



SPECIALIZED HOSPITALS FOR REHABILITATION NATIONAL COMPLEX EAD

Bulgaria, Sofia 1142
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OBESITY-FIGHTING

PROGRAM

Complex rehabilitation of patients with obesity

Place of implementation - SHR-NC, branch in HISARYA

Its waters are low-mineralized, hyperthermal (42.8°C) and contain hydrocarbonate-sulfate-potassium with high alkaline reaction and pleasant silicone and fluorine drinking qualities. Some of the waters are also slightly radon-containing. The unique property of the water consists in its hypoosmotic and purifying effect on tissues and organs with distinct diuretic effect.

The Hisarya division is specialized in the treatment of metabolic diseases: metabolic syndrome, obesity, diabetes, gout;

Purposes:

- Eliminating fats and toxins accumulated in the body and restoring the normal lifestyle;
- Early detection of metabolic disorders;
- Setting a rehabilitation program during the ten-day stay

Methods:

The therapeutic and preventive program includes:

- Individual nutritional regime;
- Treatment by oral intake – minimum 2 liters of mineral water from Hisarya daily;
- Therapeutic procedures – sauna, massages, aquatic therapy procedures (SPA), aromatherapy;
- Physical exercises and walking therapy;
- Callanetics, Bulgarian folk dances;
- Psychotherapy;
- Probiotic therapy;
- Lye treatment;
- Machine-aided massage, vacuum massage;
- Anti-cellulite therapies and programs;





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- Social rehabilitation

Required documentation:

- Medical report for former diseases
- Documents pertaining to administered examinations or therapy

