



THE DEAD SEA IS ALIVE!

Discover FREE Dead Sea Treatments

Beneficial For

Psoriasis, Vitiligo and Arthritis

By Trish Duke

THE DEAD SEA IS ALIVE!

**Discover How the FREE Dead Sea Treatments are
Beneficial for Psoriasis, Vitiligo and all types of Arthritis**

By Trish Duke

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For further information and videos go to: www.MyHealingHoliday.com

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Introduction

If you could find a successful management plan using natural Dead Sea treatments that could eliminate your medications (or at least minimise them), would you be interested?

THE DEAD SEA IS ALIVE! e-book may be a game-changer for you!

How much would it save you on prescriptions and doctor's fees ... not to mention anguish, frustration, pain, embarrassment... you fill in the blanks!

The Dead Sea's unusual environmental conditions create a unique haven for healing.

Holistic physical therapist, Trish Duke, a former Uni tutor in Alternative & Complementary medicine, has a special interest in the healing properties of the Dead Sea. She has been there seven times over the last ten years and discovered an exclusive strip of hotels at Ein Bokek, on the Dead Sea, where people repeatedly come from all over the world to soak up the concentrated minerals and filtered sunlight.

They wouldn't keep coming back to the Dead Sea if it didn't work for them, would they?

This e-book contains scientific facts, testimonials from very happy patients and masses of medical and media articles, helping you to make an informed decision for yourself.

Getting out of the medical box can be scary... but rewarding!

It's certainly worth investigating as it could make quite a difference in your life.

Trish shares tips on how to get to travel to the Dead Sea, getting around Israel and where to stay. If you want company (including solo travellers), she takes groups of people to the Dead Sea to benefit from this ancient holistic healing. She offers you complementary treatment supervision, hydrotherapy, exercise plans, workshops, brainstorming sessions, daily relaxation groups...with and a whacky Yorkshire sense of humour!

Find out more at: www.MyHealingHoliday.com

All types of arthritis, psoriasis and vitiligo can be greatly helped by a couple of weeks in this unique healing environment...a little dab won't do!

Dead Sea products are sold globally in salons and stores, sometimes with good effect. However, research shows us that you actually have to be present at the Dead Sea to get the maximum effects. Why?

The combination of the minerals in the sea water, mud and atmosphere above penetrate into your body.

Thankfully, you don't drink it, so no 'hold your nose' ghastly concoctions to swallow!

The treatments are all FREE... just head for the clean, stunning beach!

Because the Dead Sea is the lowest place on earth, the harmful UVA rays are filtered out, so you can benefit from the healing rays of the sun without burning.

Bromide in the atmosphere makes you so relaxed, relieving chronic stress that often makes your symptoms worse.

In this spectacular scenery, with the famous Masada nearby, it's a pleasure to spend time here... and definitely worth getting all the facts so you can make an informed decision for yourself.

CHAPTER 1

PEOPLE JUST LIKE YOU ARE LOOKING FOR HOLISTIC TREATMENTS

You are to be congratulated for looking outside the ‘medical box’ to find out if you can eliminate (or at least minimize) prescription medication, with all the known (and unknown) side effects.

People who consider holistic, natural, alternative & complementary treatments tend to be independent, free-thinkers who like to do their own research, looking for solutions.

It’s hard work coping with a chronic condition, isn’t it?

Endless visits to the doctors. Trying this and that... often with disappointing results.

In desperation, many patients have turned to holistic treatments with amazing results and wish they had done their research much earlier.

Holistic means treating the whole of you, body, mind and soul, not just your medical condition.

We can liken ourselves to an egg, made up of shell, white and yoke, which can be separated ...

but most of us are scrambled! One part of us affects the whole body. Can you relate to that?

As a physical therapist, I use natural ways to treat my patients, such as ice, heat, exercises, hydrotherapy, massage, joint mobilizations...and so on.

It was an easy progression to become a Uni tutor in alternative and complementary medicine. My students had to write their assignments based on scientific research with relevant references. However, medical research is mostly funded by pharmaceutical companies who expect big profits, so, they don’t fund research for natural treatments. It also became very clear that doctors are not educated on natural solutions.

As with all humans, if we don’t understand something we criticise it... or take the time to find out for ourselves.

The aim of this e-book is to give you information that could make a huge difference to your symptoms, as well as your general well-being.

Research clearly shows that chronic stress is linked to at least 70% of diseases. Therefore, managing your daily stress levels can minimize the odds of you getting sick or reducing your symptoms. Psoriasis sufferers know all too well how stress makes their symptoms much worse.

Over the last 10 years I have travelled extensively around Israel. it's a spectacular place for a holiday with the diversity in scenery, culture, archaeology, spirituality and the delicious fresh food.

I keep meeting people who come to the Dead Sea for the treatments, returning at intervals to keep themselves symptom free.

This is especially true for skin conditions. Some return every 6 months, some annually, others can last for 3 or more years before they need another visit. (Read the testimonials).

If it didn't work for so many people there would be no reason to build Ein Bokek, the strip of exclusive hotels that specialise in welcoming people back again and again for the free Dead Sea treatments!

Because I had a daughter with psoriasis, I started asking questions and doing the research. It was hard to watch her struggle with this embarrassing condition. She also suffered emotionally and financially. Thankfully, we have worked together to the point where she now only has a couple of spots on her elbows that flare up with stress.

As a physio, many of my patients have arthritis, so I was keen to see if the Dead Sea could them as well.

CHAPTER 2

TESTIMONIALS

These people were shocked by how the Dead Sea helped their skin...

Paul Chapman Facebook post 2017 “I've been every year for the last six years and it gives me six months of being free of psoriasis”

Lyn Hagen writes... “I was surprised how well the combined treatments at the Dead Sea of sun, salt, sulphur and mud worked on my Psoriasis.

I had battled this condition for 35 years and tried all the recommended treatments and creams with disappointing results.

After my first visit to the Dead Sea I was Psoriasis free for 3 years. Incredible! I've been back twice when the dreaded symptoms showed up...and have now been symptom free for 17 months...and counting!

I just know, know, know that the Dead Sea was my answer...and for others sufferers I met there who visit each year to remain symptom free.

Each time I went with a friend for company, but I was worried about her being bored after a few days, while I was concentrating on the treatments.

I wouldn't like to go alone, that could be a bit lonely. If my symptoms come back again, I'll go with Trish. She knows Israel well and as a Physio would be especially useful if you have arthritis. Israel is now one of my favourite places to visit, so making it a sightseeing holiday as well makes it a great trip. It's not the cheapest place on earth to go to (especially from Australia) but worth every last dollar!

Rafaela's Facebook post 16/04/16

Vitiligo cure at the Dead Sea

On June 15th 2008, I started my 1 month therapy 4 Vitiligo in the Dead Sea.

Like most of you who suffers from this condition I've been told there is no hope.... No reverse or remission in this condition.

Meaning the white spots I have all over my body will not heal and will stay colorless for as long as I will live.

During the month I stayed in the dead sea I proved the skeptic Doctors they are wrong. My face got back 95 % of its natural missing pigmentation and my hands got about 60% recovery in spite of me not using the full protocol.

What made me go through the treatment was a man I met on the beach at the Dead Sea one day. I don't even remember his name.

He was the head of the Vitiligo association in Holland. He said that the Dead Sea would cure me.

Of course, I didn't believe him as I had been told by my doctors that there was no cure. He insisted that he knew someone personally who had been cured from her spots just by sunlight exposure at the Dead Sea.

The treatment for Vitiligo is fun.

You just have to lay in the sun twice a day, starting with 10 minutes and gradually increasing to 2 hours twice a day.

It's UVB rays in large doses that heals the Vitiligo.

The sun at the Dead Sea is screened because it's 420 meters below sea level. That distance from the sun and the haze/steam causes a micro-climate screening out the harmful UVA rays that burn you. The steam is caused by a concentrate of minerals in the air from the Dead Sea.

That's my experience...and I'm happy to answer any questions

Be happy and healthy

Rafaela

By Ron Allsop The Dead Sea – A personal report

Israel has often been called the land of Miracles. However, having tried so many ‘miracle cures’ for my psoriasis I could be forgiven for feeling a little sceptical when departing for the Dead Sea on April 29 this year.

Over the 27 years that I have been a sufferer I have been drawn into the trap of trying all forms of miracle cures, all with very little success.

I’ve spent hundreds of pounds on ‘exciting new discoveries’, all promising to cure my psoriasis but, alas, the only treatment that had any real effect was the steroid creams that we all know and love so well.

Around May/June last year I suffered the worst spate of psoriasis that I have ever had in my years of suffering.

This was a delayed reaction to a very stressful period during the first two months of 1999. By October I was desperate and I booked on the first group available.

My trip was for three weeks during which time I really did experience a miracle.

Psoriasis patches that had been resistant to treatment for 27 years disappeared, my scalp cleared completely as did most of my body.

The only blemishes left are scarring mainly caused by the massive amounts of harsh steroid creams that I have used over many years.

