

# The Art of Balanced Health

## Home Hydrotherapy

The purpose of this treatment is to stimulate healing by causing changes in circulation to the internal organs. The contrast of hot-cold creates a pumping of the blood in and out of the body part. The blood vessels dilate in the heat and constrict in the cold. Any stagnating swelling is reduced as it is pumped out of the body part. Inflammation is reduced as fresh blood and healing agents are pumped into the injured area. Pain is also reduced due to the anesthetic effects of both the hot and cold temperatures of the water. It can be applied in almost any acute or chronic health condition. Consult with us if you have any questions regarding its specific application. It should be done only once daily, and in chronic conditions should be done only under the supervision or advice of your doctor.

### Constitutional

1. The person to be treated should be in bed, face up, unclothed from the hips up (or completely unclothed, if they are comfortable with this).
2. Soak 2 towels in hot water and then wring out extremely WELL. Fold towels in half and place on the person's chest and abdomen. Completely cover the person with a sheet and a wool or heavy blanket. Leave the towels in place for 5 minutes.
3. After 5 minutes, replace the hot towels with one towel which has been soaked in ice cold water and then wrung out WELL (no water should be left in the towel). This is very important! After the hot towel has been removed and the cold towels applied, cover the person again in the sheet and wool or heavy blanket. The object is for the person's body to warm up the cold towel but not to become chilled.
4. Repeat the process above on the person's back, while he/she is lying facing down.

### Contrast

1. Find 2 wash buckets/basins that can easily accommodate your painful body part.
2. Fill one basin with very hot water - as hot as you can comfortably tolerate (do not scald)
3. Fill the second with ice cold water - as cold as you can tolerate (ice cubes may be necessary)
4. Immerse your sore body part into the hot basin for 1-2 minutes
5. Immediately transfer into the cold basin and immerse for 30 seconds.
6. Repeat dipping for 5-10 transfers.
7. End your bath in the cold basin.

### Contrast to specific body part

1. Apply a very hot towel to affected part for 5 minutes.
2. Remove hot towel and apply very cold towel for 2 minutes.
3. Repeat 3 times and end with a 1 minute warm towel.

Do not use this with open or bleeding wounds or if there is a loss of sensation to body part.

### Wet Sheet Wrap

The purpose of the Wet Sheet Wrap is to heat the body and induce a sweat. It may be used to stimulate an immune response or as part of a detoxification program. The three step process -- first heating, then cooling, then re-heating -- increases the body's defenses much more than a single heating treatment. The immune system stimulation will last between 24 and 36 hours, and the procedure may be repeated daily or every other day if needed. Heating the body by a bath or heavy exercise precedes the wrap, and the entire process may last 2 hours. An assistant is needed to wrap and unwrap the patient.

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*"The physician's high and only mission is to restore the sick to health, to cure, as it is termed." -- Samuel Hahnemann, 1810*

### **Wet Sheet Wrap (continued)**

If a partner is not available the Hot, Hot, Hot treatment may be used. Those of weakened constitution who do not tolerate the cold will respond well to this treatment.

#### Materials:

- 1 sheet preferably cotton (flannel is fine).
- 2 - 3 blankets preferably wool (sleeping bag may be used).
- Pillow & Pillow case.
- Small pillow for under knees
- 1 bath towel

#### Procedure:

1. Fill basin or large pan with cold water & ice cubes in sink. Soak sheet.
2. Cover bed or chosen sweat-site (on couch in front of TV is fine) first with plastic, then with 1 wool blanket laid open.
3. Fill bathtub with water 106° - 107 ° F. Patient gets into tub and immerses self as far as possible (arms & legs under water) for up to 20 minutes.
4. As patient is finishing bath, the partner carefully wrings out the cold, wet sheet and spreads it on the blanket.
5. Patient climbs out of hot tub and lies down on sheet, folding arms across their chest. The partner wraps the sheet around the patient up to their neck. Then they wrap the under-blanket around as well, cover with second blanket folded in half and tuck in the sides and bottom. Drape the bath towel around the patient's head so only their face shows. Place a small pillow under their knees to support their low back.
6. Partner checks patient in 30 minutes to make sure the heating/sweating process has begun. If the patient is not heating, remove the patient from wrap and re-warm them in the bath. If process is proceeding, check every 15 to 20 minutes for 2 hours or until sheet is dry.

### **Hot, Hot, Hot Treatment**

1. Hot bath, as hot as the patient can tolerate the water, for 20 minutes. Place a cold washcloth on the head or neck to reduce the possibility of a headache occurring.
2. Drink one cup of hot tea while in the bath. Drink water, as thirst requires.
3. Get out of the bathtub and into warmies (sweat suit or flannel pajamas, with socks on their feet and a cap or towel on head), completely covered up.
4. Climb into bed, wrap with a flannel sheet and cover with extra blankets.
5. Stay in bed at least 1 hour. If you soak through the flannel sheet, remove it and replace with a dry sheet. At the end of an hour, you may stay in bed and sleep, or remove warm bed clothing and shower before returning to bed for the night.

### **Wet Socks**

1. Just before bed, wet 1 pair of thin, cotton anklets in cold water. Wring out well and put on.
2. Put on 1 pair of heavy wool socks over the ankles and climb into bed.
3. Cover well and sleep all night with socks on.