Some Like It Hot. Some Like It Cold
Hydrotherapy: A Short Primer

Te 242- “An Effective Entering Wedge.— I have been informed . . . that not only should those who believe the truth practice health reform but they should also teach it diligently to others; for it will be an agency through which the truth can be presented to the attention of unbelievers. They will reason that if we have such sound ideas in regard to health and temperance, there must be something in our religious belief that is worth investigation. If we backslide in health reform we shall lose much of our influence with the outside world.”

7BC 938- “Water wisely applied, is a most powerful remedy…Natural means, used in accordance with God’s will, bring about supernatural results.”

Hydrotherapy is a method of treating disease by using water at different temperatures and in different ways. The water may be swallowed, or injected into body cavities, or applied to the outside of the body by baths or pads.

Hydrotherapy Types
1. Internal application of hydrotherapy
   1. drinking of water
   2. intravenous hydration
   3. enema hydration
2. External application of Hydrotherapy

The Science Behind the Use of Water for Therapy
• Water is non-irritating, non-allergic, and totally compatible with human physiology both inside and outside of the body; water is the universal solvent.
• Water is heat conducting and at the same time greatly heat storing in capacity so that it is the ideal agent for manipulating body temperature.
• Water is totally conformable to the body surfaces. This means that it makes an intimate interface with whatever it comes in contact, which greatly facilitates its ability to affect the temperature the object it contacts.
• Water is inexpensive in spite of all its marvelous properties.

Summary of How Water Works
1. Local affects: e.g., hydration, cleansing on the local skin.
2. Reflex effects - mediated by the nervous and circulatory systems- increases and/or decreases circulation
3. Mood or attitude affects on the person’s psyche - stimulating, relaxing, soothing, feeling of wellbeing, etc.

Benefits of Hydrotherapy
1. It works physiologically.
2. It can be focused on specific areas without compromising other areas of the body.
3. No harmful side effects.
4. No resistance to antibiotics.
5. Therapeutic benefit of touch.
Effects of Hot and Cold Water
- It works physiologically.
- It can be focused on specific areas without compromising other areas of the body.
- No harmful side effects (if you know how to use it.)
- No resistance to antibiotics.
- Therapeutic benefit of touch.

Water has these varied effects depending on water's physical properties:
- Temperature/heat conducting properties
- Solvent/cleansing properties
- Mind affecting properties mediated by water's fluid characteristics interfacing with the body's largest and very generously innervated organ - the skin.

Important Considerations
1. Have room warm and free from drafts.
2. Consider the age and vitality of the patient.
3. Protect the mattress.
4. Keep towels under the fomentations dry.
5. Place extra padding under bony prominences.
6. Hydrate the patient before/during/after procedure.
7. Always wash hands before and after treatment.

GENERAL CONTRAINDICATIONS
1. Unconscious patients
2. Paralyzed part of the body
3. Extremities of diabetic patients
4. Presence of edema and varicose veins
5. Bleeding ulcers
6. Severe blood vessel diseases (extremities)
7. Areas of bleeding (e.g., TB of the lungs)
8. On cancerous growths
9. Acute inflammation
10. Acute joint pain

COMMON HYDROTHERAPY PROCEDURES

HOT FOOT BATH
Hot foot baths: Local immersion of the feet and ankles in water at a temperature of 102-112 °F for 10-30 minutes

Effects:
1. Derivative effect:
   - Draws congestion from upper body and internal organs inferiorly
2. General warming of body:
   - to prepare for other modalities/cold treatment
   - Diaphoresis (encourage sweating)
3. Sedative
4. Increase WBC count and activity
Indications:
• Congestion of upper body
• Head, chest, sinuses, pelvis
• Infections
• Plantar warts
• Suppressed menstruation
• Detoxification: increased cellular metabolism
• Insomnia
• Epistaxis (combined with cold compress on nose)
• Preparation for cold treatments

Contraindications:
• Active inflammation/edema in lower extremities
• Neuropathy
• Peripheral Vascular Disease:
  • Diabetes Mellitus (DM)
  • Bruising
  • Malignancy
• Open wound/active bleeding
• Elderly and children do not have optimal thermo-regulation- Use with caution
• Loss of consciousness
• Loss of sensation

Procedure
1. Fill basin with hot water
2. Start with warm and end with hot
3. Client’s feet in basin, cover with hot towel
4. End foot bath with cold!
   = cold mitten friction rub
   = pour cool water over the feet
   = pour cold water in the basin

Combine with cool compress to head for congestive headache or nosebleeding.

Note: You must be careful and take into consideration the individual. If their vasculature cannot support increased metabolism, then this treatment should not be performed as it may cause damage.