I decided to travel in a group as I understand going it solo can be a very lonely experience. The Ein Bokek area of the Dead Sea is mainly visited by Germans,

French and Scandinavians with very few Brits. Being in a strange land you really do need fellow country folk with you for the camaraderie.

The treatment consists of the three S's: Sun and Sea Salt (sorry about the last one). Being a first timer I opted for the DMZ Clinic consultations and was under the care of their Dr M Harari. He provided me with various creams and oils together with a schedule which gave very precise instructions as to how much time I had to spend in the Dead Sea and how much sunbathing I should do.

I followed the instructions and achieved miraculous results. Just three weeks in the sea and sun and my skin, **for the first time in 27 years, is 95 percent clear**. Even the very stubborn five percent that didn't clear is very much improved and that's without a single drop of steroid – just sun, sea salt and moisturiser. I understand from other members of the group who are regular visitors to the area that the cure is not permanent and that the psoriasis always returns following a good remission period.

However, without exception, all agreed that the benefits of the Dead Sea are accumulative in that the remission periods get longer each year and, although the psoriasis returns, it is always less severe than the time before.

I cannot recall a time when my skin looked so clear and healthy, and even if it doesn't last I won't hesitate in returning to the Dead Sea next year to repeat the miracle.

Article first published 2000 Skin 'n' Bones Connection. Issue 13 p9.

CHAPTER 3

THE 'LIFE' THAT THE DEAD SEA CAN GIVE YOU!

Dead Sea products are sold world-wide, often with good effect, for both cosmetic and medical reasons.

However, to get the full power of the benefits from the Dead Sea you have to be there physically!

Why? Because the healing properties from physically being at the Dead Sea allow you to benefit from the effective combination of treatments that have been successfully used for centuries.

The combination of daily treatments consists of:

- Concentrated minerals in the water (in the sea or pumped into pools in the hotels)
- Mud loaded with healing minerals (self-applied)
- Sulphur baths
- The sun (the harmful UVA rays are filtered out because the Dead Sea is the lowest place on earth)
- Breathing the mineral laden atmospheric haze around the Dead sea

All these treatments are FREE and very pleasant...even fun!

There's a lot of laughter on the beach with the mud plastering and floating on the sea water.

Massages and pampering sessions are available at the hotel spas, at a cost, but all you really need is the sun, plus the Dead Sea minerals in the water, mud and air.

The Dead Sea's unusual environmental conditions create a unique haven for healing.

This is ancient holistic medicine!

The Queen of Sheba travelled all the way from Africa and Cleopatra came from Egypt to enjoy this haven of pleasant healing treatments in a special part of the world. Aristotle wrote about the Dead Sea healing. King Herod even built his famous Masada palace overlooking it as the Romans also knew about its healing properties. They all travelled for weeks on camels or horseback, but for us it's so easy to jump on a plane to Israel and luxuriate in the hotels of Ein Bokek, an exclusive strip of hotels on the shores of the Dead Sea.

With the Judean mountains behind and dazzling sea in front, it's a spectacular place for a 'healing holiday'.

Israeli citizens have settled here from every corner of the globe and bring their recipes to make a varied culinary experience for visitors.

The food is farmed locally, so fresh, healthy and bursting with flavour.

(Guess who loves Israeli food? Guilty as charged!)

If you want to detox, the hotels give you a choice of seasonal fresh fruit, salads and vegetables to enjoy.

The main points are:

- The Dead Sea's unusual environmental conditions create a unique haven for healing.
- The treatments are pain-free, natural and take little effort.
- The winning combination of treatments (sun, water, mud and air) are entirely FREE.
- The whole experience is so relaxing you will wonder why you've not looked at this before.

Most patients need a fortnight on their first visit to get maximum, lasting benefits.

After that, for some people, a week once a year 'does the trick'. Others need a full month the first time if very severely affected, but only need a shorter holiday on subsequent years.

There's no 'one-size-fits-all' protocol.

You will have heard about people spending lots of money going overseas for discreet medical holidays.

Cosmetic surgery, dental work and so on.

So, if you decided that the Dead Sea could work for you, why can't you go overseas for a holistic holiday with natural treatments?

No anaesthetics, no surgery, no swelling, no pain.

Just fun in the sun with mud and water...and bromide in the air making you deeply relaxed.

There could be side-effects...you could put on a pound or two lolling around with all the fantastic Israeli food three times a day.

You could feel sexier inside your new skin...how would that pan out?!

If you didn't have to cover up all the time would that change what you wear?

Your self-esteem would take a boost...and if you were depressed about your condition, that could become just a memory... and improve relationships.

If you also suffer from arthritis, the Dead Sea mineral treatments along with daily hydrotherapy and a gentle exercise program are very likely to make a difference to your creaking joints.

Of course, there are no guarantees, but the worst that can happen is two weeks of spectacular scenery, good food and going home relaxed.

We'll talk about how to get the Dead Sea later, but now here's some well researched scientific facts...

CHAPTER 4

A SUMMARY OF THE SCIENTIFIC FACTS

For those of you who want lots and lots of facts and articles, they are in the last chapter.

The Sun

The Dead Sea is the **ONLY PLACE ON EARTH** where you can sunbathe for extended periods with little or no sunburn.

It is the lowest point on earth, more than 400 meters below sea level. The sun's rays must pass through not only these extra 400 meters (about 1,300 feet), but also the mineral haze. The haze helps to filter out the shorter of the sun's ultraviolet UVA rays, which are the most damaging to the skin.

Sunlight has been used effectively for skin conditions for a long time. However, if you live where sunlight is minimal, or in Australia where you burn in 10 minutes, you have to resort to artificial sunlight. It's mind blowing how unique the sunlight is at the Dead Sea, allowing you to get the healing goodness without burning.

The minerals

Containing up to eight times more minerals than most sea water, the Dead Sea is the saltiest in the world.

Compared to other oceans and seas, the Dead Sea has the most abundance of magnesium, calcium, bromine, potassium, sodium and carbonate which contributes to its healing properties (Pindak, 2009).

The water

Balneotherapy is the name for bathing in the Dead Sea. The warmth and buoyancy of the water reduces the release of prostaglandins. These are hormone-like substances present in a variety of tissues and body fluids that induce inflammation and therefore pain. Interestingly, anti-inflammatory drugs found in pharmaceutical medications are based on the ability to reduce prostaglandins.

Because of the high salt content in the Dead Sea, even if you can't swim it's easy to float. It's quite an

amusing phenomenon to play in!

Arthritis sufferers benefit by the minerals getting into the joints, thus reducing pain, swelling and stiffness.

Floating in the warm, mineral rich water is a great place to do gentle, therapeutic exercises as well as reducing your stress levels...with a well-known link to psoriasis. The high concentration of magnesium in the minerals is a well-known aid for muscle relaxation and recovery after exercise and helps you to sleep better.

Air quality

How fabulous to take a deep breath and enjoy the region's miraculous dry, unpolluted, pollen-free air. Due to the constant evaporation caused by high temperatures, the air contains rich concentrations of several minerals such as bromide that provides a genuinely relaxing effect.

The high barometric pressure associated with the Dead Sea contains around approximately 8% more oxygen than anywhere else on earth. This, together with a low humidity makes breathing easier and more comfortable. Respiratory patients and asthma sufferers benefit.

The Mud

Local black mud is a mixture of the Dead Sea minerals and organic elements from mud on the shore-line.

This therapeutic mud application is known as Pelotherapy and can be self-applied on the beach or in the spa centres.

You can use the mud directly from the beach or purchase refined mud in packs at the village for about US\$5... a fraction of the cost in a store back home.

Some people go home with a suitcase full of the inexpensive mud and mineral soaps. I used to worry about the mud packs bursting in my suitcase, but in 10 years that has never happened!

Would you agree that knowledge + action = power?

Are you getting the sense that a visit to the Dead Sea might be worth serious consideration?

The treatments are free, but of course, there is the cost of airfares and hotels.

Many people return to the Dead Sea to maintain the benefit they received on their first visit.

They obviously think it's worth it!

CHAPTER 5

HOW DO I GET TO THE DEAD SEA?

So, you're giving it serious consideration and wondering what's the best way to get there?!

Thankfully, you won't be travelling on a camel like Cleopatra or the Queen of Sheba.

I'll tell you how you can get there independently or with one of the groups I take for www.MyHealingHoliday.com

There are many airlines that fly direct to Tel Aviv. It's an attractive, busy city and holiday resort on the Mediterranean coast of Israel and well worth having a look at.

After a long-haul flight, spending a night there to recover, is a healthy plan.

The Dead Sea is two and a half hours drive away, via Jerusalem, which is also worth visiting.

Can be tricky finding your way around on your own... needs some forward planning or a guide.

If you arrive in Israel in the morning, you can't get into your room until 3pm. You can try and check in early or just dump your luggage with the concierge and go site-seeing. Arriving on a Saturday means you can't check in until sunset, because it's the Sabbath...locally known as Shabbat.

