

20 July 2020

Dear Wellness Colleagues,

I trust you are all managing the current crisis with grace and ease.

I am working to coordinate an epidemiological study on the association between COVID-19 and hydrothermal therapies and would like your assistance in sourcing data on use of hot springs, saunas, hamams and other hydrothermal therapies in different countries across Europe. This research aims to test the hypothesis that there is an association between the use of hydrothermal therapies and health outcomes, including morbidity and mortality related to chronic disease and COVID-19. To test this hypothesis requires country-wide data on the patronage of hot springs and spa resorts, as well as data on government programs that support spa visitation and data on public and private sauna use that may include data from sauna manufacturers and distributors on sauna sales by country or region. This study will build on the methodology of a recent study on the [Association between consumption of fermented vegetables and COVID-19 mortality at a country level in Europe](#) that found an association between consumption of fermented vegetables and COVID-19 mortality.

Please let me know if you have access to any data that may be useful for this research or if you know of colleagues or companies that may be able to assist in supporting or funding this work. Please also let me know of any key epidemiologists, statisticians or academics who may be interested in collaborating on this project.

Please note that I have attached a discussion paper on hydrothermal therapies that I prepared in consultation with the Global Wellness Institute Hydrothermal and Hot Springs Initiatives. This document follows on from my recently published article on [Turning up the Heat on COVID-19](#) and I am hoping this discussion document will be published soon. Please feel free to offer feedback and suggestions on how it can be improved and best used to assist hydrothermal facilities offer balneotherapy, sauna bathing, hot baths and other hydrothermal therapies to as many people as possible during these difficult times.

Many thanks for your assistance.

Best wishes,
Marc

Dr Marc - Professor Marc Cohen

+61 0439 446688

Email: drmarc@extremewellness.co

Web: www.drmarc.co & www.extremewellness.co

RMIT University

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