

Home Constitutional Hydrotherapy

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Hydrotherapy is a therapeutic procedure that uses the application of hot and cold water to the body for healing purposes.

This hand out explains the home application of a hydrotherapy procedure we perform in our office called Constitutional Hydrotherapy. Ideally, the client would receive the office version several times a week, but time, energy, and cost precludes that level of frequency for the majority of people.

Many chronic health issues require extended therapy over a period of time. The frequency we recommend is *one visit every two weeks for office application* of the hydrotherapy.

The office visit usually includes abdominal massage, spinal stimulation with a massage tool or electrical device, foot reflexology, and cranial bone balancing. The hands-on therapies work to amplify the water therapy. You may also be taking herbs or partaking of a special diet that helps detoxification. This integrative approach helps tone the physiology and cleanse the blood.

How Constitutional Hydrotherapy Works:

The Constitutional Hydrotherapy helps balance and normalize the circulation. This means blood does not get stuck in one part of the body, and moves freely and naturally from the core to the periphery (abdomen to hands and feet) and back again.

This helps relieve inflammation, and sometimes pain. New blood moving into the tissues brings nutrition to feed the cells and helps eliminate toxins and metabolic waste products. The nervous system is soothed, irritation is decreased and weak nerves are strengthened. Abdominal organs are toned and the digestion is improved. Fluid exchange and secretions in the tissues are encouraged, resulting in movement of the lymphatics, and a stronger immune system.

If this sounds impressive, it is! This method has been successfully practiced by hydrotherapists for over a hundred years. Our ultimate goal is to stimulate the natural processes of the body, what has been sometimes called "the healer within," or the vital force.

Instructions:

1. Lie on your back (supine) on a bed or on the floor on a rug. Cover your bare

abdomen and chest with a two layers of terrycloth towels that have been soaked in hot water. They should be hot as possible, but tolerable to the touch. Cover the towels and body with a blanket. *Leave on for five minutes.*

2. Replace the hot towels with a towel that has been soaked in ice water. This should be as cold as possible. Cover the towel and body with a blanket and **leave on for ten minutes or longer**. After a while the towel will warm by the body's temperature rising to counteract the cold. You should be able to place your hand under the towel on your abdomen and feel warmed skin and towel. If **ten minutes** is not sufficient to warm the abdomen, then leave it on for an **additional ten minutes**. *The maximum application of cold should be twenty minutes.*

3. If the towel and abdomen is not sufficiently warmed, take a hot bath or shower to raise the body temperature.

4. Sometimes it will be necessary to repeat this therapy on the back. The process is essentially the same: **five minutes of two hot towels** on the back from the base of the spine to the base of the neck, followed by a cold towel **covering the whole spine for 10 minutes**. During both hot and cold applications you should be covered with a blanket.

NOTE: you will be instructed by our staff when to use the back treatment.

Tips for Heating and Cooling the Towels:

In a regular sink, one side can be filled with water from the hot tap, as hot as possible. The two towels are immersed and thoroughly soaked before wringing out. Be careful of the hot water! The other side of the sink can be filled with ice cubes and water (usually three trays of ice is enough) and the towel immersed and soaked thoroughly before being wrung out and placed on the body.

As an alternate method, two towels can be soaked in water and heated in a microwave for approximately five minutes. This will produce really hot towels so be careful. The cold towel can be chilled by placing in a wash basin or bucket with ice cubes and water.

NOTE: it will be easier if you have help in performing home hydrotherapy, but the abdominal version is fairly easy to do by yourself.

Frequency:

Since this home therapy is done in coordination with office visits every two weeks, the **home version should be done twice a week**. This will give the client a total of six therapies every two weeks, two at the office, four at home.

The home hydrotherapy is an adjunct to the clinical treatment, not a replacement.

But even this simplified version will help improve health. As time passes, it will become apparent that you feel better. This is a mild and helpful therapy, but requires time and clinical management. It is important that you stay in touch with our office and report any changes you have questions about.

If you have any question, contact us at:

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