If you are self-driving, when booking a hotel in Tel Aviv, check they have a car park as street parking is hard to find here.

I usually use the money changers in the airport, next to the baggage carousel. Their rates are good and honest.

If you want to use a taxi from the airport, make sure it's from the taxi rank and metered.

Private taxis drivers often approach you and are creative with the price!

You can get a taxi from Tel Aviv to the Dead Sea. Last time I was there it cost US\$200 one way. If you want to do site-seeing on the way, that will be extra.

Take time to check you are paying the correct taxi fare and receive the correct change...taxi drivers world-wide know we are tired travellers!

If you haven't had a long-haul flight and want to get to the Dead Sea without a stop in Tel Aviv, you can just rent a car and drive straight there.

The roads in Israel are excellent, with good signs in Hebrew, Arabic and English.

You can hire a car at the airport. If you are used to driving on the right-hand side of the road lucky you! If like me, you only drive on the left...be careful and drive like a geriatric until you get used to it.

A GPS can be rented with your car, but it may be programmed to take you the long way around on Jewish roads! Talk to the car hire people about that. The quickest route to the Dead Sea is through Jerusalem and over the back straight down past Jericho.

It's a spectacular journey going down, down, down to the lowest place on earth!

There are a few places near and on the Dead Sea that you would enjoy visiting. Often people go on an outing every third or fourth day, doing the treatments before and after.

When I go the Dead Sea, I stay in Ein Bokek. It's a strip of exclusive hotels at the southern end of the Dead Sea, near Masada. They specialise in welcoming people like you coming for the treatments. Most of the hotels pump sea water into a pool and maybe have separate sulphur baths as well. Because the beaches are pleasant and you want to use the mud, the hotel salt pools are just a bonus. The hotels all have a normal swimming pool.

Remember, you can't swim in the Dead Sea, just float, because of the density of the minerals. It's a lot of unusual fun, with great photo opportunities being plastered with mud.

Private sunbathing areas are usually on the hotel roof tops. They are for nude bathing, therefore segregated, male and female.

Because you might have affected skin all over your body, you want to relax in the sun and get 100% goodness!

There are also segregated and screened sunbathing areas at the beach as well.

If you are not nude, you can sunbake on the open beach or hotel pool-sides.

Some hotels have a private section of beach with towels, chairs and water, but the public beach is newly improved and almost as good.

You can see the beaches on a video and in photos on www.MyHealingHoliday.com

At Ein Bokek, the beach is just across the road from the hotels. You can stroll across or use the hotel golf cart at appointed times if you really can't walk it.

The village has nice shops and cafes. Most people have breakfast and dinner in their own hotel and lunch at a café near the beach.

There is a range of hotels at Ein Bokek from 3 to 5 stars. As it is a gated exclusive area, so you don't get coaches, day trippers or local residents.

The beach is clean, with plenty of chairs, water fountains and showers.

You need to wear light shoes or sandals that won't float off your feet when you are in the water, like surf sandals or reef shoes. The minerals in the sand are sharp, so you can't walk on it.

Some people take swimming goggles if they are worried about getting the salt water in their eyes. I personally have never bothered with goggles. If you get salt in your eyes, you can get the salt out under the shower on the beach or from your bottled water.

Other Dead Sea hotels further north are a long walk from the beach, (as the coast line is receding) which can be inconvenient if you have to wait for the irregular transport... or walk. These hotels don't have a village or other nice hotels nearby for you to visit for a drink etc.

When I take people to the Dead Sea I always take them to Ein Bokek.

It's not uncommon for people to come alone to the Dead Sea for the treatments, but that can be a bit lonely. That's why I set up small groups to give people the company of English speaking fellow travellers. I also take different groups of people who are physically challenged on site-seeing tours around Israel, so I just stay longer to accompany people like yourself to the Dead Sea.

You can learn more about the site-seeing groups on www.EasyIsraeltours.com

Both groups run back to back with only a day in-between, so you do the site-seeing tour as well.

The advantages of being in a group are:

- I am with the group 24/7
- Your transport and hotels are booked for you and include full breakfasts and evening meals.
- You are met at the airport and returned there at the end of the tour.
- We start with an overnight stay in Tel Aviv to give you a rest after your journey.
- The next day we do a mini site-seeing tour in Joppa, Tel Aviv and Jerusalem en-route to the Dead Sea for 14 nights.
- As an experienced physiotherapist, I can review and supervise your treatments, basic exercise plans and hydrotherapy.
- I can also set up a walking or gym program for you and review it at your request.

- I offer a free group relaxation session each day.
- I also offer free workshops on therapeutic exercise, diet, detoxification, stress management and relaxation techniques. These are great opportunities to brainstorm with fellow sufferers.
- My physio expertise is free to the group members.
- I am available to accompany you to the beach or the pools.
- You can choose to be alone or with people in the group. The bromide in the air makes you sleepy, so you will be content to lounge around and sunbake or read a book.
- You have someone to eat and socialise with.
- Solo travellers can keep costs down by sharing a room.

Your typical day at the Dead Sea would be...

- Enjoy a fabulous Israeli breakfast
- Have a consult with a local doctor such as the DMZ clinic nearby to get your personal treatments protocol, such as graduating your sunbathing etc. (Many people just sensibly graduate at their own pace without a doctor... that's your choice)
- Sunbathe on the beach or the hotel solarium (segregated men /women areas because some people like to be nude for full skin exposure)
- Self-apply mud over your whole body and relax for about 20 minutes
- Bathe in the Dead Sea to wash the mud off
- Float in the Dead sea for relaxation (and unique fun) or use the hotel's mineral pool
- Soak in the sulphur pool
- Read a book by the hotel pool or on the beach
- Lunch at our hotel, at one of the neighbouring hotels or in the village shopping centre
- Relaxation session with the group (free)
- A siesta (the bromine in the atmosphere makes you sleepy)
- Repeat the combination of enjoyable treatments, sunbathe, mud, water, gentle exercise
- Dinner in our hotel
- Optional free health seminars
- Chat to hotel guests/group members

- A really good sleep

Of course, there are no guarantees how your body will respond to the Dead Sea treatments, but if you don't give it a go you'll never know.

The worst that can happen is that you have a relaxing holiday, in spectacular scenery with delicious, fresh food.

CHAPTER 6

ARTICLES ON THE PROPERTIES OF THE DEAD SEA AND THE HEALTH BENEFITS

If you find other interesting articles please forward them to trish@myhealingholiday.com so we can include them here.

As we conduct international webinars on the Dead Sea treatments, if you know of speakers on this topic, (yourself or other people) please contact Trish.

If you have benefited by Dead Sea treatments, please send us your testimony, so it can encourage other sufferers

Is Dead Sea Salt an Effective Psoriasis Treatment?

By Beth W. Orenstein

Medically Reviewed by Ross Radusky, MD

It has been known for centuries that people with skin conditions, including psoriasis, can benefit from bathing in the Dead Sea in eastern Israel, where the water is 10 times as salty as the ocean.

“It goes back to ancient times,” says Mark Lebwohl, MD, chairman emeritus of the National Psoriasis Foundation Medical Board. “[In the Bible,] people talk about soaking in water for leprosy, and they were probably talking about psoriasis. The Hebrew word for leprosy is tzaarat, which kind of sounds like psoriasis.”

You can buy mineral-rich sea salts to add to your bath water, but can they help relieve pain and itching from psoriasis? The best you can say about sea salt products on sale is they might be of limited benefit as a psoriasis treatment.”

On the other hand, Lebwohl says, making a pilgrimage to the Dead Sea and spending at least two weeks there can be a very helpful psoriasis treatment.

“While the minimum is two weeks, people who stay four to six weeks get a tremendous amount of benefit,” Lebwohl adds. “I had a patient with very bad psoriasis who found it cleared for the first time in his life.”

What’s Different About the Dead Sea?

“The light at the Dead Sea is very unique. The mineral content of the water is very unique,” Lebwohl says. The evaporating air or thick haze around the Dead Sea contains chloride salts — magnesium, sodium, potassium, calcium — in concentrations that are 20 times greater than anywhere else in the world. According to the National Psoriasis Foundation, the salts help break down thick plaques and allow sunlight to target the inflammation underneath.

“It turns out that the rays that are left are the peak effective wavelength of ultraviolet light for treating psoriasis,” Lebwohl explains. However, sunbathers still are advised to use caution and wear sunscreen if they will be exposed for a long time.

The Dead Sea is the lowest point on Earth, more than 400 meters below sea level. The sun’s rays must pass through not only these extra 400 meters (about 1,300 feet), but also the haze. The haze helps to filter out the shorter of the sun’s ultraviolet rays, which are the most damaging to the skin.

It’s also a pleasant experience to relax in the thermo-mineral pools and be exposed to the sunlight at the Dead Sea, which can break the well-known link between stress and psoriasis flares. “So, there could be a psychological component contributing to the success of the treatments at the Dead Sea as well,” Lebwohl says.

How long do the benefits of being at the Dead Sea last and vary from patient to patient?