HEATING COMPRESS
Heating Compresses: A cold compress applied to the body and covered with wool that the body then actively heats

Mechanism of Action:
First stage – cold
1. Vasoconstriction
2. Decreased metabolism
3. Increased heart/respiratory rate

Second stage – heat
1. Vasodilation
2. Increased cellular metabolism
3. Diaphoresis
Effects:
• Derivative: Draws blood from an area of congestion to another area of the body
• Increases blood flow locally increasing diffusion of nutrients
• Immune system
• Increases circulation/metabolism/WBC activity

Indications:
1. **Chest compress**: Mastitis, chronic bronchitis, pneumonia, chest cold, flu, cough
2. **Abdominal compress**: diarrhea, ulcerative colitis, Crohn’s disease, IBS
3. **Throat Compress**: pharyngitis, laryngitis, tonsillitis, lymphadenopathy
4. **Joint compress**: Non-rheumatoid arthritis
5. **Wet sock**: usually very helpful at the start of the conditions above

Contraindications
1. Debilitated client that cannot heat the compress
2. Chilly client/low body temperature
3. Skin conditions aggravated by prolonged moist application

Procedures:
1. **Wet T-shirt-chest applications**:
   - apply a cold wet, wrung T-shirt (relative to client’s vitality)
   - cover with wool sweater (make sure that it’s tight enough)
2. **Wet scarf-throat/ear applications**:
   - Consider adding essential oils or botanical infusion to compress water
   - Wet a very thin cotton towel with cold water, wring out, and wrap that around the neck or head and ears & then cover that with the wool scarf
3. **Wet socks**:
   - Cotton socks are soaked in cold water** covered fully by wool socks, then the person jumps into bed immediately and sleeps until morning.
   - Socks must be completely dry by morning, or can be detrimental to the system (depleting)
   - Can do a foot bath for five minutes before

SITZ BATH
Sitz Bath: Immersion bath with the patient seated in a tub, or tub-like apparatus, so that water is able to cover the hips, buttocks, and lower abdomen (this is generally a treatment that an individual can do in his/her own home)

Effects
• Derivation from head and lungs
• Tonifying to pelvic/abdominal organs
• Can use with a hot foot bath
Indications
• **Hot:**
  - Painful spasms (colon, uterine, vaginal, kidney, etc.)
  - Nerve pain (ovarian, testicular, intestinal, sciatica
  - Insomnia, headache
  - Irregular menses, painful menses, amenorrhea
  - Hemorrhoids
• **Cold:**
  - Prolapse of the uterus, bladder or rectum
  - Constipation
  - BPH
  - Heavy menses
  - Incontinence
• **Alternate:**
  - Vaginal Infection
  - Chronic UTI
  - Pelvic Congestion
  - Constipation
  - Post partum to facilitate healing
  - BPH
  - Hemorrhoids, Fissures
• **Neutral:**
  - Bladder infection
  - Itching of the vulva/penis/anus
• **Hot:**
  - Hemorrhage
  - Heavy menses
  - Pelvic congestion
• **Cold:**
  - Painful conditions/Spasms
  - Heart problems, Congestive lung problems
• **Alternate:**
  - Includes all conditions listed under hot and cold

Procedure:
• Place a towel on the bottom of washtub and drape towels over the front and back of tub (this is to protect the client’s back and knees)
• Fill tub with water of appropriate temp. and get into the tub (water should reach approximately ½ inch above navel)
• May also use hot foot bath

**For Hot Sitz:**
Temp. 106-110°F
Foot temp: 110-112°F
Duration: 3-8 mins

**For Cold Sitz:**
Temp: 55-75°F
Foot temp: 105-110°
Duration: 3-8 mins
Neutral Sitz: Temp: 92-97˚F
Duration: 15 mins-2 hours

Alternate Hot and Cold Sitz:
Temps. are same as above
2-5 mins hot, 20-60 seconds cold

ALTERNATE BATHS
Alternate Baths: Series of immersions of a body part/body parts in hot and cold water

Effects:
- Short hot—> dilation—> Short cold—> constriction
  ==> Alternating pumping action, thus increasing circulation
- Increased circulation—> increased nutrients to cells, increased removal of toxic products (great for infection)—> increased healing

Indications:
- Infections
- Sprains/Strains/Bruises or fractures
- Arthritis
- Venous stasis ulcers
- Edema

Contra-Indications:
- Cancer
- Diminished sensation
- Hemorrhage

Procedure:
- Fill basin with hot water (103˚F)
- Fill a second basin with cold water (40-70˚F)
- Place part to be treated in this hot water for 3 minutes
- Then take treated part out of the hot and put in cold for 30 seconds
- Repeat this series of hot and cold baths for 3-8 cycles
  - With each alternation the intensity of the reaction will decrease, so doing more than 8 cycles will lose effectiveness
- Always finish with a cold

Note: the greater the contrast of water temperature, the more intense the treatment. Alter temperatures based on client’s vital force.

Also Note: This can be done as alternating hot and cold showers, same time durations.
FEVER BATH / THERAPY
Fever Therapy: is a full body immersion/bath in hot water (104-105°F) to artificially induce a fever to enhance the work of the body defense system.

