

# « HEALTH CENTRE



# for RADON THERAPY »

## FOR A NATURAL PAIN RELIEF

THERAPY FOR  
PAIN RELIEF  
REGENERATION  
RELAXATION



[www.gasteiner-heilstollen.com](http://www.gasteiner-heilstollen.com)  
[www.facebook.com/heilstollen.gastein](https://www.facebook.com/heilstollen.gastein)

## REACH NEW PEAKS WITH THE GASTEINER HEILSTOLLEN

### « YOUR OWN POWER TO HEAL IS AT THE CORE OF THE TREATMENT »

Our aim is to activate your body's own natural ability to heal itself. Pain alleviation, exercise and movement, lifestyle, self-management and medical competence are the five pillars on which our holistic therapeutic concept is based. The Heilstollen treatment (a combination of mild over-heating, known as hyperthermia, and radon therapy) lies at the heart of this concept. Depending on the scale and severity of your condition, you will require around 8–12 sessions in the Heilstollen over the course of 2–3 weeks. In patients with less severe conditions, it is possible to achieve benefits with even fewer sessions. By means of regular repetition of the Heilstollen treatment, you will be able to benefit from the positive effects of:

- pain alleviation
- reduction in need for medication
- stabilization of the immune system

### « SCIENTIFICALLY PROVEN EFFECTIVENESS »

Several controlled research studies in patients with Ankylosing Spondylitis have shown that patients experience reduced pain for up to 9 months and have less need for medication for up to 1 year after their Heilstollen treatment, when the Heilstollen is part of a combined programme of treatment. Through regular repetition of the Heilstollen treatment, the need for painkillers is reduced long-term, and the patient's quality of life is significantly improved.

#### The first step to your treatment at the Gasteiner Heilstollen:

Contact your doctor or get in touch with us at  
T 0043 (0) 6434-3753 0  
info@gasteiner-heilstollen.com  
www.gasteiner-heilstollen.com

### Conditions for which the treatment is particularly beneficial (Univ. Prof. Dr. Ritter, 2008)

#### 1. Diseases affecting the locomotor apparatus

- Ankylosing Spondylitis and other spondylarthroses
- Rheumatoid Arthritis (chronic Polyarthritits)
- Arthroses (including polyarthrosis of the fingers)
- Chronic gout
- Psoriatic Arthritis
- Spino-vertebral syndrome
- Fibromyalgia
- Osteoporosis pains
- Neuralgias, Polyneuropathia
- Sports injuries
- Sarcoidosis

#### 2. Respiratory Illnesses

- Chronic Bronchitis
- Bronchial Asthma
- Chronic Sinusitis
- Chronic obstructive pulmonary disease (COPD)
- Hay fever

#### 3. Skin Conditions

- Psoriasis (vulgaris)
- Neurodermatitis
- Wounds which fail to heal
- Scleroderma

The treatment is also helpful in combating menopausal symptoms, and as a prophylaxis (preventative medicine), as well as in stabilizing the immune system.

#### The treatment is not recommended for:

Pregnant women, those with untreated overactive thyroids, severe claustrophobia, and cancer patients in their first year post treatment. We also recommend that you seek medical advice if you suffer from serious heart, circulatory or renal illnesses.

## SCIENTIFICALLY PROVEN: HOW THE GASTEINER HEILSTOLLEN TREATMENT WORKS

After being taken in through the lungs and the skin, the noble gas radon is rapidly dispersed throughout the body, and its decomposition products are deposited on the skin. Alpha radiation is released. This stimulates the body's cell repair mechanism and reduces the amount of free radicals, also activating the healing and antiphlogistic cell messenger TGF-beta (a counterpart of the cytokine TNF-alpha). (Schwarzmeier et al., 2005).

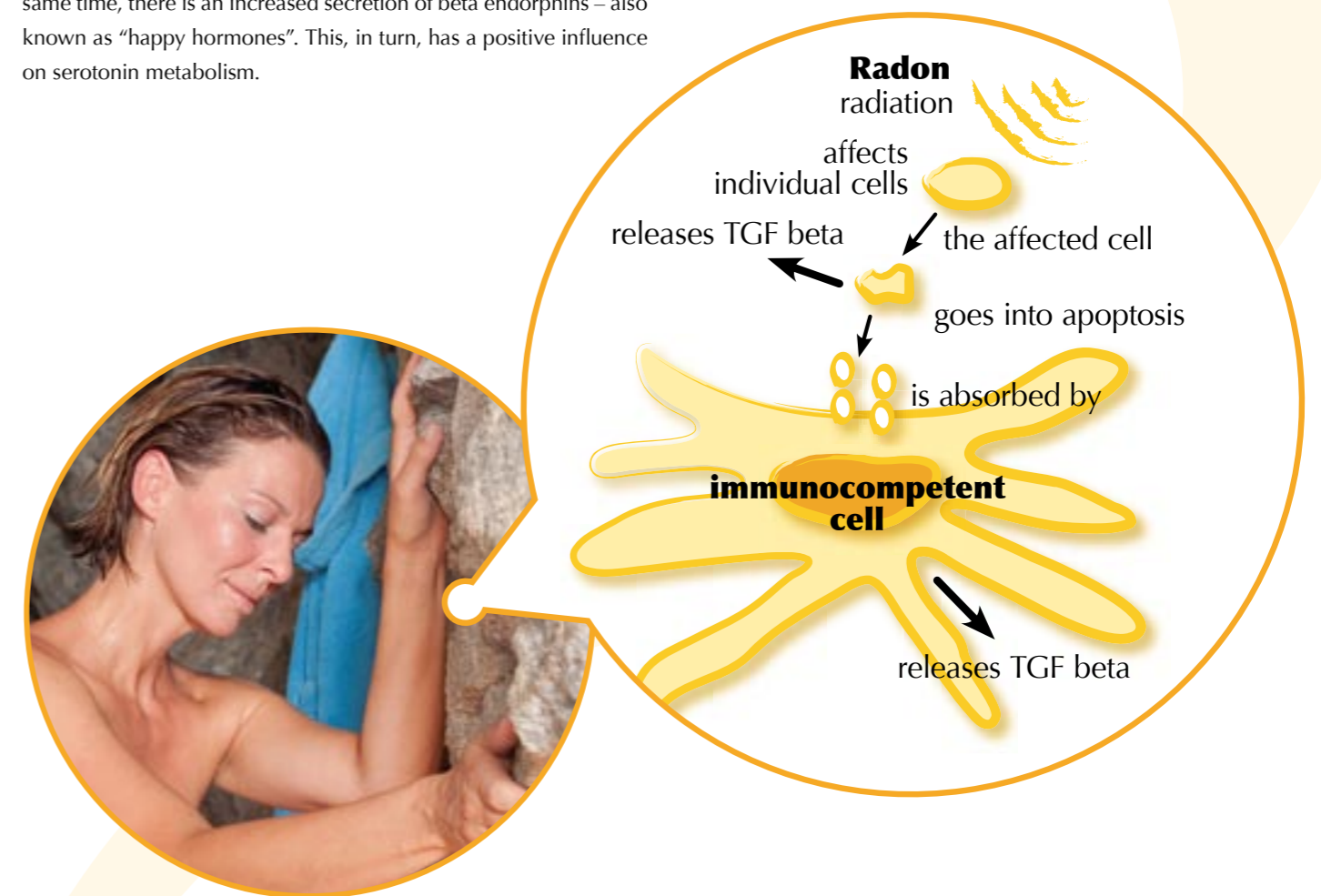
As a result, there is a reduction in the migration of inflammatory cells through the vessel walls (Harder, 2005). These processes help prevent chronic inflammations and allergies, thus establishing an immunological balance.

In addition, they inhibit the pain messenger "substance P". At the same time, there is an increased secretion of beta endorphins – also known as "happy hormones". This, in turn, has a positive influence on serotonin metabolism.

Continued hyperthermia as a result of the climate in the Heilstollen causes a slight healing fever. This hyperthermia enhances the effect of the radon treatment, bringing about a long-lasting alleviation of pain symptoms.

Moreover, the alpine altitude of Gastein further enhances the positive effects of the spa treatment. As to radon itself, only half of it remains in the body after 20–30 minutes, and it is completely eliminated from the body after 3 hours.

On average, the radiation dose to which patients are exposed during a three-week spa treatment is below the annual exposure to radiation from natural sources.





### « THE GASTEINER HEILSTOLLEN »

**Radon, heat, and high humidity.** These three features are found naturally within the Radhaus Mountain where the Heilstollen (literally meaning “healing cave gallery”) is located. In combination, they create a natural and unique healing atmosphere. They provide long lasting benefits to those suffering from locomotor disorders, as well as skin and respiratory conditions. In addition, the treatment stabilizes the immune system. Long-lasting alleviation of pain and a reduced need for medication are the scientifically proven effects of the Heilstollen.