“I have had patients say to me that on the airplane ride back they felt their psoriasis return. Other patients have had very long remissions,” Lebwohl says. Some patients return to the Dead Sea annually.

What the Research Shows

Lebwohl says a well-known study done back in 1989 by Israeli dermatologist Zvi Even-Paz, MD, proved that the most benefits come from actually visiting the Dead Sea. Even-Paz compared psoriasis patients who received treatments of light and water at the Dead Sea with those who received similar treatments in Jerusalem, which is at a higher elevation. He also had a group that was treated with the Dead Sea water alone.

Even-Paz found the patients who improved the most were those who received the light and water at the Dead Sea. Those in Jerusalem improved, but not as much as those at the Dead Sea, while only a from actually visiting the Dead Sea. Even-Paz compared psoriasis patients who received treatments of light and water at the Dead Sea with those who received similar treatments in Jerusalem, which is at a higher elevation. He also had a group that was treated with the Dead Sea water alone.

Even-Paz found the patients who improved the most were those who received the light and water at the Dead Sea. Those in Jerusalem improved, but not as much as those at the Dead Sea, while only a small percentage of those who were treated with the Dead Sea water alone showed improvement.

“It really does seem like the combination of the two — the light and the water — is ideal, but it is the sunlight at the Dead Sea that causes the overwhelming effect,” Lebwohl says. Over the years, researchers have continued to study the effects of the Dead Sea as a psoriasis cure, and their conclusions have been similar.

Balneotherapy for rheumatic diseases at the Dead Sea area.

Sukenik S¹.

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Abstract

The Dead Sea region is the major spa area in Israel for patients with various types of arthritis. The unique climatic conditions in this area, and the balneologic therapy-which is based primarily on mud packs and bathing in sulfur baths and in Dead Sea water-combine to alleviate the symptoms of arthritis. Controlled studies conducted over the last 10 years have demonstrated that treatments provided at the Dead Sea have a positive effect on patients with inflammatory arthritides such as rheumatoid and psoriatic arthritis, and on non-inflammatory arthritides such as osteoarthritis. In addition, the use of mud packs and Dead Sea salts dissolved in regular bath water outside the Dead Sea region are also effective, although to a lesser degree than when applied at the Dead Sea area itself.

Scientific evidence of the therapeutic effects of dead sea treatments: a systematic review.

Katz U¹, Shoenfeld Y, Zakin V, Sherer Y, Sukenik S. Author information¹Maccabi Healthcare Services, Tel Aviv, Israel. ukatz@netvision.net.il

Abstract

OBJECTIVES:

The Dead Sea, the deepest and most saline lake on earth, has been known from biblical times for its healing properties. The aim of this systematic review was to present critically the level of evidence

for the claims of therapeutic effects of Dead Sea treatments in several rheumatologic diseases and psoriasis as well as to review these treatments' safety.

METHODS:

All articles cited in MEDLINE under the query, "Dead Sea," were reviewed.

RESULTS:

We found bona fide evidence that Dead Sea treatments are especially effective in psoriasis due to both the special characteristics of solar ultraviolet radiation in the Dead Sea and the Dead Sea water balneotherapy. Dead Sea mud and Dead Sea balneotherapy have been found to be beneficial in rheumatologic diseases, including rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, and knee osteoarthritis. In the safety analysis, we found no evidence for an increase in skin neoplasia, although skin actinic damage seems to be increased in patients treated in the Dead Sea. Dead Sea treatments do not lead to worsening of blood pressure. Substantial ingestion of Dead Sea water (generally in unusual near-drowning cases) is toxic and can result in cardiac rhythm disturbances because of electrolyte concentration abnormalities. Laboratory analysis of Dead Sea mud did not reveal mineral concentrations that could represent a health concern for their intended use.

CONCLUSIONS: Dead Sea treatments are beneficial in several rheumatologic diseases and psoriasis and have a good safety profile.

The analysis of ultraviolet radiation in the Dead Sea basin, Israel

Author: A. I. Kudish et al

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- Cited by: 13 articles

Abstract

The Dead Sea basin offers a unique site to study the attenuation of the ultraviolet (UV) radiation, as it is situated at the lowest point on Earth, about 400 m below sea level, and the air above the Dead Sea is characterized by a relatively high aerosol content due to the very high salt content of the Dead Sea. In view of its being an internationally recognized centre for climatotherapy, it is of interest to study both its UV intensity and attenuation as a function of wavelength relative to other sites. In order to provide a basis for intercomparison of the radiation intensity parameters measured at the Dead Sea, a second set of identical parameters were being measured simultaneously at a second site, located at a distance of ca. 65 km and to the west and situated above sea-level (Beer Sheva at +315 m a.s.l.). The ultraviolet radiation, both UV-B and UV-A, were monitored continuously at both sites using Solar Light Co. Inc. broad-band meters. In addition, sporadic measurements utilizing a narrow-band spectroradiometer were performed to ascertain the extent of site-specific spectral selectivity in the ultraviolet spectrum. The monthly average daily attenuation rates were found to vary from -10.2 to -17.3 per cent 1000 m^{-1} and -3.3 to -8.7 per cent 1000 m^{-1} for UV-B and UV-A, respectively. The average monthly values for UV-B and UV-A are -14.6 per cent 1000 m^{-1} and -5.4 per cent 1000 m^{-1} , respectively. These values are in the range of values reported previously for studies performed at high altitudes, e.g. in the Alps and the Andes. The relative attenuation in the ultraviolet range as a function of wavelength, i.e. site-specific spectral selectivity, decreases with increasing wavelength. Consequently, the spectral range most effective with regard to erythema undergoes the highest degree of attenuation. These findings are in accordance with radiation scatter theory. © 1997 Royal Meteorological Society.

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Professor Avraham P. Kushelevsky died on 12 June 1997 without seeing the fruits of his efforts in press.

Treatment of psoriasis at a Dead Sea dermatology clinic.

Abels DJ¹, Rose T, Bearman JE.

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Abstract

BACKGROUND:

The Dead Sea, with its unique optical, chemical, and atmospheric properties, provides an effective alternative treatment for psoriasis.

METHODS:

The records of 1448 consecutive psoriasis patients treated at a Dead Sea psoriasis clinic were retrospectively evaluated concerning their treatment response and demographic characteristics.

RESULTS:

Clearing of 80-100% was observed in 88% of the patients treated, including almost 58%, who had complete clearing. The demographic data studied that included gender, previous treatment at the Dead

Sea, prior history of hospitalization for psoriasis, prior PUVA treatment, or a history of arthritis did not reveal any significant relationships, although overseas patients responded considerably better than Israelis.

CONCLUSIONS:

The overall response in a large cohort of psoriasis patients treated at the Dead Sea was excellent. Further prospective studies and basic investigations are essential to understand the mechanism(s) involved and the relationships between other demographic data and the treatment response.

The Life-Giving Healing Properties of the Dead Sea

David Benjamin Healthywildandfree.com

Today I turned on the TV to the wealth channel (one of my favorite channels) which covers topics of travel, culture, real estate, food etc. and I tuned into a program talking about the dead sea and the extraordinary healing properties and unique features of this area of the world located in Israel and Jordan. The dead sea could more likely be called “The Sea of Life” with all of the healing, medicinal and life giving properties it contains. The dead sea is one of the most mineral rich bodies of waters on planet earth. In fact, when you go swimming in it you float because there are so many minerals.

It’s funny, the dead sea is the saltiest body of water on planet earth. The salt content in the dead sea is 29% as compared to the 4% salt content in oceans. Because of this salt content many aquatic organisms and life that would regularly live in the sea or water is non-existent here. There are many minerals in the sea from magnesium, to potassium to dissolved bromides among others. The water is so mineral rich that soaking in it gets in your pores and is a great treatment for psoriasis on the skin topically as well as

arthritis because of the mineralizing of the joints and body. It's also great for arthritis because you float so you can do therapeutic exercises and movements while giving your body and joints the minerals they need to become healthier.

Research into the mineral rich dead sea salt has shown that it has and can reduce wrinkles by up to 40%! This sea is great for the skin in multiple ways.

There are many aspects to the dead sea that give it the so many therapeutic and healing properties. The sea itself is rich in minerals and because of this it's great for the skin and joints as well as calming for the nervous system. Beyond the sea on the shore of the dead sea is an extremely rich dead sea mud that many visitors use to rub on their skin and exfoliate with in the sun. This mud is mineral rich and very beneficial for giving the skin and bloodstream minerals as well.

Beyond the mineral rich sea and mud there is also a very interesting and unique fact about the Dead Sea. This is the lowest point on earth so the atmospheric pressure is higher and there is 10% more oxygen in this region because of this. People with respiratory health concerns and conditions seem to see improvement when visiting the Dead sea. This means that while in the dead sea you are giving your body plenty of minerals as well as breathing some of the highest quality oxygen on the planet.

Not only are all these benefits amazing but research is also looking into reduced ultraviolet solar radiation levels as well in the region. Could the minerals and oxygen protect and prevent the body from being damaged by UV rays? This is my thought but the research is still being done it seems.

