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## Hydrotherapy at Home

### \* Warming Sock Treatment

#### Indications -

Sore throat or inflammation/infection of the throat; neck pain or ear infections; headaches or migraines; nasal congestion or upper respiration infections; coughs or sinus infections.

#### Directions -

1. Take a pair of **thin** cotton socks and soak them with cold water. Wring socks out completely, socks should remain damp
2. Make sure feet are warm prior to treatment. Warming can be done by soaking feet in warm water for 5-10 minutes. Following warm soak make sure to dry feet completely
3. Place damp cotton socks on both feet. Then cover with heavy pair of cotton/wool socks. Get into bed and wrap yourself in the covers. Avoid getting chilled
4. Keep socks on overnight. You will find the socks dry by morning.

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### \* Constitutional Hydrotherapy

#### Indications -

Promotes detoxification and improves nutritional absorption and overall immune function. Hydrotherapy enhances our digestive function, normalizes circulation, and calms the nervous system.

#### Contraindications -

Do not give constitutional hydrotherapy treatments to persons with acute asthma, acute bladder infections, or low body temperature (less than 97°F oral).

#### Directions -

1. Pour very warm water over a large terry cloth towel and thoroughly wring out. Towel should be tolerable to touch
2. With patient lying on back, cover bare chest and abdomen with folded warm towel
2. Wrap the patient with a sheet and another (preferably) wool blanket to avoid becoming chilled.  
**Leave the hot towel in place for 5 minutes**
3. Remove the hot towel and immediately replace (cover same area) with a thin towel, which has been dipped in cold water and thoroughly wrung out. Again, wrap patient in sheet and wool blanket to avoid chill. **Leave the cold towel in place for 10 minutes**
4. Repeat entire treatment on the back--person lying on stomach

#### **If person is alone, the following modifications may be considered-**

Dip a twin-sized sheet in cold water. Take a very hot bath or shower for 5 minutes. Get out and dry quickly. Thoroughly wring out sheet and wrap it around body--from armpits to groin. Cover yourself with a wool blanket to avoid a chill. Leave the cold sheet in place for at least 20 minutes or until towel is warmed.

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### \* Other Directions/Modifications to Above: