

Climate and health in mountain areas in the experience of thermalism centers

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Mountain nature and climate offers an ideal environment for classic musculoskeletal and neurologic rehabilitation.

Research shows benefits for many different conditions as anemia, cardiovascular diseases, metabolic syndrome, obesity.

Moreover lately there is a development of mountain therapy, facing psychological and psycho-social disorders with a new approach.

Mountain thermal centers are an ideal pivot where to organize many activities responding to important health problems and to these new needs of our stressful society, putting together healthy environment, healing waters, medical competency, psychological and psychosocial support.