### « LEARN MORE ABOUT YOUR CONDITION »

**Become an expert on your health.** You can learn more about important aspects of your condition, in small groups and with professional guidance, such as: the origin of your condition, its development, treatment, avoiding complications, managing pain and day-to-day difficulties. Our aim is to help you help yourself, giving you the expertise you need to assume responsibility for your own condition.



### « EXERCISE »

**Rediscover your vitality.** Effective pain reduction is the first step towards being able to enjoy a healthier life. You can develop this, by strengthening your body in the long term through targeted movement and exercise. Our team of therapists offers specific treatments including osteopathic and manipulation techniques as well as stretching, weight-bearing, and breathing exercises. The treatment programme also involves individual sports therapy at alpine altitudes including Nordic walking, therapeutic climbing, and cross-country skiing, as well as muscle-strengthening exercises on equipment, Tai-chi, and Qigong.



### « MEDICAL EXPERTISE »

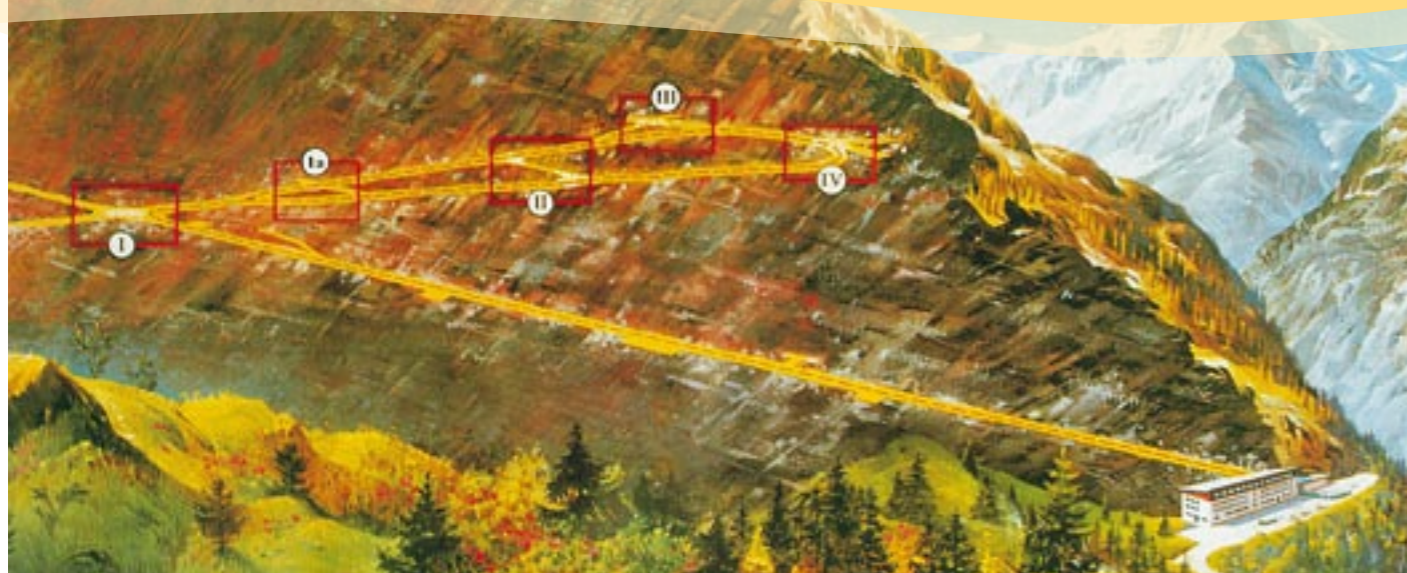
**Specialized team of therapists and doctors.** We will work with you to create a holistic personal treatment plan, based on fundamental medical principles, recent developments, and expert knowledge. Natural and alternative therapies perfectly complement our comprehensive range of physical therapies and conventional medicine, as well as Traditional Chinese Medicine methods.

### « LIFESTYLE »

**Put more life into your years and add more years to your life.** Our programmes aim to improve the quality of your life – from professional advice on nutrition, and help in giving up smoking, to stress management and Traditional Chinese Medicine breathing and relaxation techniques. Look after your body and soul, develop your inner strengths and discover a new balance in your life.



