

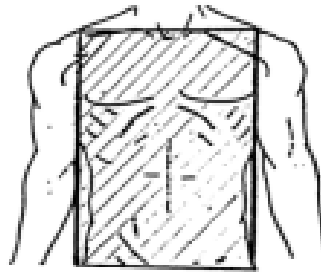


## Hydrotherapy at Home

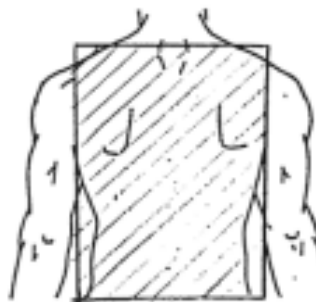
The purpose of this treatment is to stimulate a more rapid improvement in health, along with the application of specific dietary therapy and other measures. It is an integral part of most of our treatment protocols, but it has other applications. It can be used whenever there is a fever or febrile illness, or to ward off illness that is beginning to manifest. It is strengthening and healing to the digestive system, helps to normalize circulation, soothes the nervous system, stimulates eliminative and detoxifying processes, and stimulates the vital force. It is a subtle yet powerful treatment with no potential for harm if done according to the following directions, under the order of a qualified naturopathic physician. If one is doing this treatment during chronic illness, a weekly report to the naturopathic physician is mandatory, and no other treatments or medications of any kind should be used without the knowledge and approval of the naturopathic physician.

### **Directions for treatment:**

**Part One:** *Wring out two terry cloth towels in hot water that is tolerable to the touch. Lying on your back, cover the bared chest and abdomen with the two hot towels, as in the picture, for 5 minutes. Replace these towels with one towel wrung out in cold water. Leave in place for 10 minutes or longer if it takes more time to warm up the cold towel. Cover up with a blanket to stay warm during the treatment.*



**Part Two:** *Repeat the same procedures as Part One, but do the treatment face down with the towels being applied on your back (see illustration below). The entire treatment should take about half an hour.*



The treatment should take about half an hour. If done in the above manner, it is best if applied by another person to the one receiving the treatment.