. Peripheral Nervous System neuralgia, neuritis with any rheumatic diseases, radicular neuralgia of inflammatory and traumatic origin

B. Skin healing conditions

1. Psoriasis
2. Scleredema
3. Neurodermatitis
4. Poorly healing wounds, e.G. Ulcus cruris
5. Slight peripheral circulation disorders

C. Respiratory diseases

1. Bronchial asthma
2. Chronic obstructive pulmonary disease
3. Rhinitis allergica
4. Chronic sinusitis

D. Menopausal symptoms

E. Prevention of age-related complaints

Contraindications

1. Pregnancy
2. hyperthyroidism,
3. oncological treatment within the last year
4. certain restrictions apply for children and the adolescents



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Effectiveness

Radon is transported through the body by the circulation and dissolves in the tissue. Breakdown processes then release energetic impulses at a cellular level, which can promote pain relief and healing. These effects are currently being researched in modern medicine.

Unlike the wide range of other pain-suppressing medications, there are no known chemical side effects, particularly on the digestive system. Neither does the remedy interfere with medication prescribed during health spa treatments.

Various studies (including randomised double blind studies) have shown that the relative pain relief achieved following treatment remains stable at significant levels for up to six months before the beneficial effects of radon therapy start to fade. This is not a placebo effect. Many different patients also report that they require considerably less pain relief following treatments with radon. Long-term success in pain management is one of the scientifically proven effects of use of the remedy in careful doses.

The patient should be medically examined for any contraindications before treatment. Therefore we ask our guests to bring a valid Certificate of approval for radonbaths with them.

Realization

Radon baths are given in the therapeutic section of the Kurmittelhaus. The temperature of this medical bath can be adapted as of 35-37°C. The patient stays in the water for 20 minutes, then rests for the subsequent 30 minutes in a separate room.

Treatment is also possible as a radon gas dry bath. The patient sits in a covered medical tub in healing radon gas for 20 minutes. This treatment is particularly gentle on those suffering from cardiovascular problems, as the warm water does not place any additional strain on the circulation.

To support the effectiveness, guests can support the spa treatment with a drinking treatment. You can sample the waters direct from the Gleesberg spring in the foyer, situated between the health baths and the treatment area. As part of a prescribed outpatient treatment plan, the doses of your drinking regimen can be personally tailored to you by a medical practitioner.

Further information available

Website www.bad-schlema.de/en/radon.

Consultation about matters of organisation, suitability of treatments and reservations please contact the Guest's Service Office Mondays through Fridays 7.30 a.m. – 4.30 p.m. r

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With kind regards,

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