I plan on visiting the Dead Sea one day and to experience this life-giving rejuvenating experience for myself. From the mineral rich mud, to the mineral rich sea to the higher levels of oxygen and barrier of protection and life that these salts provide I'm sure it will be a truly unique Healthy Wild And Free experience to share with you down the road!

Until then... Pura Vida! (means, "Pure Life")

David Benjamin.S. It's funny that this is called "The Dead Sea" because aquatic organisms do not live here, yet when we enter the dead sea it gives us minerals, more oxygen and more LIFE! Out of death comes new life.

<http://rheumatoidarthritismi.blogspot.com.au/2013/08/use-dead-sea-mud-for-healthy-and.html>

Dead Sea Mud is Used to Treat a Number of Health Issues

The healing qualities of Dead Sea mud don't stop at the skin. People around the world use the rich, thick mud to relieve asthma, heart and lung disease, and an assortment of other health issues that invade the quality of life. Mud therapy is used to treat orthopaedic ailments as well as Chrome's disease, and rheumatoid arthritis and osteoarthritis sufferers find that caking on the black mud will help reduce their symptoms after a few treatments.

The world is educated to believe that the sea is biologically dead in terms of fish and plant life, but it is far from dead in terms of producing healthy and radiant skin and alleviating the symptoms of several lifestyle altering illnesses. It is biologically alive when the thirty-five minerals in the mud are absorbed into the body and interact in a positive way with the cells in our internal organs.

The minerals in the mud are considered so valuable that they are harvested night and day from the salt as well as the mud in and around. The mud contains calcium oxide, magnesium oxide, silicone dioxide, and

iron oxide. Those ingredients plus sodium oxide, aluminium oxide, and bromide are used in bath products as well as bath salts, and the positive results after a few treatments are nothing short of incredible.

The People Who Visit the Dead Sea Enjoy the Benefits Almost Immediately

The sea is the lowest part of the world so the ultra-violet rays of the sun are filtered due to the atmospheric pressure in that area. When a mud soak is coupled with a little time in the sun and a swim in the sea some people feel the results immediately, while others experience results after a few treatments.

Treatments for rheumatoid arthritis include sodium chloride and sulphur baths as well as baths after the mud has been applied. Most Dead Sea swimmers feel the effects of this natural spa quickly, but it's not necessary to visit the Dead Sea to relieve annoying as well as frustrating skin and joint issues.

Frequent visits to the Dead Sea for mud treatments is not in everyone's reality, but there are mud treatments available that can relieve the itching, redness, and swelling of psoriasis as well as the pain and immobility associated with different types of arthritis.

Mud treatments can change the course of life for people who believe there is nothing available but invasive prescription medications with annoying side effects, which are just as debilitating as their skin or joint disorders.

Salt holds the key to arthritis relief

25 September, 2012

By Staff Writer
NYR Natural News

Natural Health News — Scientists have found a simple way to ease the agony of arthritis – soaking in a bath of salt water. New research suggests that a bath using bath salts can help relieve the pain of arthritis.

Researchers at the University of Manchester found that a hypertonic solution, that is a solution with an elevated concentration of salt, can ease inflammation purely through bathing in it – proving the Victorians were right to visit spa towns to “take the waters” for ailments like rheumatoid arthritis.

They say that their findings could revolutionise arthritis treatment because even ordinary table salt in high concentrations as found to be effective and, unlike conventional drugs, produces no worrying side-effects.

The salt water dehydrates inflamed cells in the body, reducing swelling. The treatment was found to be successful through injection into the body, absorption through the skin via bandages soaked in saline or bathing.

This study published in the journal Immunity used mice to test the benefits of salt on arthritis. However human studies have found similar results.

Benefits of balneotherapy

Balneotherapy is a traditional treatment that involved bathing in mineral rich waters. A great deal of study stretching back a long way, shows it can be particularly useful for arthritis sufferers.

In 1990, Dead Sea bath salts produced significant improvement in rheumatoid arthritis sufferers. Another in 1995 showed similar improvements for osteoarthritis of the knee.

More recently in 2009 a study of 44 people investigated the effects of balneotherapy at a Dead Sea spa. There was a statistically significant improvement in patients with knee osteoarthritis found a statistically significant improvement, lasting up to 6 months, in those who bathed, even intermittently, in natural hot springs.

In 2010 another small study found that twice daily salt baths over a period of two weeks improved the gait of people with osteoarthritis of the knee.

A simple cure

Recent figures suggest there are more than 10 million people in the UK suffering from arthritis, which causes crippling pain and inflammation within a joint. At present, there is no cure for arthritis but there are a number of treatments, usually drugs, that are used slow down the progress of the condition.

While the researchers noted that table salt was effective, it's worth seeking out good quality bath salts, usually derived from mineral rich sea salt, as these may have extra benefits. Indeed, the waters at balneotherapy spas are usually rich in sodium but also sulphur, selenium and silica – all found in higher levels in unprocessed sea salts.

Note: Soaking in the genuine Dead Sea salts plus the sun and mineral-rich water enjoyed daily over a couple of weeks are likely to give you a much better result than in a spa or your own bath at home.

Dead Sea Minerals

Publish date: August 1, 2009 Dermatology News

By: Leslie S. Baumann

The palliative effects of immersing in baths or pools of thermomineral water, known as balneotherapy, have been known for centuries, with modern practices dating back to the 1800s and natural health spas dating back more than 3,000 years (Dermatol. Ther. 2003;16:132-40; Clin. Dermatol. 1996;14:659-64).

Places such as the Kangal hot spring in Turkey, the Blue Lagoon in Iceland, and the Dead Sea between Israel and Jordan are particularly popular “hot spots” for such therapy.

The Dead Sea is the lowest saline lake—and the lowest accessible point—on earth (400 meters, or about 1,300 feet, below sea level). Its therapeutic benefits have been well known for 1,500 years, with the modern era for such treatments beginning in 1959 (Clin. Dermatol. 1998;16:695-8). Over the past half

century, the Dead Sea has become well recognized for its balneologic activity, allowing climatotherapy to be used for dermatologic and rheumatologic conditions.

In particular, Dead Sea climatotherapy is considered to be very effective in the treatment of psoriasis and, to a lesser extent, atopic dermatitis (J. Am. Acad. Dermatol. 2005;52:445-50; Arch. Dermatol. 1998;134:1416-20). Other conditions successfully treated with balneotherapy include acne, alopecia areata, chronic ulcers, contact dermatitis, dyshidrotic dermatitis, granuloma annulare, ichthyosis, lichen planus, lichen sclerosus and atrophicus, mycosis fungoides, palmoplantar keratosis, pityriasis rubra pilaris, pruritus, rosacea, scleroderma, seborrheic dermatitis, urticaria pigmentosa, vitiligo, and xerosis (Dermatol. Ther. 2003;16:132-40). Products that contain Dead Sea minerals are currently used to treat several of these cutaneous conditions.

Dissolved Minerals

The Dead Sea, which contains exceedingly high salt concentrations, acts as a reservoir of minerals with distinct evaporation properties. Dead Sea salts are the source of numerous chemical and health products. Specifically, various skin conditions and allergies, as well as arthritis and respiratory disorders, have been treated with Dead Sea-derived magnesium salts and sulfur-containing mud (Rev. Environ. Health 1999;14:257-67). Magnesium salts, which are known to have anti-inflammatory activity, are the prevailing minerals in Dead Sea water (Int. J. Dermatol. 2005;44:151-7). Compared with the world's oceans, the Dead Sea is more abundant in calcium, magnesium, potassium, and bromide, and lower in sodium, sulfate, and carbonate (Dermatol. Ther. 2003;16:132-40; Int. J. Dermatol. 1989;28:1-9).

Enzyme Stimulation

In 1985, Shani et al. found that glutathione peroxidase activity was significantly increased in 35 psoriatic Danes who received 4-week therapy at the Ein Bokek International Psoriasis Treatment Center along the Dead Sea in Israel. The drinking water at the center was found to be rich in selenium. The researchers assayed the activity of erythrocyte glutathione peroxidase, the most reliable marker for increases in selenium bioavailability, in the psoriasis patients, in 25 long-time local hotel workers, and in healthy volunteers who consumed low-selenium water. Enzymatic activity in the hotel workers was found to be 50% higher than in the low-selenium drinkers. The investigators concluded that selenium might play a beneficial role in psoriasis treatment (Pharmacol. Res. Commun. 1985;17:479-88).

That same year, several of the same researchers compared the penetration of electrolytes through the skin of healthy volunteers and psoriasis patients who bathed in the Dead Sea or comparable bath-salt solutions for a 4-week period. Only the psoriasis patients had significant increases in serum levels of bromine, calcium, and zinc (Pharmacol. Res. Commun. 1985;17:501-12).

