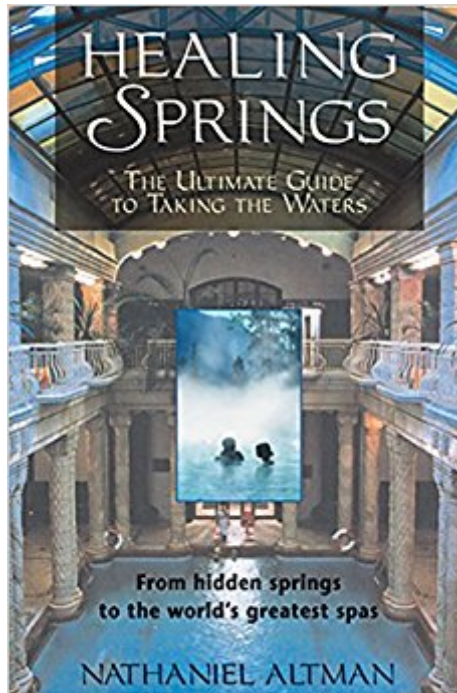




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Healing Springs: The Ultimate Guide To Taking The Waters



Synopsis

The first book to present medical evidence that mineral springs can prevent and cure disease--and to tell you which spas are most effective

- Lists more than 200 of the best hot springs and mineral springs in the world and the health conditions best treated at each, with a special emphasis on springs in the U.S. and Canada
- Reviews additional healing techniques that best complement bathing in and drinking medicinal waters--such as acupuncture, homeopathy, fasting programs, and fitness training
- Includes photos of everything from famous spas to little-known hot springs

The Fountain of Youth does exist! Author Nathaniel Altman shows that "taking the waters" is a powerful healing tool that rejuvenates the body and prevents a host of illnesses. Until now, it's been the best-kept secret for promoting and maintaining health and vitality. The use of natural mineral spring water for the prevention and cure of disease dates back 5000 years to the Bronze Age. Hot springs reached their heyday in the United States in the latter part of the 19th century and were well attended until the early 1940s. Balneotherapy--using natural mineral spring water for the prevention and cure of disease--continued to thrive elsewhere in the world and is making a big comeback in the United States. It is an accepted form of mainstream medicine in Europe and Japan, where an abundance of medical evidence shows that in addition to relieving stress, certain mineral waters can help the body heal itself from heart, liver, and kidney problems, skin diseases, asthma, digestive disorders, arthritis, and a host of other health problems.

Book Information

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Specialty Travel > Spas #2405 in Books > Health, Fitness & Dieting > Alternative Medicine >

Healing #61116 in Books > Medical Books

Customer Reviews

"Altman's book is an easy-to-read, comprehensive guide to the healing waters of the world." (Whole

Life Times, April 2001)". . . enormously helpful for choosing just the right surrounding that would be best for personal health." (The Book Reader, Spring/Summer 2001)"This book offers excellent explanations of healing water, its sources, criteria, and what ailments are healed." (Network for Women's Spirituality, March/April/May 2003)". . . Nathaniel Altman's Healing Springs is a comprehensive guide to crenotherapy--healing with mineral and thermal waters. . . . From toughening regimens to routines designed to help you relax, spa therapy should be part of any fitness program." (Nexus, Sept-Oct 2005)"This is truly the work of a person with a passion for the healing properties of water. A bonus is the more than 100 beautiful color photos." (Rahasya Poe, Lotus Guide, Mar 2007)"In-depth research of medical and scientific journals along with interviews of numerous physicians who work in this specialized field." (The New Times, February, 2001)

