



**DM**  
DÉLIBÁB  
MEDICLINIC

# DÉLIBÁB MEDICLINIC

Our therapeutic department, the Délibáb MEDICLINIC, awaits our guests with a wide range of treatments and complex spa treatment.



Private Rheumatology Practice

A medical referral is not required

Medical treatments can be used on a doctor's recommendation.  
Treatments are prescribed by a rheumatologist after a professional examination.



Rheumatologist  
**Dr. Gizella Bakos**



Dr. Gizella Bakos graduated from the Faculty of General Medicine of the Medical University of Debrecen in 1994, and obtained her rheumatology qualification in 2000.

For 26 years, she helped the patients who came to her to heal in the Medical Department of the Hungarospa in Hajdúszoboszló.

A holistic approach and principles are characteristic of her decades-long healing activity.

As a healer, she is driven by honest, pure intentions.



## OPENING HOURS

**Tuesday to Saturday**

9.00 am - 5.00 pm

**Sunday to Monday | CLOSED**

**REUMATOLOGIST | DR. GIZELLA BAKOS**

- ✗
- ✗
- ✗
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Monday | 10.00 am-4.00 pm

Tuesday | 13.00 am-5.00 pm

Thursday | 10.00 am-4.00 pm

Friday | 10.00 am-2.00 pm

## Contact

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# The Liquid Gold of Hajdúszoboszló

The healing water of Hajdúszoboszló is unique in its kind, as the **75°C water** that emerges from a depth of **1,100 meters** contains the largest amount of **sodium chloride**, commonly known as table salt, and **ammonium chloride**, i.e. Salmian salt, but it also contains **iodine**, **bromine**, **carbonates**, **nitrates**, **lithium**, **iron**, **magnesium**, and even **estrogen** bound to bitumen.

## WATER COMPONENTS

Potassium:	Sodium:	Ammonium:
11,3 mg	1530 mg	14,8 mg
Magnesium:	Calcium:	Iron (dissolved):
5,4 mg	8,6 mg	0,79 mg
Lithium:	Chloride:	Bromide:
0,2 mg	1495 mg	9,8 mg
Iodide:	Fluoride:	Sulfate:
5,5 mg	1,7 mg	37 mg
H. Carbonate:	Sulphide:	Total Phosphate:
1790 mg	0,16 mg	0,25 mg
Carbonate:	Metaboric Acid:	
9 mg	84 mg	



Recommended bathing time is  $2 \times 20$ -30 minutes per day. In case of any internal organ diseases, a medical consultation is necessary before starting the bathing cure. The recommended treatment period is 2-3 weeks. In all cases, a medical examination should precede the start of the spa treatment.



# Diseases treated by medicinal water

Due to the composition of iodine, bromine and common salt, the healing water of Hajdúszoboszló is **primarily suitable for curing chronic locomotor diseases, wear-and-tear and degenerative changes**. It also results a significant improvement in the **chronic symptoms and complaints of other rheumatic diseases**, as long as there is no acute change.

The beneficial effect of the thermal bath can also be seen during the **treatment of diseases with surgical, neurological and dermatological origin**. It can also be used in the **after-treatment of orthopedic surgeries, in the case of prolonged healing of accidents, sports and other injuries**, as well as in the **treatment of post-stroke conditions, paralysis caused by other causes, chronic nerve pain and neuritis**. The medicinal water of Hajdúszoboszló is also beneficial for **gynecological inflammations and infertility**.

## INDICATIONS



### MOVEMENT DISORDERS:

Chronic inflammatory diseases (rheumatoid arthritis – without acute symptoms!; SNSA; SPA; Bechterew's disease) | wear and tear (degenerative) diseases of joints and spine | arthritis | muscle pains | aftercare of bone fractures, injuries, paralysis | preparation for surgery, treatment after surgeries | osteoporosis

### NERVOUS SYSTEM DISEASES:

nerve pains | nerve inflammations | lumbago

### SKIN DISEASES:

eczema | chronic skin diseases | psoriasis

### GYNECOLOGICAL | UROLOGY DISEASES:

chronic gynecological diseases | chronic pelvic inflammatory disease | infertility

### CARDIOVASCULAR DISEASES:

vasoconstriction

# CONTRAINdications

Acute inflammatory diseases, febrile condition

Acute and chronic infectious diseases

Malignant neoplastic diseases

Serious heart diseases, rhythm disorders, extreme high blood pressure

Severe hematopoietic disease, severe anemia

Severe liver and kidney diseases

Sudden fainting attacks, central nervous system diseases with loss of consciousness, epilepsy

Pulmonary asthma, frequent attacks

Infectious, inflammatory skin diseases

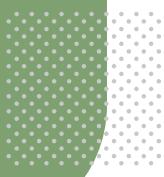
Extensive, open wounds

Stool and urinary retention disorders

During pregnancy and breastfeeding

Alcohol and drug addiction





### Thermal Water

Rich in minerals and warmed by the heat of the Earth's interior, thermal water is the basis of our natural treatments. It is particularly effective in the treatment of chronic inflammatory and degenerative locomotor diseases, and can also be used excellently as part of rehabilitation programs. Bathing in thermal water is also suitable for relieving stress, which is considered a popular disease today.

### Medical Water Inhalation

During the treatment, medicinal water with a high mineral salt content is administered in atomized form and orally, directly into the lower airways and lungs. Inhalation helps to dissolve the phlegm, so it leaves the body more easily and the airways are cleared. Regular inhalation is effective in the treatment of chronic respiratory disorders, allergies and complications of acute respiratory infections.

### Complex Thermal Spa Treatment

Individualized, complex treatment service for musculoskeletal patients. In our hotel, a continuous 15-day (3-week) spa treatment can be used without NEAK support. The cure refers to the medical spa care prepared by the specialist, which typically covers the following treatments: medicinal pool bath, medicinal water bath, mud wrap, underwater traction, medical therapeutic massage, underwater water jet massage, underwater group therapeutic exercise. In one day, a maximum of 4 treatments can be used on the recommendation of the specialist, the duration of which can be a maximum of 4 hours per day.

### Underwater Traction

Traction in water uses the weight of the body, which is suspended by the neck (and below the armpits if necessary), in a special pool of thermal mineral water. The mechanical force (bodyweight) induces the stretching of the soft tissues (muscles, ligaments, sinews, joint capsules), with a constant and continuous pulling force during the traction. It can be used effectively in the case of spinal disorders, degenerative joint diseases, and hip joint disorders.

### Underwater Jet Massage

The treatment is a massage with directed warm water jets, performed by a specialist, which focuses on problematic, tight muscle groups. Its massaging and relaxing effect has a beneficial effect on circulation complaints and positively affects muscle tone. It can be effectively used for rehabilitation after an accident or surgery, muscle relaxation, muscle pain, joint pain, aftercare, condition improvement, edema.

### Underwater Group Physiotherapy (6-8 Persons)

The goal of underwater gymnastics is the same as that of physical gymnastics, but it can also be performed by people who cannot do physical gymnastics. During the treatment, we use the healing effect of the Hajdúszoboszló thermal water and the buoyancy of the water. Gymnastic exercises are much easier to do in water and put less strain on the body. The treatment is carried out under the guidance of a qualified physiotherapist and is applied in a group setting in our spa pool.



### THERAPEUTIC EXERCISES | GROUP

Therapeutic exercise is a crucial part of the recovery process and is instrumental to any rehabilitation programme. This therapy is led by an expert physiotherapist, normally for a group of patients with a similar diagnostic profile. Groups usually consist of 3 to 7 people. The purpose of the series of movements used during gymnastics is to relax overworked muscles, strengthen weak muscle groups, and increase the mobility of the joints and spine.

### THERAPEUTIC EXERCISE | INDIVIDUAL

A physiotherapist conducts all individual therapeutic exercise sessions as prescribed by a spa doctor. The physiotherapist carefully observes the patient's mobility, muscle strength and movement coordination. They then prepare a treatment plan, which can be modified in the meantime if necessary. The treatment includes active and passive movements, as well as movements and manipulations, and exercises that develop breathing and balance and strength should not be left out either.

