

The 73rd General Assembly and International Scientific Congress

BALNEOLOGY IN CHANGING SOCIETIES

Multilateral approach to health care and well-being



BALNEOLOGY
ASSOCIATION
of NORTH AMERICA



A MESSAGE FROM the President of Balneology Association of North America

**We are grateful for this invitation to the FEMTEC 73rd General Assembly
and International Scientific Congress**

to address

BALNEOLOGY IN CHANGING SOCIETIES

in the United States of America.

Mineral Waters sustain the planet, blend in our climatology, saturate all life with nutrients, maintain homeostasis, are hydrating and healing, re-create us and taste good!

As a scientific prescription of mineral waters, Balneology has been a large component to the occupation, traditional arts, and practices of wellbeing in the United States.

Yet Balneology used as a term about the sciences and arts of using mineral waters has not been recognized in the US for over a century.

Saluti!



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Research - Information - Education

- Site- Specific Sources
- Mineral Water Communities
- Mineral Water Classification
- Traditional Use Practices

Directorships

- Mineral Water Language
- Spa History and Culture
- Hydrothermal Water Medicine
- Advocacy & Outreach

Drinking



Soaking



Steaming



Peloids





Repeated use of Dr. Wilkinson's natural mineral waters over many days can have a cumulative effect on restoration of properly balanced nervous system function.



Congruent with the traditional uses of waters of this nature, taking these waters would be of benefit for those suffering with high stress “burn out”, as part of a detoxification program, for skin rejuvenation regimens, and for general wellness.

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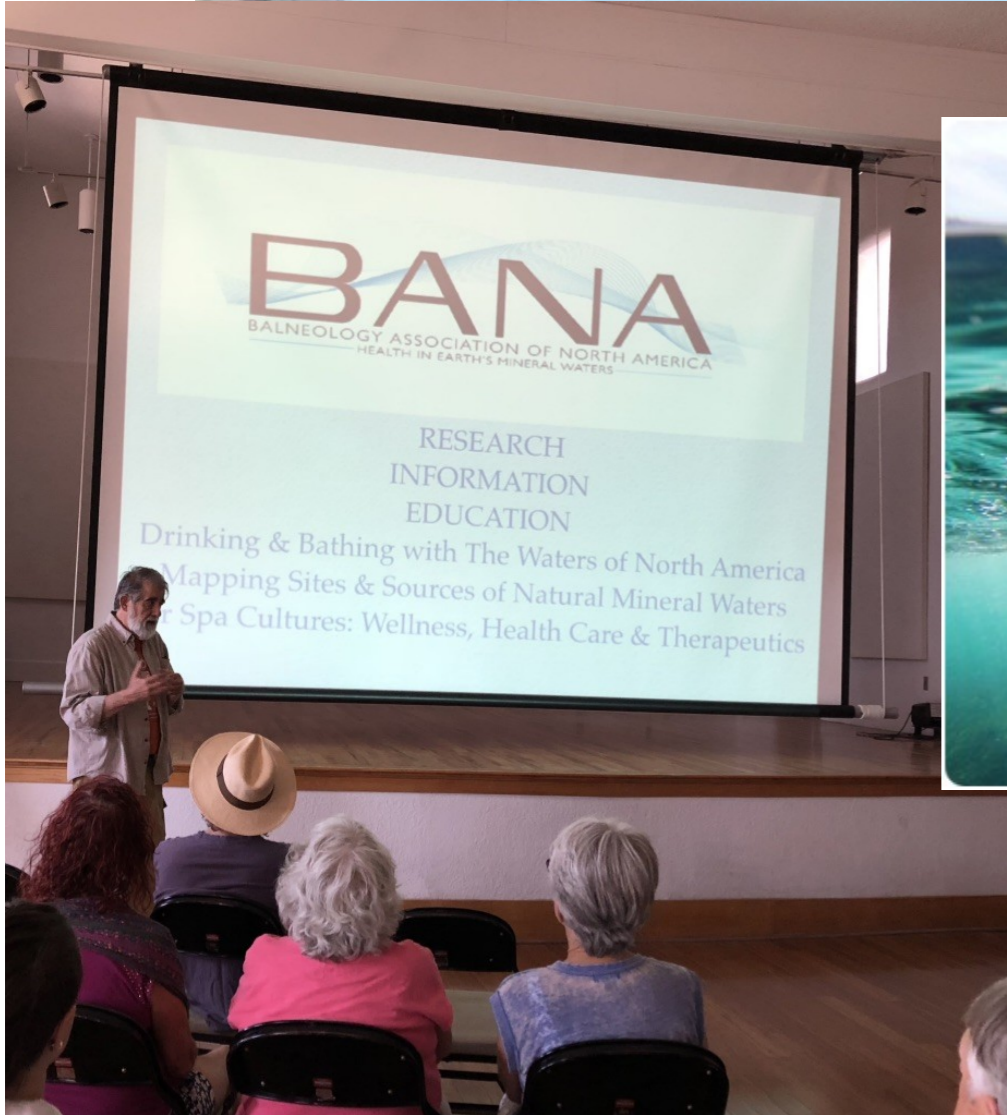
The multiple trace minerals found in Dr. Wilkinson's mineral waters along with near-neutral pH balance, make them ideal for longer immersion times, and multiple day treatments.



