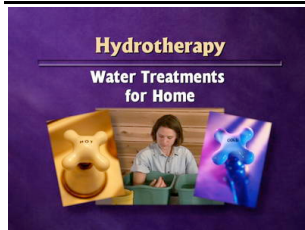


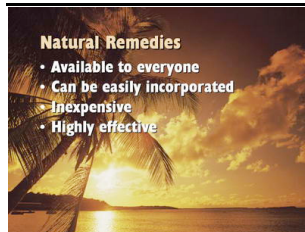
Hydrotherapy



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Did you know that there is a simple method of treatment for many troublesome ailments, one that is inexpensive, and available in your own home?

That method is hydrotherapy—the use of water in the treatment of various health conditions. It is one of nature’s simplest and most effective remedies.



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- Natural Remedies**
- Available to everyone
 - Can be easily incorporated
 - Inexpensive
 - Highly effective

The Lord has supplied the natural world with remarkable health restoring agents—water, fresh air, sunlight, and a wide variety of healing herbs, to name a few. These natural remedies have several things in common:

- ➡ They are available to everyone.
- ➡ They can be easily incorporated into any home treatment plan.
- ➡ They are inexpensive.
- ➡ And they’re highly effective for today’s diseases!



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- External Uses of Water**
- Bathing daily
 - Washing clothes

Many of the health benefits obtained from the external use of water are due to its cleansing properties.

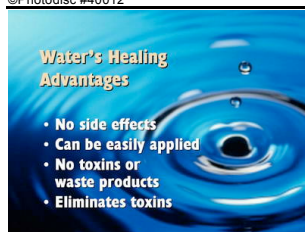
- ➡ Bathing daily keeps the skin’s tiny openings, called pores, from becoming clogged, so that body wastes can be expelled.
- ➡ Washing clothing frequently removes dirt and impurities so that they will not be absorbed through the pores into the body, placing a burden on the system.

As basic as these principles are, they can have a profound impact on one’s personal health.



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In addition to cleansing, water treatments can assist the body’s effort to heal infections, injuries, and a multitude of other discomforts and diseases.



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- Water's Healing Advantages**
- No side effects
 - Can be easily applied
 - No toxins or waste products
 - Eliminates toxins

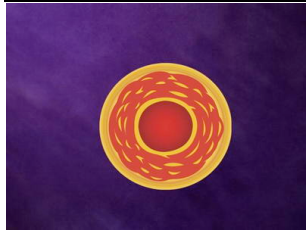
Here are some of water’s healing advantages:

- ➡ It has virtually **no** adverse **side effects**.
- ➡ It can be **easily applied** to a specific body part.
- ➡ Unlike many medicines, water treatments produce **no toxins or waste products** that burden the liver and kidneys.
- ➡ Instead it actually helps to **eliminate toxins**.

Hydrotherapy



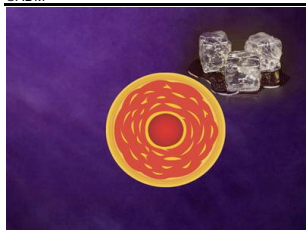
The **hot and cold contrast bath** is one of the simplest and most effective water treatments. It consists of immersing any body part first in hot, and then in cold water.



Here is what happens to the body when hot and cold water is applied to the skin:



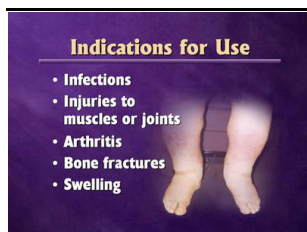
The blood vessels widen when **heat** is applied,



and they narrow with the application of **cold**.

This change in the blood vessels' size increases circulation. More oxygen and nutrients are brought to the affected area, and the removal of toxins and other waste products is sped up.

As a result, there is more rapid healing.



Here are a few common ailments greatly benefited by the use of the contrast bath:

- ➔ Infections—especially infections of the hands and feet
- ➔ Injuries to the muscles or joints
- ➔ Arthritis
- ➔ Bone fractures
- ➔ (and) Swelling of the feet and ankles

The contrast bath is so simple that it can easily be done at home.



Here's what you'll need:

- Two containers (Large enough to cover the body part)
- A tea kettle (or pot) of hot water
- A pitcher of cold water (or ice)
- (and) A towel (To dry the area after completing the treatment)

Hydrotherapy



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Before you begin the treatment, assemble your equipment, and be sure the room is warm and free of cold drafts. It's good to begin the treatment with a prayer for God's blessing.

Test the hot water with your elbow—be sure it's not too hot. The temperature should be between 40-42° Celsius.

Then immerse the body part completely in the hot water for 3 minutes.

After 3 minutes transfer to the **cold** water bath for 30 seconds to 1 minute. (Ice may be added for better contrast).

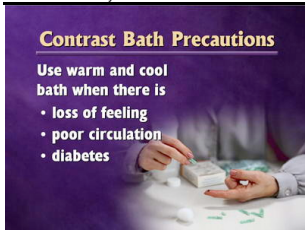
For a complete treatment simply repeat for 3 to 5 cycles of hot and cold, finishing with cold.

Keep the hot bath at the desired temperature by adding additional hot water, as you need it.



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To receive the maximum benefit, it's wise to rest for 30 minutes after any hydrotherapy treatment before returning to your regular activities.



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Contrast Bath Precautions

Use warm and cool bath when there is

- loss of feeling
- poor circulation
- diabetes

Here are several **precautions** when giving a hot and cold bath:

Instead of hot and cold, use only warm and cool baths...

- ➔ if there is loss of feeling
- ➔ or poor circulation to the legs and feet.
- ➔ This is especially common in diabetes. For these people it's very important to test the water temperature. As a general rule, when using your elbow, if you can leave your elbow comfortably in the water, you may proceed with the treatment.



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And in the case of an **infection**, be sure to disinfect the equipment after treating an open sore or infected wound. This will prevent the spread of infection.



The contrast bath has helped many people regain their health without having to use harmful or expensive medications. This treatment can be given, as needed, several times a day.

Hydrotherapy

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The Contrast Shower



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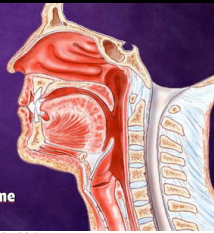
Let's take a moment to discuss another highly effective treatment—the **contrast shower**. This treatment acts as a healthy stimulant and energizer, promoting good circulation and all-around physical health.



Sir Alexander Fleming

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Sir Alexander Fleming, who discovered penicillin, made **another** very important discovery. He learned that in the secretions of the...



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...nose and throat, our body produces a natural antiseptic called "Lysozyme." When the secretions of the throat are slightly acid in reaction, this substance is active against invading germs, helping to prevent colds. One of the best ways to keep these secretions slightly acid and to maintain an effective defense against colds...



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... is to take a **daily** hot and cold shower.

Even patients who have been plagued with recurring colds for months have found this remedy effective. By taking a daily hot shower and ending with a quick cold shower, many were able to remain free from colds.

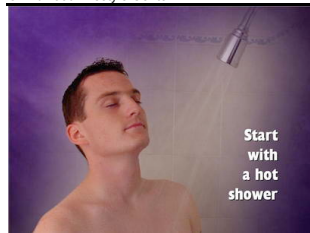
Daily Basis



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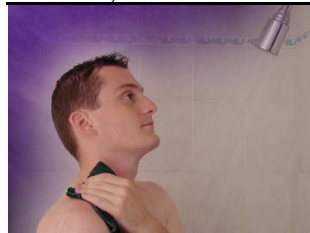
How do you do it?

The concept is really very simple, you switch back and forth between hot and cold water while showering. For example, on a **daily basis**,



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begin with a hot shower for several minutes. You want to be hot enough that it's going to feel good to cool off.



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(Soap up and wash during this time). When finished,

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switch to the cold water for about 30 seconds to a minute, then dry off. You will find this very refreshing.



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As a **treatment**, the procedure is similar, but includes repetitions.



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After three minutes of hot water...



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and 30-60 seconds of cold,



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go back to a nice hot shower for another three minutes. It will feel great.



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Now, get a bit more aggressive. Switch to cold a little more quickly for a more rapid transition to a colder temperature. As you get used to contrast showers you will be able to tolerate colder temperatures.

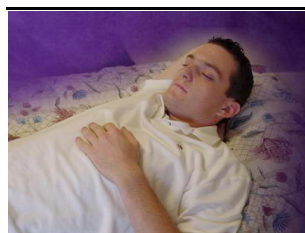


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For the best possible results, the changes from hot to cold should be abrupt.



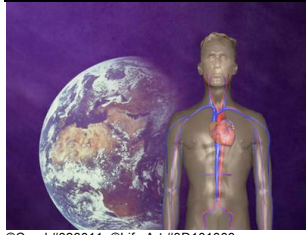
Repeat for 3 to 5 cycles of hot and cold. And remember it's important to always finish with the cold and then dry off quickly.



Some extra rest after the treatment is also helpful.

Hydrotherapy

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The laws of nature, which God designed to govern the universe, also govern our human bodies, keeping them in harmonious working order. Living in harmony with the laws of our being is the surest way to preserve and restore physical health.

Natural remedies are far more **effective** when God's health principles are practiced in the daily life.

The Laws of Health

- Eating nutritious food
- Drinking plenty of water
- Exercising outdoors
- Abstaining
- Resting
- Trusting in God

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The following lifestyle habits work hand in hand with the healing water treatments:

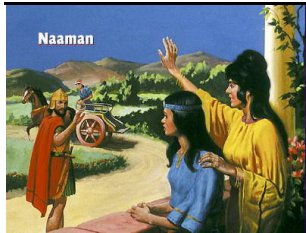
- ➔ Eating nutritious food
- ➔ Drinking plenty of water
- ➔ Exercising outdoors (in the fresh air and sunshine)
- ➔ Abstaining (from harmful drugs such as alcohol, nicotine, caffeine)
- ➔ Resting (Getting proper rest)
- ➔ Trusting in God. (He is the Great Physician).

The only true source of health and healing is the Creator of mankind. Throughout history God has often used natural remedies as His chosen means for the restoration of health.



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Water played an important part in one of the most notable healings recorded in the Bible. This story is recorded in II Kings chapter 5.



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On the recommendation of a little captive maid, Naaman—the Syrian captain—came with a letter to Israel's king, seeking to be healed of his leprosy.



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To the distraught king, the prophet Elisha said:

Hydrotherapy



“Let him come now to me, and he shall know that there is a prophet in Israel.” When Naaman came to Elisha’s door, he was directed:



“Go and wash in the Jordan River seven times and your flesh will be restored.” At first Naaman was angry. He expected Elisha to call upon his God and heal him instantly. But when by **faith**, he submitted to God’s command and dipped in the Jordan’s water seven times, he was cleansed of his leprosy!



When ill, we—like Naaman—often desire immediate miraculous healing. Yet, God often chooses to work in another way—through simple natural remedies. Through a wise use of these health-restoring agents, we too may experience the blessings of abundant health.

Materials drawn largely from McNeilus, Mary Ann, M.D., *God’s Healing Way*, Remnant Publications, Coldwater, MI, 2001.