



## Soaring Crane Natural Health Center

209 W Cedar Ave. Palmer, AK 99645. 907.745.3999. [soaringcraneclinic.com](http://soaringcraneclinic.com)

### Hydrotherapy at Home

Hydrotherapy is a technique using hot and cold water, which enhances the body's ability to heal from many acute and chronic illnesses. Used successfully for over a century by Naturopathic Physicians and their patients, these simple treatments improve the circulation of blood and lymph and increase the elimination of toxins. Hydrotherapy stimulates the body's own healing processes. Hydrotherapy can be used to make a fever efficient, to help the body heal and keep the body healthy and the immune system strong.

**Magic Socks:** Take a hot shower or bath or soak your feet in hot water before bedtime. Soak cotton socks in cold water. Wring out well. Place the cotton socks on your warm feet and cover with woolen socks or footed pajamas. Go to bed. This may be repeated for several nights. Magic socks can be used by kids and adults alike for upper respiratory infections, ear infections, fever and chronic sinus congestion.

**Warming T-Shirt/Onesie:** Take a hot shower or bath before bedtime. Soak a cotton t-shirt/onesie in cold water. Wring out well. Wear the cotton T-shirt/onesie and cover with a woolen sweater or warm pajamas. Go to bed. This may be repeated for several nights. Warming t-shirts increase circulation to the lungs and can be used for coughs, bronchitis, pneumonia, viral illnesses and lung congestion.

**Alternative to Warming t-shirt:** 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 becomes warm.

**Alternating Hot/Cold Heating Compress:** Place one washcloth in a container full of hot water and another wash cloth in a container with cold water. You can add a couple ice cubes to the cold water. Wring out the hot cloth and place over the affected area and leave for 3 minutes. After three minutes, return cloth to the hot water and place the cloth from the cold water on the affected area for 30 seconds.

Alternate the hot and cold cloths a total of three times. 3 minutes hot. 30 seconds cold. The entire process takes a little over 10 minutes.

Use this treatment for sinusitis, ear infections, wounds, sprains, strains and more.



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**Alternating Sitz Baths:** Fill a bucket large enough to sit in with hot water that is tolerable to the touch. Soak a towel in ice cold water. Sit in the tub with the hot water so that the water reaches your belly button. Remain in the hot water for 5 minutes. Stand up and wring out the cold towel. Place the cold towel between your legs and wrap it up toward your back and your belly button like a diaper. Leave the cold towel on for 1 minute. Alternate this procedure - 5 minutes hot, 1 minute cold - 3 times. The whole process will take about 18 minutes. Sitz baths increase pelvic circulation and improve blood flow and toxin removal from this area of the body.

**Constitutional Hydrotherapy:** Soak two towels in hot water that is tolerable to touch. Soak one towel in cold water. Lying on your back, have someone cover your bare chest and abdomen with two thicknesses of the hot towel, wrung out well. Cover the entire body with a wool blanket. Leave the hot towels on for 5 minutes.

Wring out the cold towel. Replace the hot towels with a single layer of the cold towel. Cover entire body with 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 an 1/2 hour.

**Daily Tonifying:** While in the shower, turn the water to cold for the last 30 seconds to 1 minute of your shower. Rinse the body from head to toe in cold water and get out and dry off. Daily hydrotherapy improves overall immunity.