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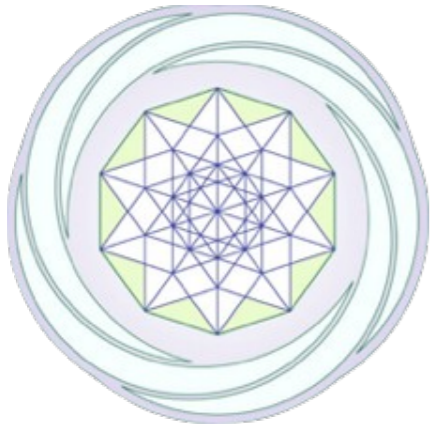
RESEARCH. METHODS. PROGRAMS.





BANA TRIQUETRA

Embodies Natural Mineral Waters Referencing, Study and Practice for Health & Wellbeing



Ten Domains of Integrated Fields and Systems of Health

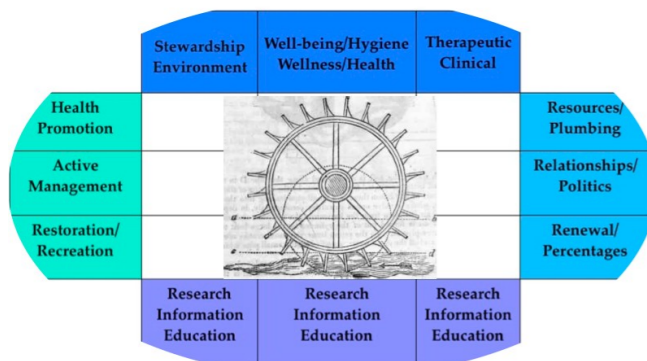
*Waters-FoodS-Movement-Bodywork-Mind/Body-Natural Therapeutic Agents-Nature
Education-Management-TIME-DEEP SLEEP-BIG DREAMS*



Traditional Use Best Practices of Mineral Waters

Hospitality-Hygiene-Hydration-Harmony-Homeostasis-Healing-History-Humanity

FLOW FORMULA



FLOW FORMULA

Template for wholistic assessment of Site-Specific mineral water Sources

US Balneology Then and Now



Get Away and Rest

The largest and most elaborately equipped health resort in the world—a Mecca for vacationists, a cool and delightful summer resting place. Out door life encouraged—swimming, golf, tennis, volley ball, rowing, and trampolining. Systematized diet of simple and delicious foods—expert bath facilities—and the most efficient medical service if desired. Accommodations for 2,000 guests. Plan your vacation early.

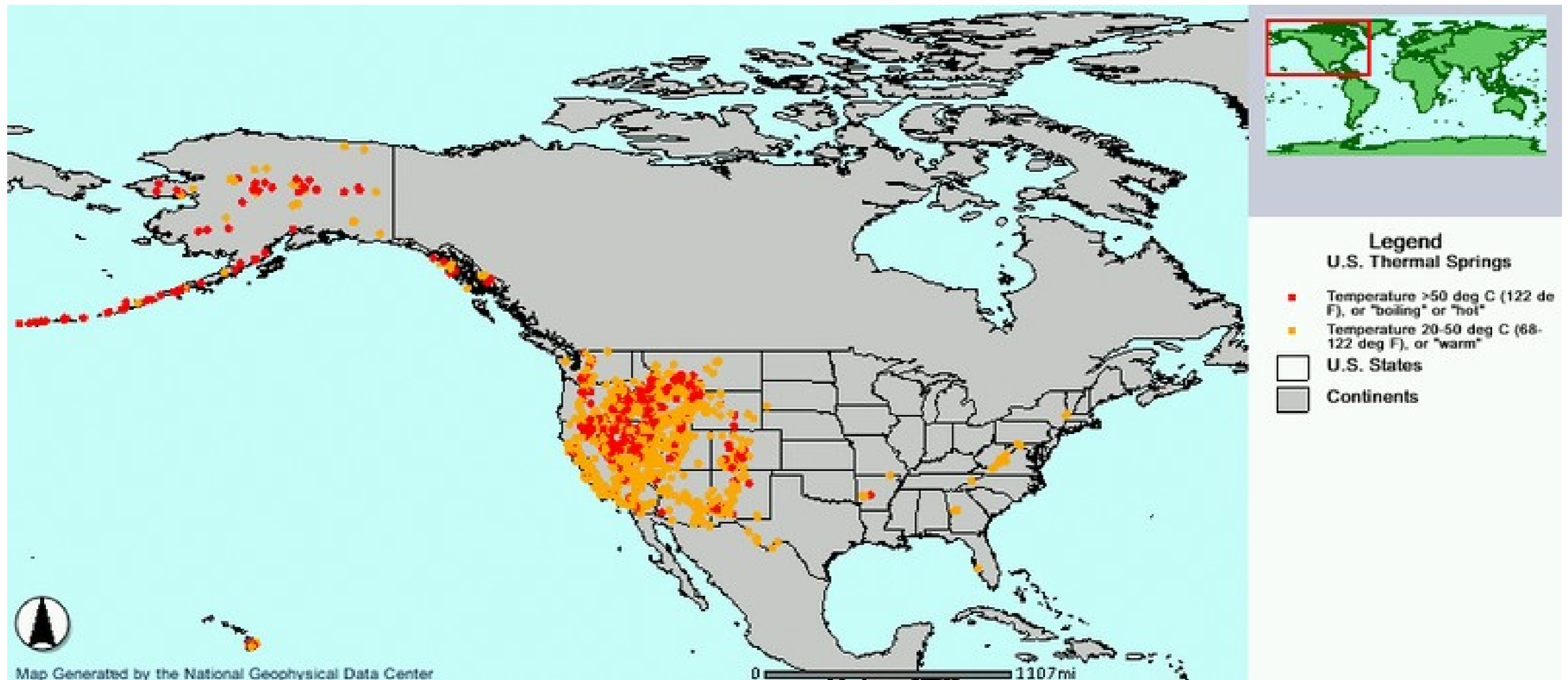
Write for free booklet and more news.

THE SANITARIUM
BOX 186, BATTLE CREEK, MICH.