# THE HEILSTOLLEN



**STATION I + IA**  
Distance from tunnel entrance: 1,888 m  
Temperature: +37°C to +39°C  
(98.6 to 102.0°F)  
Rel. air humidity: 75% to 80%

**STATION II**  
Distance from tunnel entrance: 2,088 m  
Temperature +40,5°C (104.9°F)  
Rel. air humidity: 85%

**STATION III**  
Distance from tunnel entrance: 2,183 m  
Temperature +41°C (105.8°F)  
Rel. air humidity: 95%

**STATION IV**  
Distance from tunnel entrance: 2,238 m  
Temperature +41,5°C (106.7°F)  
Rel. air humidity: 100%

## TESTIMONIALS



**Univ. Doz. Dr. Bertram Hölzl**  
Medical Director Gasteiner Heilstollen

The Gasteiner Heilstollen treatment is a combination of mild hyperthermia treatment and radon treatment. It has been shown that pa-

tients with diseases of the locomotor apparatus such as ankylosing spondylitis, rheumatoid arthritis, or fibromyalgia experience remarkable pain alleviation effects. These effects last for several months. It was even scientifically proven that there is a reduced need for medication for up to one year. This effective, natural remedy also brings about an impressive improvement in the case of respiratory or skin illnesses.



« During my life I have participated in numerous spa treatments and therapies. Now one has really helped. Due to Gastein's Heilstollen therapy, I have been absolutely pain-free for months in spite of my fibromyalgia. There's nothing better! »

**Jörg Blum, age 67, Oldenburg**  
Diagnosis: Fibromyalgia



« Gastein Heilstollen therapy is my escape from a years-long battle with pain, medications and their side-effects. I am truly enjoying the quality of life I have been able to rediscover. »

**Angelika Kind, age 73, Saarburg**  
Diagnosis: Osteoporosis



« Morbus Bechterew disease is no longer a burden on me today, and instead deeply enriches my life! Thanks to my visits to Gastein's Healing Galleries, I have my pain under control and am able to cope with life more easily. »

**Peter Krämer M.D., age 72, Bad Hersfeld**  
Diagnosis: Morbus Bechterew



« After Heilstollen therapy, I have noticed clear improvement in all areas. I can once again move pain-free and breathe significantly more easily. I will definitely come back – from now on, this is the only one for me! »

**Christian Haar, age 40, Werndorf**  
Diagnosis: asthma and necrosis of the wrist

### « DOCTOR'S EXAMINATION »

Prior to the first visit to the Heilstollen, you will be examined either by the admitting spa physician or by one of our Heilstollen doctors. An examination during the treatment is also possible. A final check-up is required and highly beneficial.

### « TREATMENT NECESSITIES »

You will need a bathrobe, beach shoes, swimwear and a small towel for the visit to the Heilstollen. You will receive a bathtowel when boarding the Heilstollen train.

### « DURATION & INFORMATION »

Each treatment visit to the Heilstollen takes 90 minutes, of which 60 minutes you will effectively spend in the treatment area. After the visit, you will go to one of the resting areas where you should relax for approximately 30 minutes.

Each spa treatment begins in Station 1. If you feel well, and if the spa or Heilstollen physician allows it, you can gradually proceed to warmer and more humid stations on subsequent visits. The objective is to find the ideal station for you, in which you can relax well and sweat well. You are always accompanied by a physician during the visit to the Heilstollen. If medically necessary, you also have the possibility of entering the Heilstollen in a couchette car.

### IMPORTANT::

**Drink enough fluid before entering the Heilstollen (approx. 1/2 litre until half an hour before the visit)**

## HOW TO FIND THE GASTEINER HEILSTOLLEN



### « BY CAR OR BY BUS »

**From Salzburg** approx. 1 hour by car. Take the A10 Tauern Motorway southbound as far as Bischofshofen, then Highway 311 to Lend, followed by Highway 167, which takes you to the Gastein Valley.

**From Innsbruck** approx. 3 hours by car. Take the A12 Inntal Motorway as far as Wörgl, Highway 312 to Lofer, Highway 311 (via Zell am See) as far as Lend, and from there take Highway 167 into the Gastein Valley.

**From the south**, drive via Villach, Möllbrücke and Obervellach to Mallnitz, from where the special "Tauernschleuse" brings you to the Gastein Valley.

