

## **Contrast Hydrotherapy**

**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 temperatures. You can use hydrotherapy to help break the fever and give your immune system a boost.

**Contrast hydrotherapy** is used to enhance the immune response, promote detoxification and restore the nervous equilibrium. These treatments are used for coughs, colds, breaking fevers etc. The heat will increase blood flow to the area while cold will decrease blood flow. The pumping action created by this treatment will bring more red and white cells to the chest to fight infections and boost the immune system.

### **Instructions:**

1. You need a container with cold water and a washcloth as well as a bathtub
2. Fold the washcloth and place it into the container of cold water
3. Relax in a hot bath for 5 minutes
4. Get up so that your chest is above the bath water
5. Rub the cold washcloth on your chest for 30 seconds
6. Get back into the hot bath again
7. Repeat for 3 sets. Always end with the cold wash cloth rub on chest

You can do contrast baths if you feel tired and on the verge of getting sick.

\* The more extreme the temperature, the stronger the effect. You can also do this in a Jacuzzi and ice plunge/cold rinse.