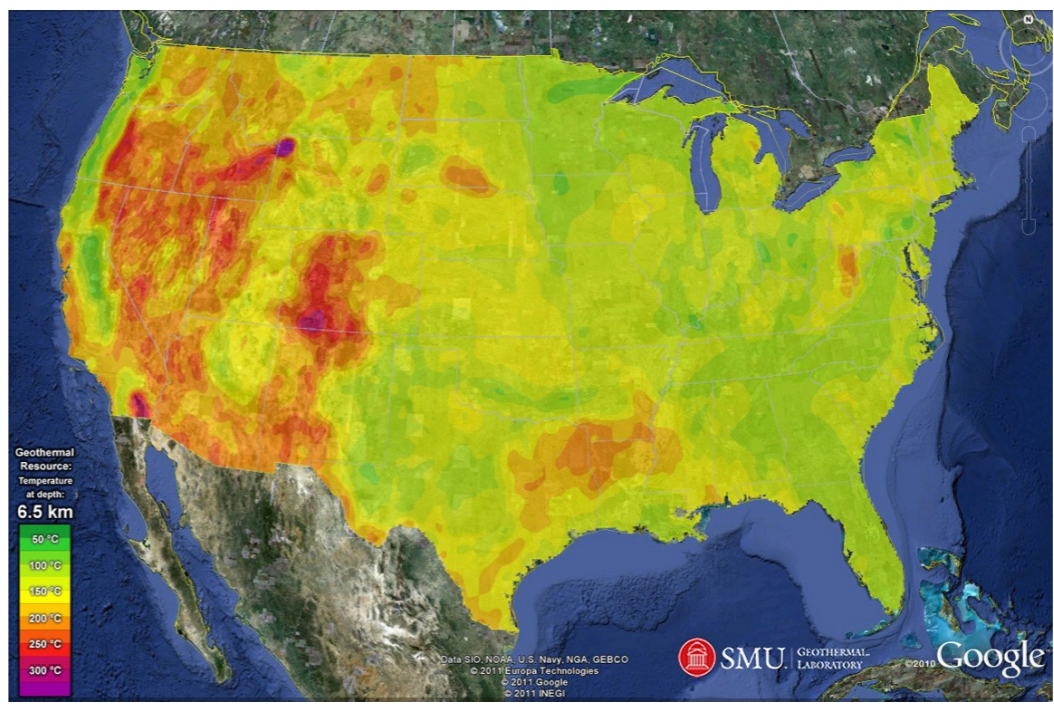
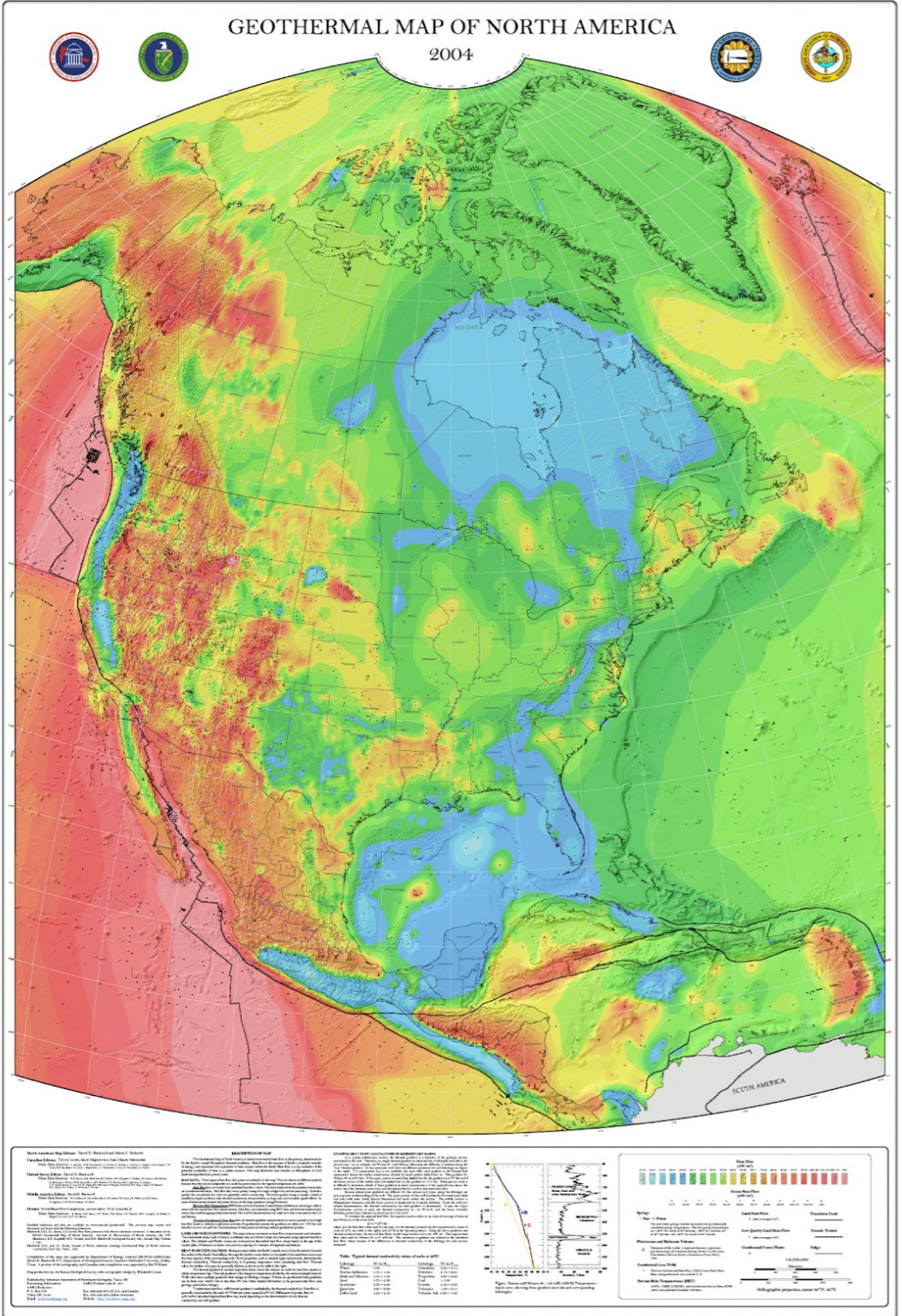


BANA is discovering and connecting site-specific sources in U.S. communities to collaborate mineral water technologies and programs.

