



Home Constitutional Hydrotherapy

This home version of the clinical constitutional hydrotherapy is useful when it is impossible to get into the clinic for therapy or when extended therapy is necessary. If you are healing a long term illness please contact your doctor weekly to report your progress or health status so that your health concerns are managed appropriately. Healing reactions can occur over time with this therapy and proper management of symptoms is vital for the best outcome of your health. Do not hesitate to contact your doctor at any time if you are uneasy about your health concerns.

The purpose of this treatment is to create a more rapid improvement in health in conjunction with following your specific food intolerance diet. It is an integral part of the treatment protocol. The constitutional hydrotherapy is strengthening to the digestive system, normalizes circulation, soothes the nervous system, enhances immune function, and detoxifies the body. This therapy is a safe and subtle yet powerful treatment if done according to the following directions, under the order of a qualified naturopathic physician.

1. In a supine (lying on ones back) position, cover the bared chest and abdomen with 4 thicknesses of terry cloth towel (typically 2 large hand towels fold in half, or one small bath towel folded for 4 layers) wrung out in hot water tolerable to the touch. Cover the body with a (preferably) wool or vellux blanket to avoid becoming chilled. Leave the towels in place 5 minutes
2. Replace the hot towels with a double thickness of towel (1 towel folded in half) wrung out in cold water (typically one large hand towel folded in half, or two hand towels unfolded). Cover the person as before to avoid becoming chilled. Leave the cold towel in place 10 minutes. Do not remove the towel until it has become warmed, or 12 minutes, whichever is first.
3. Repeat the same treatment on the back, with the patient lying on their abdomen.

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

If one is alone, the following modification can be used.

Take a hot bath or shower for 5-10 minutes, do not wet the head. Get out and dry quickly. Have a prepared hand towel wrung out well in cold water. It should not be dripping. Lay it flat across the abdomen and cover with a wool or vellux blanket to avoid chill. Leave the cold towel in place at least 20 minutes, or longer, until it is warmed.