

Home Hydrotherapies

Hydrotherapy is a special technique using water, which greatly enhances recovery from many acute and chronic illnesses. It has been used successfully by hundreds of naturopathic physicians for over a century. These simple treatments improve the circulation of blood and lymph and increase the elimination of toxins. Hydrotherapy works so well because it acts to stimulate the body's own healing process.

Warming Socks. Take a hot shower or bath before bedtime. Soak cotton socks in cold/cool water. Wring out well. Place the cotton socks on your feet, and cover with woolen socks. Go to bed. This may be repeated for several nights.

Warming T-shirt. Take a hot shower or bath before bedtime. Soak a cotton T-shirt in cold/cool water. Wring out well. Wear the cotton T-shirt, and cover with a woolen sweater. Go to bed. This may be repeated for several nights.

Option 1. Take a hot shower or bath for at least 5 minutes. Get out and dry quickly. Take a large towel wrung out in cold water, and wrap it all around the trunk of your body from the armpits to your groin. Cover your entire body in a wool blanket. Leave the cold towel in place for at least 20 minutes. Stop the treatment when the towel has been warmed.

Alternating Hot/Cold Heating Compress. You will need two face wash cloths, hot water and cold water in small containers. Soak one face cloth in hot water. Wring it out so the water is not dripping. Place the cloth over the affected area and leave for 3 minutes.

Have the second face cloth soaking in cold water (a few ice cubes may be added.) Wring it out and place over the same area for 30 seconds.

Repeat this alternating technique two more times--three times in all. Hot for 3 minutes, cold for 30 seconds. The entire procedure should take slightly over 10 minutes.

Constitutional Hydrotherapy. Soak two terry cloth towels in hot water that is tolerable to the touch. Soak one terry cloth towel in cold water. Wring out towels. Lying on your back, have someone cover your bare chest and abdomen with two thicknesses of towel. Cover the entire body in a wool blanket. Leave the hot towels in place for five minutes.

Wring out the cold towel. Replace the hot towels with a single thickness of cold towel. Cover entire body in a wool blanket. Leave the cold towel in place for 10 minutes.

Repeat this procedure, face down with the towels being applied on your back, from the top of your shoulders to the top of your buttocks. The entire treatment on both sides should take about one-half hour.