### MEDICAL MASSAGE

It is one of humanity's oldest healing procedures. Its purpose is to loosen the tight, tied muscles of the given body part, to relieve muscle spasms. Under its influence, the body's self-healing processes start, and pain in the treated area decreases. Lymphatic and blood circulation improves, muscle and skin elasticity is restored. It improves the movement of the joints, and is one of the most popular therapeutic methods due to its stress-relieving and calming effect.



# TREATMENTS

## ELECTROTHERAPY

### BEMER

Magnet treatment using a specially designed signal. A slight tingling sensation may occur during treatment. Its effect improves the blood supply of the tissues, the body's defenses, the functioning of some internal organs, the tension of the muscles is eased, the healing of ulcerous processes and wounds is accelerated, and the absorption of swellings and fluid collections of various origins is accelerated.

### DIADYNAMIC THERAPY

Depending on the frequency, intensity and other characteristics, several types of electric current (galvanic and pulse) have an inhibitory or stimulating effect on the treated body part. It is known for its pain-relieving and circulation-improving effect, so it is usually used for spasm relief, vascular disorders, sprains, bruises, edema, nerve pain, joint and spinal wear, disc diseases, and muscle atrophy.

### GALVANIC TREATMENT

Galvanic current is a direct current that changes the electrical charge of the tissues and thus affects the activity of the capillaries for the most efficient tissue perfusion. During the most common method of application, wet protective bag electrodes, so-called pad electrodes are placed on the body. The positively charged cations stimulate the surrounding tissues and improve their tone, thus causing increased blood flow, thereby exerting a beneficial effect in the case of peripheral circulation disorders (e.g. Raynaud's syndrome, post-traumatic swelling).

Negatively charged anions reduce the electrical stimulus and suppress painful or otherwise unpleasant sensations (e.g. nerve disorders).

### IBR-SYSTEM® TREATMENTS

IBR-SYSTEM® | Integrated Biological Regulatory System | Micro-electro-magneto diagnostics and therapy

The equipment uses an induced frequency spectrum analysis to collect complex information about the entire body. By filtering out the pathological spectra of the obtained values, biological feedback can be used to stimulate the patient's self-healing processes, optimize them and reverse the deviations.

Low-medium and high-frequency treatment | Magnetic treatment | Laser treatment | Condition survey

### INTERFERENTIAL THERAPY

It is a combination of medium-frequency current and vacuum, which means a kind of micro-massage in the treated area. Interference therapy has been approved for the relief of symptomatic and long-lasting (chronic) pain, and for the treatment of pain after surgery. The treatment is an extremely effective method of pain relief, especially in the neck and spine area. In addition to pain relief, it has a healing effect due to the improvement of blood circulation and the increased supply of oxygen to the tissues.

### SELECTIVE ELECTRIC STIMULUS

An electrode is placed on each of the two ends of the muscle to be treated, between which a current is passed, causing the muscle to noticeably contract and relax alternately. The aim of the treatment is to train the muscles after injury or surgery, or due to paralysis. By using it, further atrophy of already damaged muscles can be prevented, and healthy muscles can be further developed.

### TENS | ELECTRONIC PAIN RELIEF

The TENS treatment activates the human body's own pain-suppressing mechanisms by stimulating the sensory nerves, blocking the neural signals of pain and increasing the production of endorphins that help normalize sympathetic nervous system functions. The acronym T.E.N.S consists of the initial letters of the English name of the procedure, which means electrical nerve stimulation applied through the skin. TENS is a drug-free alternative to pain relief, the essence of which is biphasic, low voltage, low current, variable frequency and wavelength electrical nerve stimulation. TENS reduces and often completely eliminates pain. It is particularly effective in cases where pain in the neck muscles needs to be alleviated, such as in case of spine diseases, and to reduce pain after headaches and accidents.