Effects:
• Increased circulation
• Antimicrobial/antiviral if core temperature is raised to @102-104°F and kept there long enough

Equipment:
• Water resistant thermometer
• Non-slip bathtub mat and pillow
• Tub deep enough to cover you up to above shoulders
• Ice, ice pack or towels for compress
• Long absorbent cotton bath robe

Indications:
• To minimize or abort impending infections (cold, flu, ear or sinus infections) where fever is not yet evident
• For more intense infections- such as bronchitis, pneumonia

Contraindications:
• When fever is already present
• Pregnancy
• History of adverse reactions to fever- delirium, seizures, headaches, fainting, intolerance to heat
• Chronic debilitating disease

Preparations:
• Make sure you have enough time at hand (@ 1-2 hours)
• Make sure that your water heater tank is full . . .
• Adjust temperature of the bathroom to warm (?)
• Drink a lot of water before starting; have enough of water to drink during and after the bath

Procedure:
Step 1: Fill the tub half way with hot water (100 to 104 °F) and get into the tub and fill it up with more hot water until you have the water level to above the shoulders. Add hot water as needed and adjust the temperature of the water to tolerance.
  • When going in with a child, you can get in with him/her.

Step 2: Take oral temperature regularly until you get to 101 to 102 °F. Stay in the water for 20 to 30 minutes after you have reached the desired temperature. Have an ice cold compress on forehead to avoid headaches.
  • Keep adding hot water. You may need to drain the tub if the water level gets too high.
Step 3: Get out of the bath carefully. Dry off quickly and put on dry cotton robe.

- Some people feel faint or may faint or get dizzy. Get up slowly so as not to have orthostatic hypotension.

Step 4: Quickly get into bed (careful not to chill yourself) and cover yourself for 30 minutes to 2 hours, avoiding as much draft as possible and slowly bringing your core temperature back to normal. Treatment will be complete.

You may opt to do a short cooling down shower after the treatment to close the pores.

FOMENTATIONS

Fomentations: local applications of moist heat directly to the body

Effects

- For stimulating effects- apply for 5 min., followed by cold
- For sedative effects-8-10 minutes
- Increases WBCs
- Muscle relaxant
- Increased Elimination via diaphoresis (sweating)
- Increased Metabolism
- Relieves internal congestion by increasing peripheral circulation analgesic

Indications:

- Before physical medicine modalities
- Hypertonicity
- Pain
- Bring out local infections
- Insomnia
- Chest congestion
- Bronchitis, pleurisy
- Chest Colds
- Sciatica
- Lung pain
- Intercostal neuralgia
- Dysmenorrhea, painful bleeding
- Renal Colic (heat will relax smooth muscle when passing a stone)

Contraindications:

- Edema / varicose veins /advanced vascular disease in lower extremities
- Neuropathy
- Diabetes Mellitus
- Malignancy
- Elderly and children-caution due to thermoregulatory variance
- Hemorrhage / bleeding tendency / open wound
- Gastric problems
- Unconsciousness
Procedure
1. Heat fomentation pads / towels
2. Apply hot pads on woolen sheet/protection (do not apply directly on skin)
3. Test before applying to avoid burns
4. Change fomentation every 3-10 minutes of when fomentation packs cool down

**Do not microwave – causes hot spots that may cause scalding**
**You may need a cold compress to the forehead if you are applying hot fomentation to a large % of the body to cool the blood in the head/diminish congestion.**
**Avoid any draft into the room or on to the body of the person being given the therapy.**

**Revulsive Fomentations:** The alternating application of hot and cold fomentations is useful also if you need more enhanced circulation to affected part.

Downside of Antibiotics
1. Antibiotic resistance is increasing world-wide.
2. More bacterial strains are becoming antibiotic resistant.
3. Bacteria are resistant to multiple antibiotics.
   - When bacteria develop resistance against one drug, it is easier to become resistant to another.
4. Estimated cost of antibiotics each year: 30 Billion

A Serious Warning
“We are facing a serious problem with antimicrobial resistance now. It affects all the pathogens we previously considered to be easily treatable.”

Hydrotherapy Combats Infections
1. Improves microcirculation.
2. Improves mobility of White Blood Cells (WBC).
3. Improves the chemical attraction of WBC to the area of infection.
4. Increases phagocytosis.
5. Improves destruction of germs by enzymes inside the phagocytes.

Our Sanitarium System
“It’s great object is to teach the people how to live so as to give nature a chance to remove and resist diseases.”

The Christian Experience
“The Right Experience”
“ The greatest achievement in the Christian experience is not only to have a right experience, but to be so absolutely certain that it is a right experience that no influence can cause you to doubt it or lead you into confusion; then you are sure to go through.”

BEING BALANCED
DISCLAIMER: Hydrotherapy is a wonderful branch of Therapeutics. But, this presentation is not intended to be a substitute for medical diagnosis and treatment. See your health care professionals.