

Alternating Hot and Cold Packs

Hydrotherapy is the application of water in any form in the treatment of disease and the maintenance of health. Fevers are the body's **natural response** to killing microorganisms since they can't live in high temperature. You can use hydrotherapy to help break the fever and give your immune system a boost.

Alternating hot and cold packs can be used to treat fevers, coughs, cysts etc. Heat will dilate the blood vessels causing more blood flow to the area, while cold will constrict the blood vessels. Alternating hot and cold to the area will create a pumping action to the area where the packs are applied.

Instructions:

1. Apply a hot wet compress for 5 minutes.
2. Follow hot with a cold wet compress for 1 minute.
3. Do 3 sets of this and always end with cold.

Apply this to prescribed area.

Frequency of treatments: 2-3 times a day.