

TORF MOOR THERME DETOX PACKS

SELF-CONTAINED MOOR MUD (BALNEO-PEAT) PACKS

MOOR MUD DETOX TREATMENT AS SIMPLE AS HOT-PACK APPLICATION

Torf Moor Therme packs are made from natural therapy Moor Mud (Balneo-peat) and a small amount of Bohemian Black natural clay. The clay acts as a binding agent to hold the moor mud together and also as an absorbent of toxins. Moor mud has a number of actions and properties. In brief, these actions stimulate blood flow, draw toxins, provide nutrients and provide deep consistent heating.

Stimulating blood flow is necessary when a patient or client complains of muscle stiffness, fatigue, weakened immune function, chronic pain, muscle spasms, cold extremities, chronic injury, poor healing tissues and post-workout soreness.

A lack of blood flow to an area leads to poor oxygenation delivery, poor metabolite removal (such as carbon dioxide, urea, lactic acid), poor nutrient delivery and poor delivery of immune cells. Over time, these problems may lead to joint degeneration, pain, stiffness, cancer, malnutrition and chronic disease.

Application: Torf mud pack application can be hot or cold depending on when the symptoms began. Two sizes of Torf mud packs allow various treatments:

Small pack:

Cervical application: muscle spasm, pain, joint dysfunction, immobility

Liver application: stagnant liver flow, mild hepatic pain, yellow tongue

Joint application: problems in knee, elbow, wrist, or ankle

Wound application: poor healing wound post-op

Medium pack:

Back application: pain, stiffness, immobility, pre-massage, post-massage

Joint application: shoulder, hip, sacroiliac, lumbar, thoracic

Wound application: poor healing post-op

Skin treatment: cellulite reduction, local detoxification

Note: For patients with hypertension, mud packs are welcome as symptoms may be relieved locally with a mud pack application since bathing in hot water may be contraindicated.



Torf heating pack (blue) and Moor Therme Detox pack (black)

Moor Mud is rich in humic and fulvic acids, which in Nature provide the vehicle for delivery of minerals and other nutrients. They also have chelatic properties and form strong bonds with heavy metals and toxins to make them impossible for tissues to absorb.



Torf Moor Therme pack construction

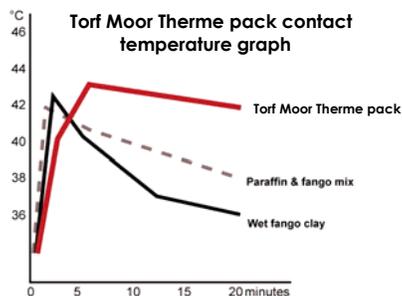


After the initial warming to body temperature, place the mud pack, mesh side down, on the treatment site* (figure 1 & 2). Heating pack (blue) is heated to 50° C (or cooled in refrigerator) and placed on the top of mud pack (figure 3). Client is then covered with blanket for comfort (figure 4). Treatment time is the same for the local cold treatment - 20 minutes. Longer than 20 minutes can fatigue the patient or create a healing response which is undesirable.

*** Do not leave the patient unattended.** The mud pack can become hot and burn the patient. Place two layers of towels between a heating pack and the mud pack if the patient feels too much heat. If the mud pack gets too hot, simply remove the mud pack and heating pack from the patient. After a few seconds, reapply the mud pack and heating pack. However, add another towel between the heating pack and the mud pack.

Contraindications:

Serious disorders of the central nervous system, acute urethrocystitis, pregnancy, decompensated cardiopathy, hypertension, serious circulatory disorders, fever, serious inflammatory skin diseases, heat sensitivity, open skin injury, bleeding, oncoids (if there are any complications consult with a physician).



Natural moor peat has low heat conductivity and much higher heat retention than other materials used in therapy (5.5 times that of water). This translates into more uniform heat delivery over course of the treatment. This is important for effective heat therapy as it allows for deeper heat penetration without shocking body thanks to the smoother temperature ramp up.



Various applications of Torf Moor Therme pack in therapy. Note that Moor pack is always placed under the blue heating pack.

TORF HIGH PERFORMANCE HEATING PACKS

NATURAL MOOR PEAT'S HEAT POWER

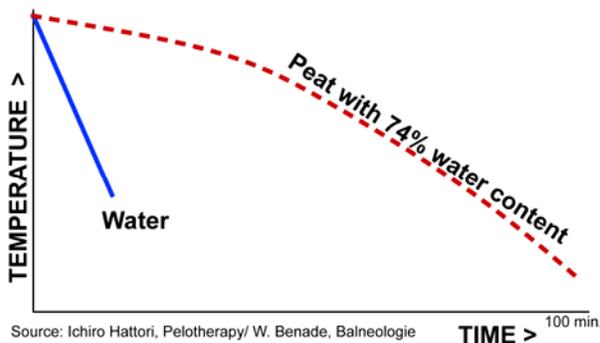
BENEFITS:

- **Excellent heat/cold retention = better treatment results**
- **Very flexible = high comfort**
- **Weight = promotes better contact and coverage**
- **Durable construction = years of service**
- **Filled with 100% natural material = more ecological**

Torf heating packs are made from a tough plastic filled with the natural peat. This is to take advantage of peat's ability to retain temperature (5.5 times better than water). This translates into a heating pack that stays hot (or cool) longer while remaining very flexible and comfortable for the wearer.

Why moor peat?

Natural peat has low heat conductivity and much higher heat retention than other materials used in therapy (5.5 times that of water). This translates into uniform heat delivery over the course of treatment. This is important for effective heat therapy as it allows for deeper heat penetration without shocking body thanks to the smoother temperature ramp up.



Using a large roaster for heating:

Use a metal rack to keep packs from touching bottom of the oven directly. Fill with water to keep all packs submerged.

- **Never use dry oven heating.**
- **Always check water temperature with thermometer as the oven settings are unreliable.**



Small & medium size packs in practice

The use of the Torf mud pack creates significant hyperthermia in the treatment areas that last more than 30 minutes. Connective tissue therapy is much more effective than treatments without the mud packs and patients report feeling significant improvement after sessions and are generally thrilled to obtain so much relief.

Krista Ingerick, BA, LMT
Clifton Springs Hospital, Clifton Springs, NY

"After trying Torf heating packs, we replaced all other packs. They are much more comfortable, hold temperature much better and are easy to use. Our clients just love them and even want to take them home. They are Pittsburgh Steelers favorite."

Angela Baney, PT, CMT

"I believe Moor Mud therapy should be an essential aspect of every acute and chronic musculoskeletal complaint. Moor Mud offers an affordable, environmentally friendly, hands-on therapy that encourages clinician and patient to focus on healing."

Dr. Kevin Conroy ND, Seattle, WA



Torf heating packs sizes:
Small: 5.5 x 14.5 inches
Medium: 11.5 x 14.5 inches
Large: 23 x 14.5 inches

Heating: Torf hot / cold packs are designed to be heated in hot water in a hydrocollator unit or a family size roaster (about 18 quarts)

Always use thermometer to check heating water temperature!

Do not freeze the pack! Peat contains water which would freeze after prolonged exposure to freezing temperatures causing the pack become stiff.