Antiproliferative Action

Two years later, Shani et al. tested diluted Dead Sea brine and salt solutions, and found that they reversibly suppressed cell proliferation in vitro. They noted that bromides were more potent inhibitors than chlorides, and that potassium salts exhibited greater effectiveness than sodium or magnesium salts. The authors speculated that the penetration of minerals through the skin, along with antiproliferative effects, may help explain the effectiveness of Dead Sea spa treatments for psoriasis (Pharmacology 1987;35:339-47).

Interestingly, in 1996, investigators sought to identify the antiproliferative effects of certain Dead Sea minerals that play a role in ameliorating psoriasis, by comparing the in vitro proliferation of fibroblasts grown from biopsy specimens of healthy and psoriatic skin. They found that magnesium bromide and magnesium chloride exhibited significantly more potent inhibitory effects on cell growth than did their corresponding potassium salts and sodium chloride, and that these effects were manifested in healthy as well as psoriatic fibroblasts (Pharmacology 1996;52:321-8).

Moisturizing Action

In 1997, Ma'or et al. compared the cutaneous smoothing effects of three different liquid gels, one of which contained Dead Sea minerals. The formulations were applied to 20 mature women twice daily over 4 weeks, with computer-aided laser profilometry used to evaluate skin roughness before and after the treatment period. At the conclusion of treatment, the gel containing 1% Dead Sea mineral solution was associated with a 41% reduction in skin roughness. A 28% reduction was achieved with the use of the gel devoid of mineral additives, and a 10% reduction was seen with a control gel absent any antiwrinkle ingredients (Int. J. Cosmet. Sci. 1997;19:105-10).

Shemer Medical Center, Haifa, Israel

Dead Sea Treatments Treatment In Israel

Besides these dermatological diseases there is an improvement of symptoms in all Rheumatic diseases, several chronic lung diseases, such as Asthma and Cystic Filrosis, Uveitis, Crohn`s disease and heart diseases.

Shemer Medical Center organizes a profound check up medical examination in our medical center in Haifa, including specific specialist consultations. According to the recommendations of the specialist, we organize the needed recommended treatments at the Dead Sea medical facility.

1. Skin diseases

a. Psoriasis

The treatment is effective both in terms of disappearance of lesions and duration of remission.

The exposure of the patient to the sun in the Dead Sea area exposes him to a natural UV radiation, which is remarkably less than the usual amount of artificial UV radiation in a hospital or clinic.

Bathing in the Dead Sea several times a day, is recommended for psoriatic patients and leads to profound improvement.

Topical treatment such as oils and ointments, based on Dead Sea minerals and mud are integral part of the treatment of psoriatic patients.

b. Atopic Dermatitis

This disease, more prevalent in children, often represents a challenge for physicians in moderate to severe cases.

The Dead Sea treatment program is individually tailored for these very sensitive individuals, with the duration of treatment lasting between four to six weeks.

The results of this treatment are very impressive, with 97% of dermatitis patients showing an improvement after Dead Sea therapy, and 70% of them showing a dramatic improvement.

c. Vitiligo

The Dead Sea therapy is also effective in treating Vitiligo – a condition in which small or large areas of skin lose their natural pigment.

After the first four week's course and sometimes even prior the end of treatment, white patches start to show new pigments, beginning the healing process that continues several weeks after the patient returns home.

In most cases Climatotherapy has to be repeated for several years until the condition is eliminated.

Occasionally, rapid and complete re-pigmentation can occur after a single visit at the Dead Sea.

Bathing in the Dead Sea water for 20 minutes twice a day prior to sun exposure is generally recommended.

2. Rheumatic Diseases

The Dead Sea contains a unique reservoir of salts that provides special potential for outdoor Balneotherapy. Patients suffering from any kind of arthritis undergo treatments including bathing in the Dead Sea and pools containing Dead Sea water or thermal sulfur spring water, self-application of black mud at the Seashore, envelopment of warm mud packs to the joints and medical massages.

In addition to these active therapies, the ambient environmental conditions, with uniformly warm temperatures and a low level of relative humidity, high barometric pressure, oxygen-rich air, bromide-rich

atmosphere, and floating in the Dead Sea water, aid to the improvement and the well-being of the patients and their joints.

The physicians' experience combined with careful examination of the patient help enables them to decide the quantity and frequency that the abovementioned therapies and therapeutic skills need to be applied. Usually, Dead Sea baths and self-mud applications are applied 2-4 times a day, while the other procedures are offered 2 or 3 times a week.

When an improvement of symptoms allows, medications like painkillers and non-steroidal anti-inflammatory agents can often be reduced, and sometimes even completely stopped. However, disease modifying drugs have to be continued (or may slowly be reduced), as the results rarely appear before the first two or three weeks of treatment.

Rheumatic diseases and conditions treated at the Dead Sea:

a. Inflammatory arthritides

1. Rheumatoid Arthritis

2. Juvenile Rheumatoid Arthritis

3. Seronegative Spondylarthropathies : Bechterew disease (Ankylosing Spondylitis), Psoriatic Arthritis, Reactive Arthritis (e.g. Reiters syndrome)

b. Degenerative arthritides

1. Osteoarthritis

2. Back and Neck Problems

3. Chronic or Acute Low Back pain and Cervical Syndrome

c. Other conditions

1. Fibromyalgia

2. Tendonitis

3. Bursitis

4. Recovery from different orthopaedic surgeries

4. Chronic Pulmonary Disease:

a. Asthma

b. Cystic Fibrosis

c. Chronic Obstructive Lung disease.

The outcome of the highest barometric pressure on earth (800 mm of Hg) is air that is rich in oxygen by as much as 3.3-4.8%. Along with unpolluted, allergen-free and dry air, comfortable temperatures and low rainfall, in many cases the Dead Sea area provides a simple way of improving the patient's symptoms, without dependence on artificial equipment.

The treatment process involves careful monitoring, intensive physiotherapy and rehabilitative treatment, including Dead Sea baths and sun exposure. However, patients suffering from lung disease do not undergo complex procedures but rather benefit from the Natural Health Spa atmosphere in day and night therapy. A recent study showed that this treatment significantly increases levels of arterial oxygenation (SaO₂), sleep oximetry and improved exercise performance.

Additional treatment, if needed, includes Inhalation-therapy, which does not differ from the classical management of the disease, including patient education of which trigger factors to avoid, combined with the possibility to plan regular and rescue treatment.

This therapeutic modality offers patients undergoing chronic oxygen therapy and limited by dependence on an artificial oxygen source, the opportunity to improve their functional capacity, enhance their quality of life, and increase their independence and psychological well-being.

Experience with treating Cystic Fibrosis patients at the Dead Sea area began in 1994 after a pilot study concluded. The results were remarkable, a significant rise in oxygen saturation, improved lung function and subjective wellbeing was documented in 73 patients. Since then many European patients have spent 3 week sessions in a Winter Camp at the Dead Sea, and appreciate this treatment modality.

Quality of life, enjoyable surroundings, physical activities, physiotherapy and proper medical care in an oxygen-rich environment represents the major targets for the CF Clinic at the Dead Sea.

Patients are subject to medical supervision and guidance during their entire stay, in an atmosphere far removed from that of a hospital. The medical staff is readily available, and the presence of other patients suffering from the same disease helps facilitate social contacts. Psychological counselling, nutritionist, group therapy and complementary medical services are also available to contribute to the successful holistic management of the various disease entities treated at the Dead Sea.

4. Uveitis

This acute, chronic or chronic-recurring inflammatory disease involves the vascular membrane of the eye (uvea). The corresponding changes that may occur are iritis, cyclitis and choroiditis, but sometimes also combined irido-cyclitis or panuveitis, leading to adherence of the iris to the lens, immobility of the pupil, secondary glaucoma, damage of the retina and clouding of the lens.

The protocol is similar to that of skin diseases (without the local applications), with patients usually reaching more than 4 hours of daily sun exposure.

Subjective improvement in the patient's sight, durable positive and detectable effects after 6 months, and a significant drop in the incidence of inflammatory episodes in the year following the 3-week stay at the Dead Sea was reported in the principal publication on the Israel study in 1988. The authors related these favorable

effects to the systemic immunosuppressive effect of the UVA on the Dead Sea shore, and recommend this physiological method Hamidbarof immunosuppression in the treatment of chronic uveitis.

5. Crohn's disease

The hyperbaric oxygen environment at the Dead Sea was used in the management of six patients with perianal Crohn's disease on the assumption that tissue oxygenation was impaired. After a 2-week stay including sun exposure, physical activity and immersion in the Sea, complete healing of the perianal fistulae occurred in one patient, and in all the others there was a striking improvement. Moreover, the disease activity index was uniformly reduced.

6. Heart disease and Hypertension / Ischaemic Heart Disease

Recent studies show that it is not only safe for patients with heart disease to spend time at the Dead Sea, but that their stay also improves their heart function. One study involving 12 patients who suffered from coronary artery disease - some of them after arterioplasty or bypass surgery, some with congestive heart failure and rhythm disturbances. The patients' blood pressure and pulse was monitored, and rest and exercise ECG and echodoppler tests were compared before and after exposure to the Dead Sea region, and at sea level. The study showed that all patients improved subjectively and objectively as measured by an exercise tolerance test, heart performance test, oxygen saturation in blood, etc. These results, as well as those from another study where patients in preparation to undergo coronary bypass surgery or postoperatively were exposed to the Dead Sea climate, had a better postoperative course than controls. This suggests that the time spent at the Dead Sea before or after surgical procedures may offer protection to the cardiac muscle, possibly as a consequence of high oxygen saturation and the anti-ischemic effect of heat acclimatization.

