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Constitutional Hydrotherapy Treatment Home Application Methods

The constitutional hydrotherapy treatment increases immune-system function, improves digestion, and promotes detoxification. It can be used to treat almost any acute or chronic condition. In a trained hydrotherapist's clinic, the treatment would include a sine-wave machine to further stimulate the digestive tract. The following instructions are for home application. Repeat the treatment once daily.

When not to apply this treatment: in acute cases of asthma, bladder infection, or low body temperature (below 97°F oral temperature). Be careful to avoid drafts or chills during the treatment. Apply a hot water bottle to the feet and add more blankets if you feel chilly.

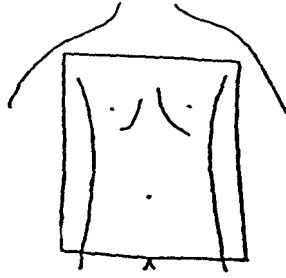
Self-application method

Supplies:

- Shower or Bath
- 2 Blankets
- 1 Towel
- 1 Sheet

Directions:

1. Spread 2 blankets lengthwise on a bed with a sheet over them.
2. Thoroughly wet the towel with cold water, and wring out excess water. The towel should be thoroughly wet, but not dripping.
3. Take a hot bath or shower, as hot as you can comfortably stand, for five to ten minutes. You should feel warm after the bath or shower; if not, postpone the treatment until you are feeling warmer.
4. Get out of the shower and dry off.
5. Fold the wet towel in half and place it over your chest and abdomen, as illustrated below. [Later, when you can easily warm the towel on the front, wrap the towel *all the way around your trunk.*]
6. Lie down, face up, on the sheet and blankets you prepared earlier.
7. Wrap the sheets and blankets snugly around you.
8. Sleep, rest, meditate, or listen to quiet music for 25 – 30 minutes, or until your body has warmed the toweling.



Assisted method (i.e. you have someone to help you)

Supplies:

- Shower or Bath
- 4 Towels
- 2 Blankets
- 1 Sheet

Directions:

1. Spread 2 blankets lengthwise on a bed with the sheet over them.
2. The person being treated lies on his or her back, unclothed from the hips up.
3. Thoroughly wet two towels with hot water and place them on the chest and abdomen, as illustrated below. The towel should be wet through, but not dripping
4. Wrap the sheet and blankets tightly around them and leave in place for five minutes.
5. Thoroughly wet one towel with cold water. The towel should be wet through, but not dripping.
6. Remove the hot, wet towels and replace them with the cold, wet towel.
7. Wrap the sheet and blankets tightly around the patient.
8. Sleep, rest, meditate, or listen to quiet music for at least 10 minutes, or until the towel is warm to the touch.
9. Repeat this procedure with the person lying on their stomach and apply towels to their back. Rest and leave in place for at least ten minutes.