### ULTRASOUND

Ultrasound waves propagate in the body at a determined speed, which depends on the temperature and properties of the tissues, which can be characterized by their thickness, compressibility and water content. Ultrasound therapy is recommended in the following cases: spine diseases, fractures, sprains, sprains, scars, musculoskeletal problems, rheumatological-orthopedic diseases, acute and chronic problems.

# TREATMENTS



## LIGHT THERAPY

### SOFT LASER THERAPY

During the treatment, monochromatic light is used, which falls into the range of visible light. The light is applied locally, continuously or in pulses, according to the doctor's prescription. It has a special biological stimulating effect, which is mainly due to the fact that it stimulates collagen production, accelerates the regeneration of blood vessels and lymphatic channels, makes oxygen use more efficient, which has a positive effect on healing processes. It can be used excellently: for pain relief in the case of painful swelling after dental and oral surgery interventions, for reducing inflammation as an additional treatment for gingivitis, and for stimulating wound healing.

### SOLLUX

The healing effect of heat serves as a cure for many diseases. The effect of heat can be used for rheumatic diseases, muscles, joints, spinal pains and changes. Beneficial for colds and allergic diseases, colds, sinus and other inflammations, respiratory problems, asthma and chronic bronchitis. Infrared lamp treatment has a beneficial effect on various inflammatory diseases. Deep penetrating infrared heat relaxes muscles and stimulates blood circulation. The pleasant heat dilates the capillaries, which supply the tissues with oxygen and nutrients more efficiently. It can also be used successfully to treat complications caused by colds..



## TREATMENTS



## THERMOTERAPY



### MUD TREATMENT

The mud treatment alleviates complaints of joint pain caused by rheumatic diseases. It has a muscle relaxant effect, improves joint fluid circulation, and restores joint movement. The trace elements in the mud are absorbed through the skin and have a beneficial effect on the entire body. Hot mud treatment is an effective detoxification method. It has a positive effect on mental problems and improves mood. The wrap is placed on the areas of the body prescribed by the doctor. The body is then wrapped in dry sheets, and it is washed off after 20 minutes.

# IBR-SYSTEM®

MICRO-ELECTRO-MAGNETIC DIAGNOSTIC AND THERAPEUTIC SYSTEM

The IBR-SYSTEM® (Integrated Biological Regulatory System) equipment evaluates the whole human body with the help of an induced frequency spectrum analysis. The response impulses conducted from the body include the skin, locomotor system, gastrointestinal system, hormonal system, circulation, genitals, etc. momentary response, the human body as a whole.

These response signals are registered by the equipment and then specially filtered.

The procedure detects the patient's unstable frequency ranges, and during biofeedback therapy, it corrects these changed information and signals, thus restoring balance and normal functioning. IBR-SYSTEM® can also be used to cure diseases that were not possible until now. The procedure is completely painless, has no side effects, is not age-related, and is also individual, i.e. completely customized.

The treatment procedure can be combined with other alternative therapies, such as: manual therapy, acupuncture, homeopathy, kinesiology, movement therapy, collagen injection therapy.

1 x 30 minutes per week for 6 weeks,

**Course of treatments:** then every 2 weeks for a total of 2 x 30 minutes,  
then 1 x 30 minutes per month.

In the case of long-standing allergic diseases (be it respiratory, digestive or skin allergies), it is possible to say goodbye to the patient permanently or for a very long time without medication, symptoms or complaints in 10-12 months.

## What diseases can the IBR-SYSTEM® cure?

Hay Fever | Allergic Bronchitis | Asthma

Eczema | Allergic Skin Inflammations

Food Allergies | Psoriasis

Warm Allergy | Cold Allergy

Acne | Rosacea | Hair Loss

Painful Menstruation | Climax Complaints

Migraine | Headaches

Acute and Chronic Pain

Joint Complaints | Spinal Pain

Rheumatic Diseases

Chronic Digestive Disorders | Intestinal Inflammations (M. Crohn, Colitis Ulcerosa)

Otitis Media | Inflammation of the Face and Frontal Sinuses

Injury | Post-Operative Conditions

Candida screening

Weight loss

Helps to quit smoking

Preparation of the body for childbearing | Complete organic baby program instead of a in vitro fertilization