HEALTH / SPAS The Fountain of Youth does exist! Author Nathaniel Altman shows that "taking the waters" is a powerful healing tool that rejuvenates the body, making us feel younger and more vibrant, while preventing a host of illnesses. Until now, it's been the best-kept secret for promoting and maintaining health and vitality. The use of natural mineral spring water for the prevention and cure of disease dates back 5,000 years to the Bronze Age. Hot springs reached their heyday in the United States in the latter part of the nineteenth century and were well attended until the early 1940s. Balneotherapy--using natural mineral spring water for the prevention and cure of disease--continued to thrive elsewhere in the world and is experiencing a huge revival in the United States. It is an accepted form of mainstream medicine in Europe and Japan, where an abundance of medical evidence shows that in addition to relieving stress, certain mineral waters can help the body heal itself from heart, liver, and kidney problems, skin diseases, asthma, digestive disorders, arthritis, and a host of other ailments. With more than one hundred vibrant color photographs and historic black-and-white illustrations, Altman describes the healing properties of three hundred and twenty-five of the best hot springs and mineral springs in the world--from the legendary European spas to little-known hot springs throughout the United States. His in-depth research of medical and scientific journals from Europe, Japan, Russia, and North America, along with interviews of numerous physicians who work in this specialized field, makes Healing Springs the most up-to-date, practical, and comprehensive guide on this holistic approach to health and well-being. A lifelong aficionado of hot springs, NATHANIEL ALTMAN is a medical writer and researcher who has written more than fifteen books on alternative healing, including Oxygen Healing Therapies and A Russian Herbal. He lives in Brooklyn, New York.

I am an owner of The Giggling Springs Hot Springs in Jemez Springs, NM (unfortunately, it was NOT included in the book!) but when I saw this book, I downloaded a sample, and then I just had to have the rest of it--immediately. (I believe I will also be downloading other books from this author because he seems to love writing about the same things I love!) I have not yet read the whole book, but just by flipping through it, I can tell this is going to be one of my favorite reference guides. It's so nice to see a book about the healing properties of natural hot springs and the locations of them all over the world---I do hope to soak in as many as I can, and this book will go with me and guide me. I soak in hot mineral water nearly every day, and I can attest to the fact that it has kept me healthy for the past 17 years. At my hot spring business and home, our intention was to make the water easily available for people, (without the hiking) but keep it outdoors, natural, and with beautiful views to gaze upon, while keeping it well maintained and clean without using chlorine and/or chemicals. I love bath houses too, but soaking in Mother Nature's hot water outdoors with Her, you (in my opinion) get twice the healing for your time. I found the author's explanation of various minerals and what they do for you very interesting and in depth and I am very much looking forward to highlighting my way through this book so I can go back and back and back to read and re-read again! Thank you, Nathaniel Altman, for putting this book together--I sincerely hope many people read this and take more seriously (in the USA) the healing benefits of natural hot mineral water and its healing therapies rather than just running to corner doctor for more prescriptions. *To the Author: If you happen to update your book, we would love to be included!

I have an obsession with mineral springs; hot, cold, warm, for drinking, soaking, whatever... We visit Saratoga Springs a couple of times a year and love it. This book has info on worldwide mineral springs and their healing properties, but I was a little disappointed that it had so little on Saratoga. Still, it gives me ideas about other places to visit.

Well done! A lot of helpful info about the healing powers on mineral springs. It makes me want to start exploring hot springs! Highly recommended!

It's almost impossible to find one spot, even online, that tells you every place in the world where you can enjoy such delicious natural spring waters. In California, we are fortunate to have Desert Hot Springs so close by. The Europeans have enjoyed their benefits for eons. Italy even makes them available to all its citizens as part of their entitlement to good health. Hungary, Bulgaria, Romania, Germany, have many, even Mexico has. So many are listed here for us so that we Americans, too,

can know from which to choose to go. This book is a rare treat.

As a teacher of spa therapy, this book acted as an excellent reference and source of detailed information. Excellent photos as well.

Not at all helpful unless you need a google guide or how to spell geographic locations. Flat out useless and costly.

Healing Springs: The Ultimate Guide to Taking the Waters By Nathaniel Altman (ISBN 0-89281-836-0, Inner Traditions-Healing Arts Press, 2000) Nathaniel Altman is a medical writer and researcher who has written more than 15 books on alternative healing. I found this book to be a great source of information for all of us in Northern California. It is a practical and a very comprehensive guide to some of the best springs and the healing properties of their waters. This is truly the work of a person with a passion for the healing properties of water. A bonus is the more than 100 beautiful color photos. Dhara Lemos, Lotus Guide Dhara's Active Meditation

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