

The Use of Moor Mud (Peat) in Health Therapies

Balneology (Balneotherapy) or Therapeutic Baths

The Arts and Science of Medicinal Bathing is one of the oldest medical treatments according to documentation by Hippocrates (460-375 B.C.) Therapeutic bathing involves the application of hot and cold water to the body, used from very ancient times (as a key therapy in ancient Ayurvedic practices), and onward to the Roman time of Caracalla, and onward through the research studies by Lersch in 1863, to modern scientific research and recent documented double-blind studies.

Throughout its history, the benefits of therapeutic bathing have been recognized as preventative, palliative and curative. They were used to improve the general well-being of the body and spirit. In fact, the effectiveness of balneotherapy is perhaps best documented by the fact that dozens of Europe's spas have enormously longer continuous histories than any other type of medical institution known.

Peat baths were used in ancient Greece, and have been used in central Europe for the last 200 years, primarily for treating arthritis and gynecological disorders. In 1820, peat baths for the whole body were introduced in Europe. During the second half of the century, the chemical characteristics were intensively studied.

It soon became apparent that these peat products were able to achieve impressive results by the absorption of its various substances into the body. And thus, the manufacturing of peat extracts as admixtures to baths began. Today, peat preparations are used in a variety of diseases, from internal medicine to sports injuries, and from dermatology to cosmetology.

Balneotherapy utilizes the best of natural elements such as earth, water, and climatic factors; synchronized by chronobiological and circadian rhythmic phases. There are a variety of applications in balneotherapy involving full or partial immersion of the body, varying water temperatures, and regular time intervals, depending on the indication. The technique and proper application dictates the results.

The Use of Peat Hyperthermia

In modern society, people are obliged to live under various injurious and stressful conditions to the body, such as constant air-conditioning, continuous artificial illumination, noxious air pollution, night-shift work, socio-psychological stress, and so on. Each day we are exposed to a multitude of toxins in the environment- through the water, ground, air and even our food. Our bodies try to process and eliminate these toxins but studies have shown that human tissues contain 400-600 different chemical residues.

Moreover, there is a remarkable rapid increase in the population of the elderly living under these circumstances, and with a high incidence of chronic diseases. Many forms of cancer and chronic disease have been clearly linked to environmental toxins, and the incidence of these diseases has increased dramatically over times. Heavy metal toxicities impair our immune systems, affect our cognitive functioning, and can cause skin reactions and disease. Toxins accumulate in our tissues and organ systems, impairing proper functioning, and even causing cell death and cell mutations

There is increasing need for preventing diseases, maintaining and promoting health, and establishing wellness, in which the body and mind are in balance. Clearly, with the large levels of chemicals and toxins in the environment, our bodies are not able to keep up with such a toxic load. Detoxification is essential.

Peat hyperthermia therapy plays an essential role in detoxification of the body. The local and systemic healing effects of Balneotherapy, helps to improve the body's self-healing potential and normalizes the body's systems and rhythms by affecting the autonomic and metabolic functions of the body in a positive manner. This makes medicinal Balneotherapy one of the most pertinent techniques from the past, present and future from the health of mankind.

In addition to general detoxification effects, Peat Hyperthermia Therapies also have numerous other beneficial effects on the body. Peat therapies allow people to heal faster and return to their daily activities with out the use of drugs to mask pain and their side effects. Pain relief can be immediate after just one peat treatment, and can last for up to three days. After several baths, pain relief can become longer term and often lasts for years.

Peat: 500,000 years in the making!

A certain type of highly effective peat was formed at the end of the last ice age. It is extremely rich in highly bioavailable minerals, free of pollutants and has a high content of biologically active substances. Peat, the cornucopia of natural earth elements and matter, contains a variety of essential natural minerals, trace minerals, organic acids and other natural substances that are products of natural earth environments, composed by biochemical degradation of organic materials such as herbs, grasses, and flowering plants. These biochemical processes occur over approximately 50,000 years. The unique molecular structure of peat substances are able to maintain either hot or cold temperatures.

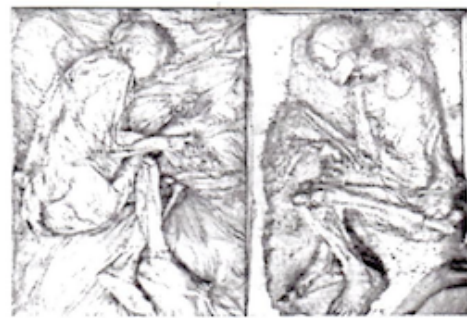
Peat substances are dark colored, predominantly aromatic, acidic, hydrophilic, molecularly flexible poly electrolytes. While mud consists mostly of inorganic sediments, most peat has about 50% organic matter. High-moor peats are composed almost entirely of organic matter. Low-moor peats are deep level vascular peats, which are also make up of organic material formed by humification of vegetable matter. In addition, high quality peat is also minerals rich and pollutant-free.

Substances in peat include the following:

acetic acid	glucosides	mannan	salicylates
albumin	glutamic acids	metasilic acid	salts
alkali salts	hemicelluloses	methane	saponins
aluminum hydrates	hexosans	monosaccharides	silica acid
amino acids	hormones	nitrates	silicon compounds
ammonium	humic acids	nitrogen compounds	sodium compounds
antibiotics	humins	oils	starch
arabinose	humolignin	organic sulfates	succinic acid
balsam	humus	organic sulfides	tannic acid
biopterin	hydrogen sulfides	oxalic acid	trace elements (e.g. boron, barium, chromium, copper, titanium, vanadium, zirconium, strontium)
bitumen	hyper-sulphides	pantothenic acid	valeriana
butyric acid	inorganic sulphur	pectins	various sugars
calcium oxide	inosites	penicillin (e.g. aureomycin, streptomycin, terramycin)	vitamins
carbonic acid	iodine salts	pentosans	volatile oils
carotenes	iron salts	phosphoric acid	waxes
cellulose	iron acids	phyto-hormone substances	xylose
chlorates	iron II	potassium oxide	
chlorides	iron III	propionic acid	
fats	iron oxides	protein	
fatty acids	levulinic acid	purine bodies	
folic acids	lignin	resins	
formic acid	magnesium salts	rhamnose	
fructose	malic acids		
galactan	manganese compounds		

Peat's amazing preservation qualities have been well documented by the discovery of the **Tollund Man** (The Bog People, *Discover Magazine*); a body so well preserved since his tragic death 2000 years ago that scientists were even able to extract his last meal, consisting of rice, grain, burnt bread. The Tollund man is one of hundreds of amazing (human mummy) discoveries found by peat cutters as they were harvesting peat for medicine and fuel.

One of its most striking characteristics is peat's ability to interact with metal ions, oxides, hydro-oxide and organic compounds to form water soluble and insoluble associations of widely differing chemical and biological stabilities.



Tollund Man



Notice the amazing effect of the peat: very well preserved skin that is over 2,000 years old!