

SHOWER HYDROTHERAPY

Description: an application of hot then cold to the trunk, front, and back to enhance blood and lymph flow.

Purpose: to balance body functions, strengthen the immune system, and promote healing. Heat draws blood to skin, cold moves blood and lymph back to core. As a cold body warms, the blood flows back to the surface.

Indication:

- to treat acute conditions
 - upper respiratory infections
 - bronchitis
 - asthma
 - stomach flu
 - UTI
 - pneumonia
- to treat chronic conditions
 - irritable bowel syndrome
 - ulcerative colitis
 - PMS, menstrual irregularity, dysmenorrhea, infertility
 - arthritis
 - hypertension
 - gastroparesis
 - dyspepsia
 - Crohn's disease
 - Ulcerative Colitis
 - liver congestion
 - hepatitis
 - diabetes
 - prostatitis
 - arthritis
 - psoriasis
- Nervous system
 - anxiety
 - depression
 - narcolepsy
 - nerve inflammation
- Immune deficiency
 - HIV
 - mononucleosis
 - autoimmune hypothyroid
- Circulatory issues
 - varicose veins
 - hemorrhoids
 - Raynauds disease
 - peripheral vascular disease
 - hypertension

Contraindication

- Patients with asthma often react negatively to EXTREMELY cold applications
 - Start with luke warm water and progress to ice cold water
- Defibrillators, Severe cardiovascular disease

Application

- After taking a warm/hot shower, end your shower with ice cold water x 30 seconds.
- For colds and flu's, focus the ice cold water over the face, neck, chest, and back.
- For hair growth, focus ice cold water on head and face.
- For lymphatic flow, focus ice cold water on joints, especially the front shoulders.