Legend of U.S. Thermal Springs



How can we agitate this oversight in order to bring the impact sources together to advance the narrative of natural medicine for health and wellness in mineral waters for wellbeing in the U.S. and internationally?



THIS IS THE ORIGINAL HOT SPRINGS WATER

INDUSTRIAL ANALYSIS

Acidity	None
Acid Carbonate	31.16
Aluminum	.61
Calcium	5.18
Chlorine	35.18

HYDROGEN SULPHATE TRACES

Iron	.61
Magnesium	.44
Potassium	2.76
Silicate	3.89
Sodium	18.08
Sulphate	2.40

GASES

Carbon Dioxide	
Hydrogen	
Methane	
Nitrogen	
Oxygen	

FORMATION AT OVERFLOW CONTAINS

Arsenic	
Lithium	
Sulphur	
Phosphate	
Borates	

TEMPERATURE

154° 186°



Manitou Springs' Mineral Content

Mineral		7 Minute	Shoshone	Wheeler	Navajo	Cheyenne	Stratton	Twin	Iron Geyser
Alkalinity (bicarbonate)	HCO ₃	1,310 mg/L	2,561 mg/L	2,439 mg/L	2,317 mg/L	2,439 mg/L	1,951 mg/L	1,585 mg/L	1,463 mg/L
Calcium	Ca	303 mg/L	470 mg/L	440 mg/L	420 mg/L	440 mg/L	370 mg/L	310 mg/L	170 mg/L
Chloride	Cl	96.4 mg/L	270 mg/L	240 mg/L	230 mg/L	240 mg/L	180 mg/L	86 mg/L	190 mg/L
Copper	Cu	-	0.12 mg/L	0.17 mg/L	0.07 mg/L	0.08 mg/L	0.05 mg/L	-	-
Fluoride	F	0.64 mg/L	3.90 mg/L	3.30 mg/L	3.10 mg/L	3.50 mg/L	3.20 mg/L	2.10 mg/L	5.10 mg/L
Iron	Fe	0.54 mg/L	-	0.11 mg/L	-	-	-	-	14 mg/L
Lithium	Li	.277 mg/L	.866 mg/L	.726 mg/L	.705 mg/L	.743 mg/L	.568 mg/L	.233 mg/L	.787 mg/L
Magnesium	Mg	82.6 mg/L	73 mg/L	66 mg/L	82 mg/L	90 mg/L	68 mg/L	90 mg/L	26 mg/L
Manganese	Mn	-	3.00 mg/L	1.60 mg/L	0.78 mg/L	1.50 mg/L	0.42 mg/L	0.0023 mg/L	0.75 mg/L
Potassium	K	19.5 mg/L	72 mg/L	55 mg/L	70 mg/L	79 mg/L	50 mg/L	21 mg/L	74 mg/L
Silica	SiO ₂	22 mg/L	45 mg/L	41 mg/L	41 mg/L	40 mg/L	34 mg/L	17 mg/L	75 mg/L
Sodium	Na	159 mg/L	510 mg/L	460 mg/L	430 mg/L	460 mg/L	360 mg/L	160 mg/L	500 mg/L
Sulfate	SO ₄	96.7 mg/L	220 mg/L	200 mg/L	190 mg/L	190 mg/L	160 mg/L	76 mg/L	210 mg/L
Zinc	Zn	.34 mg/L	.105 mg/L	.097 mg/L	.094 mg/L	.102 mg/L	.072 mg/L	.086 mg/L	.051 mg/L
Total Dissolved Solids	TDS	1,560 mg/L	2,980 mg/L	2,790 mg/L	2,690 mg/L	2,760 mg/L	2,280 mg/L	1,580 mg/L	2,100 mg/L

mg/L - milligrams per liter
 ■ Indicates highest amount of content
 ■ Indicates lowest amount of content

HCO₃, Ca, Cl, F, Fe, Li, Mg, Mn, K, SiO₂, Na, SO₄ Analysis: Hall Environmental Analysis Laboratory, Inc., Albuquerque, NM 2009 / 2010.
 Cu Analysis: ACZ Laboratories, Inc., Steamboat Springs, CO 2008.
 Zn Analysis: Colorado Springs Utilities Laboratory Services Section 2007

An invitation is extended for your consideration to become a

‘Sister Site-Specific Source’

to collaborate and share your

Balneology Mineral Water Programs for

Research, Information and Education

with BANA support and purpose in the US.

www.balneology.org

Thank You



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