Hypertension

On the basis of several studies, where hypertensive patients were exposed to the Dead Sea climate, the conclusion was reached that (irrespective of age) high blood pressure does not represent a contraindication for treatment at the Dead Sea. Furthermore, it was found that patients who are being treated at home for mild hypertension can be freed of their medication while spending time at the Dead Sea.

7. Orthopaedic Rehabilitation

For decades, the treatments and facilities present at the Dead Sea contributed to the area's reputation of being a natural resort center for physical rehabilitation, most suitable for patients after surgery, war injuries or road accidents. As a result, the various medical organizations in Israel sent such patients in large numbers for rehabilitation to the Dead Sea.

DEAD SEA SALT AS EFFECTIVE TREATMENT FOR PSORIASIS?

deadseatravel.co.uk

There are plenty of scientific evidence that **Balneotherapy** (therapeutic effects of bathing in the Dead Sea) can help relieve many skin disorders. Many of the tests were focused on psoriasis clients and results showed that there is a high success rate in its effectiveness. What is interesting is that balneotherapy is sometimes combined with **climatotherapy**, a gradual exposure of affected skin lesions to the sun (Dead Sea Wonder of Nature, 2010).

Regardless of these remarkable results, climatotherapy is effective in treating atopic dermatitis (eczema) to a lesser extent compared to psoriasis (Baumann, 2009). It is still beneficial to most skin disorders. **Here are some facts:**

- Dead sea is a reservoir of Dead Sea salts containing minerals such as magnesium (anti-inflammatory) and sulfur-containing mud. – Promotes reduction in skin roughness.
- Compared to other oceans and Seas, the Dead Sea has the most abundant of magnesium, calcium, bromide, potassium, sodium and carbonate which contributes to its healing properties (Pindak, 2009). And it is low in sulfate.

The personal treatment schedule normally includes: sun exposure, Dead Sea water bath (in or outdoor), sulfur bath, self-application of black mud.

Dead Sea Waters

Spend some time floating in the Dead Sea and you'll enjoy how the waters nourish your skin, stimulate your circulatory system and ease any rheumatic discomfort or metabolic disorders you may have. This is partly because of the unique minerals found in the area. Many, such as magnesium, calcium, bromide and potassium are well known for the feelings of relaxation they induce. And don't forget the high salt content that enables everyone – including non-swimmers – to float unaided

Dead Sea's unusual environmental conditions create a unique haven for healing.

The Sun

The Dead Sea is the only place on earth where you can sunbathe for extended periods with little or no sunburn. Harmful ultraviolet rays are filtered through natural layers of atmosphere: an evaporation layer that exists above the Dead Sea, and a rather thick ozone layer.

We always recommended that visitors maintain careful and progressive exposure to the sun.

“There is a unique combination of several climatic factors here that allow what we call natural selective phototherapy, or treatment with natural light. We obtain excellent results when we combine this unique way to receive sun exposure with balneotherapy, or bathing in salt water,” Dr Harari from the DMZ clinic tells ISRAEL21c.

Thermo-mineral Springs

Soaking in the many heated sulphur pools found along the shores stimulates the circulatory system, encouraging an increase in the oxygen supply to the blood.

Black Mud

A signature element of the Dead Sea, black mud is a homogeneous mixture of the Dead Sea minerals, important organic elements from the shoreline as well as mud. Indulging in a black mud body wrap has both cosmetic and therapeutic benefits — known to cleanse and stimulate the skin, relieve muscle and emotional tensions, improve blood circulation and ease rheumatic pain.

Air quality

Take a deep breath and enjoy the region's miraculous dry, unpolluted, pollen-free air. Due to the constant evaporation caused by high temperatures the air contains high concentrations of several minerals such as bromide that provides a genuinely relaxing effect.

Because of the high barometric pressure associated with the area, by comparison the atmosphere the Dead Sea contains around approximately 8% more oxygen than anywhere else on earth. This, together with a low humidity makes breathing easier and more comfortable.

Drink the purified spring water or bathe in many of the cool waterfalls and streams that flow from the foothills of the Judean hills.

Why the Dead Sea is good for you?

by NAOMI COLEMAN, femail.co.uk

Thousands of people flock to the Dead Sea, found along Israel's border with Jordan, each year because it is renowned for its health-giving properties.

Containing up to eight times more minerals than most sea water, the Dead Sea is the saltiest in the world. It's believed that this, combined with the unique atmosphere in the area, is the secret of its success. Even before Roman times, the Dead Sea had attracted spa-lovers from far and wide.

Today, scientific evidence proves that the Dead Sea can help treat a host of common illnesses. Typical conditions range from joint pain and arthritis to psoriasis and heart problems.

This is because the Dead Sea contains 33 per cent salt and a wealth of magnesium, calcium, potassium and other minerals. It is these minerals combined with the salt, sun and relaxation that are thought to have such a remarkable effect on psoriasis.

Researchers have found that those patients with psoriasis who bathed for an hour a day in the Dead Sea improved by 88 per cent. The water is also said to be effective in treating allergies.

It is claimed, too, that the Dead Sea helps relieve arthritis. This is because warmth and buoyancy reduce the release of prostaglandins – hormone-like substances present in a variety of tissues and body fluids that induce inflammation and therefore pain.

Interestingly, anti-inflammatory drugs found in the chemist are based on the ability to reduce prostaglandins.

Dr Rodney O'Donnell, a Berkshire GP currently researching the health benefits of the Dead Sea, believes that hydrotherapy could be the alternative painkiller of the future. Over the next five years he will be looking closely at the health benefits of the Dead Sea.

'I have big hopes for floatation treatment,' he says. 'I believe that this technique will reduce the need to take medicine, keep muscles fit after injury and provide rehabilitation for those recovering from knee operations and hip replacements.'

Floating is also said to help boost energy because instead of standing upright, we can lie horizontal and become completely weightless.

Scientific evidence shows that the Dead Sea can benefit heart patients too. A study by the Bnei Zion Hospital, Haifa, found heart disease patients improved after spending time in the region, benefiting from the low altitude and high oxygen atmosphere.

It's also claimed that the Dead Sea can cleanse the body of toxins. According to Dr O'Donnell, floatation is known to induce diuresis – increased secretion of urine by the kidneys.

'Floating means high levels of blood move to the abdomen area. This puts gentle pressure on the kidneys which stimulates the urge to urinate. Urinating helps get rid of toxins in our body,' he says.

Healing powers of the Dead Sea

People seeking relief from chronic skin, respiratory and joint conditions benefit from the unique solar and mineral properties found only at the Dead Sea.

By Abigail Klein Leichman JUNE 25, 2014, 1:07 AM

Cleopatra knew about the healing properties at the Dead Sea thousands of years ago. Today, the same one-of-a-kind results are still sought by people seeking long-lasting relief from incurable chronic conditions such as psoriasis, asthma and arthritis.

A stay of 14 to 28 days allows the sun and minerals at this lowest spot on Earth to work their magic.

“It’s very effective and 100 percent natural, plus it’s relaxing because you are at a beach resort,” says Pini Shani, head of marketing at the Tourism Ministry’s international department. “Many of those who come have tried other things that didn’t work. A few thousand people return year after year.”

One of those people is Matthew Katz, whose psoriasis had plagued him for decades. The first time he came was in 2007, arriving from his home in Connecticut for climatotherapy treatment at Dr. Marco Harari’s DMZ Medical Center— currently the only facility of its kind at the Dead Sea.

“My skin was great for six months, and I became an advocate for the Dead Sea through further research,” Katz tells ISRAEL21c.

He explains that the rim of the Dead Sea filters the sun’s ultraviolet rays, “so you’re getting only ‘good’ UVB, which doesn’t happen anywhere else on the planet.”

The Dead Sea – called the Salt Sea in Hebrew — is 27 times denser than Utah’s Great Salt Lake. “Because of the heat there in April to October, the minerals and the vapors from them rise, and that relaxes you and makes your breathing and digestion better. The water actually pulls toxins from every organ. For arthritis, it’s the mineral-rich mud that does the trick.”

What is climatotherapy?

Harari's specialty is climatotherapy, a medical discipline using a region's special climate to treat chronic conditions. He first tailored this to the Dead Sea about two decades ago.

“There is a unique combination of several climatic factors here that allow what we call natural selective phototherapy, or treatment with natural light. We obtain excellent results when we combine this unique way to receive sun exposure with balneotherapy, or bathing in salt water,” Harari tells ISRAEL21c.

