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Title: General remodeling in the rehabilitation process through salt mine speleotherapy

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Body: Introduction. Little is known about speleotherapy in salt mines from a scientific viewpoint. Aims. To analyze the immediate and long-term clinical and biological effects of speleotherapy. Methods. Experimental longitudinal prospective direct observed study during 3 weeks on a lot of selected volunteers and followup after 1 year. We made a complex clinical, para-clinical and biologic assessment (over 50 inflammatory, immunological and endocrinological parameters were tested). The patients also passed the SGRQ. We descended by stairs in a salt mine in our county with an organized eclectic group of 20 patients (mean age 43) with mild respiratory disease and in average shape. A multitude of factors were involved: salt mine gallery underground environment with specific micro-climate, traces of undesirable hydrocarbons, physical exercise, prayer therapy, relaxation, psychotherapy, changes in the daily routine, group interaction and friendship etc. Results. There was an improvement in everyone's fitness level. Respiratory symptoms were ameliorated, even for the 2 patients that did not tolerate well the conditions. The laboratory tests showed immunological, inflammatory and endocrinological benefits. The quality of life was ameliorated over a prolonged period of time. The relations between the group members continued after the end of the study. Conclusions. The study cannot separately asses the involvement of each factor, but despite this shortcoming, the salt mine speleotherapy proves it's potential. We confirmed that a successful rehabilitation process harmonizes body, mind and soul, thus realizing a general remodeling (a concept that I previously described).