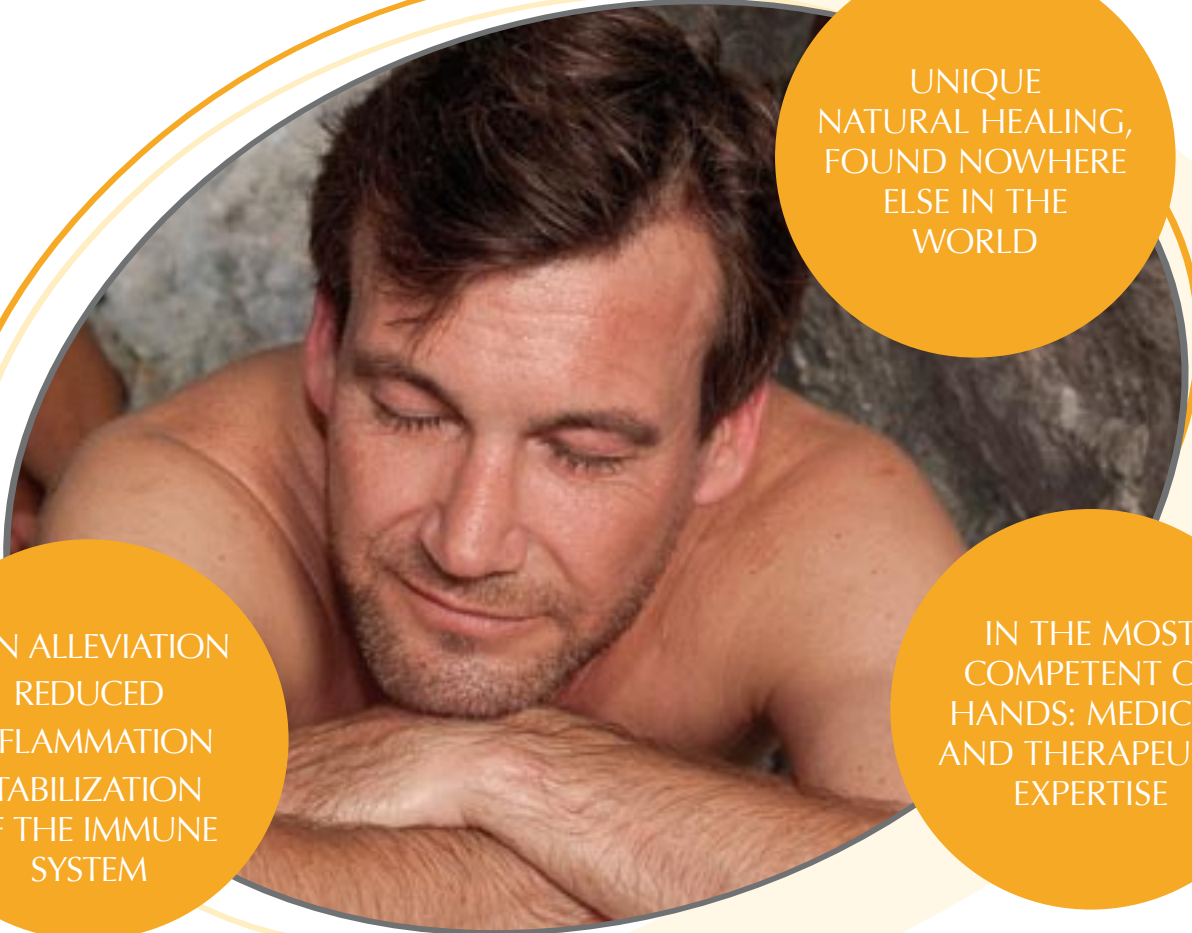
### « BY AIR »

The nearest airports are Salzburg and Munich. Airport transfers are available upon request.

### « BY RAIL »

International trains make stops at all three towns in the valley every two hours.

# COMBAT PAIN WITH A UNIQUE COMBINATION OF HIGH HUMIDITY, HEAT AND RADON



UNIQUE  
NATURAL HEALING,  
FOUND NOWHERE  
ELSE IN THE  
WORLD

PAIN ALLEVIATION  
REDUCED  
INFLAMMATION  
STABILIZATION  
OF THE IMMUNE  
SYSTEM

IN THE MOST  
COMPETENT OF  
HANDS: MEDICAL  
AND THERAPEUTIC  
EXPERTISE

90 percent of our patients benefit from hyperthermal radon treatment. It activates the body's own cell messengers, which promote healing and reduce inflammation, with long-lasting effects. It has been shown that patients with diseases of the locomotor apparatus (such as Ankylosing Spondylitis) can expect pain to be alleviated for around 9 months and a reduced need for medication for 1 year after the treatment. Respiratory illnesses and skin conditions also respond well to the stabilization of the immune system. Your pathway to better health and an improved quality of life.

Radon content: 44 kBq/m<sup>3</sup>  
Temperature: 37–41.5°C (98.6–106.7°F)  
Humidity: 70-100%

Gasteiner Kur-, Reha- und Heilstollen Betriebsges.m.b.H.  
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