Dr. Marco Harari consults at DMZ medical centre at the Dead Sea

His studies about the effectiveness of this approach have appeared in the International Journal of Dermatology, Journal of Asthma and medical publications. He's doing ongoing studies in conjunction with universities in Europe, and soon also in Asia.

For the common skin conditions psoriasis, atopic dermatitis and vitiligo, “the Dead Sea offers the only serious treatment option without side effects and with long-term improvement,” Harari says.

For people with rheumatic or joint diseases such as osteoarthritis, arthritis and fibromyalgia, the waters are more critical than the sun, he says. “We add to the protocol a rehabilitation program including sulfur pool baths, black mud applications — sometimes cold and sometimes warm — and physiotherapy.”

The Dead Sea air, oxygen-rich and free of allergens, also alleviates symptoms and improves quality of life for patients with respiratory diseases such as asthma, allergic rhinitis and cystic fibrosis.

“They experience great improvement, for instance in the number of infections they get afterward,” Harari says.

“There is increased barometric pressure at the Dead Sea, so partial oxygen pressure is increased and it is like breathing about six percent more oxygen. People with chronic obstructive pulmonary disease, like heavy smokers or those with bronchitis, immediately feel the difference.”

‘A treatment that might be a miracle’

Pini Shani of the Tourism Ministry says the numbers of patients coming to the Dead Sea “are smaller than they should be, because of competition with drug companies giving incentives for pharmaceuticals. But people are missing out on a treatment that might be a miracle.”

machtey, Dr. I. 1982, Dead Sea Balneotherapy in Osteoarthritis, Proc. International Seminar on Treatment of Rheumatic Diseases.

(2.) Arndt, Dr. J. 1982, Salt from the Promised Land Helps Psoriasis Patients, *Arztliche Praxis*, 34(48).

Healing powers of the Dead Sea

People seeking relief from chronic skin, respiratory and joint conditions benefit from the unique solar and mineral properties found only at the Dead Sea.

By Abigail Klein Leichman JUNE 25, 2014, 1:07 AM

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Studies have been conducted on the health benefits of bathing in Dead Sea salts. One such study was conducted by Dr. I. Machtey on 103 patients suffering from osteoarthritis and tendinitis. Patients were either treated with baths of 7.5%, 2% or 0.5% Dead Sea salt concentration. Improvement was found after as little as one week of treatment for those treated with 7.5% or 2% salt baths. By the study’s end, 80% of the patients reported less pain; 70% experienced improved mobility and 60% were able to decrease their use of analgesics.

Dr. J. Arndt studied the effect of Dead Sea salt baths on psoriasis. Fifty patients were treated for 3-4 weeks, taking 3-4 baths each week. In as little as one week, many patients treated with a 10% salt concentration in their baths experienced marked improvement. This improvement included relief from itching, sleep disturbances, and skin scaling. Treatment with Dead Sea salts is not associated with any side effects.

Dead Sea Salt Benefits

Do you know the secret to Cleopatra's beauty? Dead Sea salt.

The healing properties of Dead Sea salts have been famous for centuries now. They are also known to beautify and tone the skin. Unlike regular salts, Dead Sea salts are not edible. Nevertheless, Dead Sea salts are rich in minerals like potassium, calcium, magnesium and bromine. The sodium content is relatively low.

Why Use Dead Sea Salt?

This special salt cures various skin allergies, whether rashes, itching, dermatitis or sores. This is because the high bromide and magnesium content of the salt detoxifies the skin.

Dead Sea salt makes your skin look young and healthy. The salt works wonders in removing wrinkles. The minerals act as a moisturizing agent to make skin soft and youthful. Taking a bath in Dead Sea salt water even reduces body fat. The high potassium content aids in treating water retention problems.

Dead Sea salt can be used to treat psoriasis and many so-called incurable skin disorders. It has received approval from the International Psoriasis Community.

The mud of Dead Sea salt is also a highly recommended alternative medicine. The mud provides a wonderful cure for all types of arthritis, joint pain and gout. It also offers relief from the stiffness of muscles and inflammation.

http://www.oohoi.com/natural%20remedy/everyday_food/dead-sea-salt-benefits.htm

Dead Sea bath salts for the treatment of rheumatoid arthritis.

Sukenik S¹, Neumann L, Buskila D, Kleiner-Baumgarten A, Zimlichman S, Horowitz J.

Author information

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Abstract

Thirty patients with classical or definite rheumatoid arthritis were randomly divided into two groups of fifteen patients each of similar age, sex, duration and severity of disease, and medical treatment. All patients were treated once a day with bath salts heated to 35 degrees C for twenty minutes. Group I

received Dead Sea bath salts and Group II, the control group, received sodium chloride (NaCl). The study was double-blind and of two weeks' duration. All patients were evaluated by one rheumatologist both before treatment, and two weeks later at the end of the treatment period. Follow-up evaluations were made one and three months after conclusion of the treatments. The clinical parameters evaluated included duration of morning stiffness, fifteen meter walk time, hand-grip strength, activities of daily living, circumference of proximal interphalangeal joints, number of active joints, Ritchie index and the patient's own assessment of disease activity. The laboratory parameters evaluated included erythrocyte sedimentation rate and serum levels of amyloid A, rheumatoid factor, sodium, potassium, calcium and magnesium. A statistically significant improvement (p less than 0.01 or p less than 0.05) was observed in Group I only, in most of the clinical parameters assessed. Maximal therapeutic effect was obtained at the end of the treatment and lasted up to one month.

Top 10 Surprising Health Benefits Of Dead Sea

Article by Ekul Chugh, March 30, 2014

CALMS DOWN THE NERVOUS SYSTEM

Dead Sea contains salt and huge number of different minerals and most importantly Bromine which is an essential constituent that promotes relaxation and thus calms down the nervous system. Also, Zinc and magnesium which are commonly known as the calming minerals in our body are also found in abundance in Dead Sea which thus helps to calm our nerves.

INCREASES BLOOD CIRCULATION

When people spend time in the water of the Dead Sea then the minerals such as Magnesium, Potassium and Iron which are present in there are absorbed by the skin and thus helps to increase the blood circulation of the body thereby keeping the body healthy.

HELPS TO REDUCE HEART PROBLEMS

Floating in the Dead Sea tends to relieve from hypertension and also the presence of Potassium, Magnesium and Calcium helps to control blood pressure thereby reducing the risk to heart diseases

PREVENTS HAIR LOSS

Calcium which is the one of the essential mineral responsible for healthy and shiny hair is also the major constituent of Dead Sea. Thus, applying the sand of Dead Sea on the hair will provide a glowing appearance to the hair and will also prevent the hair from damage and loss. Also, washing hair with the water of the Dead Sea make it more smoother and softer.

REDUCES STRESS

Swimming in the Dead Sea will thus help to reduce stress plus it has an added advantage of the Magnesium present in it which is also referred to as an anti-stress mineral. Even if one does not know swimming, he or she can easily float in the water of the Dead Sea as the excess of salt present in the Dead Sea helps one to float in the water without drowning.

REDUCES JOINT INFLAMMATION

The presence of Calcium, Potassium, Boron and Strontium is very essential for the body to prevent inflammation and availability of these minerals in the water and sand of Dead Sea thus helps to reduce joint inflammation to a great extent.

SLOWS DOWN SKIN AGING

Sulfur present in the Dead Sea helps to provide softness and smoothness to the skin. Sodium on the other hand heals the dryness of the skin. Lithium and Strontium treats skin problems and Manganese helps to form a healthy and glowing skin layer. Thus, the sand of Dead Sea when applied over the body not only slows down skin aging but also provide sanguine and florid skin.

REPAIRS DAMAGED TISSUES

Phosphorus and Magnesium plays a vital role in repairing damaged tissues. Phosphorus is available in tissues and cells throughout the body and is thus needed for maintenance, growth and repairing of cells and tissues. Magnesium also helps in self repair of damaged tissues. Both of these minerals are found in abundance in Dead Sea. When one relaxes near the shore applying the sand of the Dead Sea or swims in the water of the Dead Sea, then these minerals are engrossed by the skin pores and help in the repair of the damaged tissues, thus adding up one more point to the health benefits of the Dead Sea.

HELPS TO STRENGTHEN THE BONES

Bones which are made up of Phosphorus, Calcium and Sodium are strengthened when the availability of these minerals

these minerals help to strengthen the bones by providing access to these minerals to the surface of the skin either through swimming or by applying sand paste to the body.

BOOST UP THE ENERGY

Phosphorus is utilized by living cells to produce energy and is a necessary component for the creation of new cells in the body and Magnesium on the other hand also helps in energy metabolism process and thus these two are essential components in producing energy. Being in contact with the water and sand of

Dead Sea provides the body surface with these minerals and thus helps the body to boost up the energy level thereby making the person more energetic and healthy.

If you find other interesting articles please forward them to trish@myhealingholiday.com so we can include them here.

As we conduct international webinars on the Dead Sea treatments, if you know of speakers on this topic, (yourself or other people) please contact Trish

If you have benefited by Dead Sea treatments, please send us your testimony, so it can encourage other sufferers