

Hot and Cold Hydrotherapy Showers

When the body is subjected to cold external temperatures, the flow of circulation is directed inward toward the internal organs. As the outside temperature gets hot, the flow of circulation goes outward toward the skin. Alternating hot and cold makes the circulation move superficial to deep and back again, thereby increasing the flow of blood through all the organs. This will increase the rate of detoxification and move nutrients more readily to various parts of the body.

This is how to do it:

- 1.** Make sure that the water used does not contain chlorine, fluoride or other highly toxic chemicals commonly used in public water supplies. It is counter-productive to greatly increase one's circulation and at the same time drive in a large dose of toxic chemicals. If you cannot readily filter these chemicals out of the water before it comes into your home, install a shower head filter that is truly effective in this regard. We know of one sold at Home Depot for about \$30 that uses replaceable carbon cartridges.
 - 2.** Get completely wet with a temperature of water that is comfortable.
 - 3.** Slowly increase the temperature up to the point that you can barely stand it. Quickly expose all the parts of the body to this hotter water including the top of your head and your face. **Hot water X 3 minutes.**
 - 4.** Now turn the water temperature down to the coldest tolerable setting. No matter how cold the water is, at its coldest, it cannot harm you in any way. The only thing stopping you from going to the coldest setting is your ability to confront the experience. Make sure all parts of your body get this cold water exposure. **Cold water X 30 seconds**
 - 5.** Repeat this procedure 3 times.
- Always begin with hot and end off with cold. Make the temperatures as hot and as cold as you can tolerate.

Tips for Success with Hot and Cold Water Therapy

- You may be more sensitive to temperature when recovering from an injury or fighting off an illness. You're not trying to win any competition by proving how hot or cold you can take the water. This can be done with moderate temperatures. Listen to your body, if you feel you need to stop at any time, just take a minute, sit down if you need to and see how you feel.
- Folks can use hot and cold showers to "get into gear" in the morning or, ironically use it at the end of the night to get an unusually restful night's sleep.
- Hot and cold showers can be taken 2 or 3 times a day as a therapeutic measure to enhance the effectiveness of a natural health repair program.