

# Hydrotherapy and Other Remedies

Disclaimer: Natural remedies are for symptom relief and not designed to cure. Making healthy lifestyle choices are a more permanent solution to have optimal health. Information here is educational use only and not for diagnosing or treatment of disease. Please consult your doctor for medical and professional health advice before using home remedies for specific conditions.

The information here is NOT designed to be used as standalone material. It accompanies the videos filmed at Health Share 2017. Resources were provided by Silver Hills Guest House. [www.SilverHills.ca](http://www.SilverHills.ca)

## Heating Compress

Relieve local Congestion

### Material:

- Thin cotton cloth (i.e. cotton sheet, tea towel, cloth baby diaper)
- Wool to cover
- Safety pins or tensor bandage

### Procedure:

- Cut cotton to fit area
- Cut wool to cover cotton
- Dip cotton in cold water and wring out excess water
- Wrap and cover with wool
- Secure in place with safely pins or tensor bandage

### Good for:

- Chest area -Chronic bronchitis, early stages of influenza, cough
- Throat -sore throat, tonsillitis
- Joints -Relieves joint pain and inflammation
- Abdomen -slow digestion, constipation, insomnia

## Hot Foot Bath

One of the simplest and most frequently employed hydro-therapeutic procedures

### Material:

- Foot tub
- Bath thermometer
- Towels
- Washcloth
- Pitcher of ice water

### Procedure:

- Make sure the room is warm and the person is warm and comfortable (wrap in blanket for extra warmth if needed)
- Start the footbath at 104°F and place feet in foot tub
- Add hot water gradually over the next 5 minutes to bring the temperature up to 111°F mixing with your hand to ensure the feet are protected from direct hot water
- When used to relieve headache, dip the washcloth in ice water, ring out excess water and apply to forehead, repeating frequently to keep the cloth cold
- Finish foot bath with cold and pour ice water over feet and ankles
- Dry feet and ankles thoroughly and make sure they do not come in contact with cold surface

### Good for:

- Relieving headaches
- Chest congestion
- Relaxation and comfort

### Not good for:

- Diabetics
- Any condition where circulation is poor (i.e. frostbite)
- Any loss of sensation in the feet
- Any sores on the feet

## Wet Sheet Pack

"If Vincent Priessnitz had never done anything else for mankind but to have discovered and brought into use this form of bath (wet sheet pack) he would have done enough to make him immortal!" James C. Jackson

### Materials:

- Table
- Single cotton sheet
- Two blankets
- Pillow

### Procedure:

- Warm up the person in a shower, bath, or sauna, but not to sweat
- Place both blankets on the table, short side towards you on the first, short side away from you on the second.
- Dip the sheet in cold water and ring out so it doesn't drip
- Lay the cotton cold sheet on the blankets and immediately wrap the person with the cold sheet, the first blanket and then the second blanket NOTE: If the person is claustrophobic, leave the arms out of the wrap.
- Check to make sure the person warms up within 10 to 15 minutes. If not, redo the outside of the pack, if still not warming, remove them and have them finish with a warm shower
- Person can be kept in this pack for 45 to 90 minutes.

### Good for:

- Stress
- Anxiety
- Fever

### Not good for:

- Weak heart
- Diabetes or other circulatory problems

## Fomentations

Excellent for increasing circulation in specific area (i.e. chest)

### Materials:

- Table
- Blanket
- Sheet
- Pillow
- Wool fomentation material (Old wool blanket works well, cut to fit. Best to use 3 layers.)
- Towels I face cloths
- Ice cubes
- Pan for cold ice water
- Large pot for hot water
- Thick rubber gloves or 1 pair of thin knitted gloves inside of rubber gloves

### Procedure:

- Lay blanket on the table and cover with sheet
- Lay person on the sheet and cover up with sheet and blanket only exposing area to be treated
- Dip fomentation in very hot water keeping ends dry to make it easier to ring out excess water
- Fold into towel and place dry towel over skin and lay hot fomentation wrapped in towel over dry towel
- Keep your hand under the pack checking heat transfer -if too hot raise momentarily to allow some heat to escape
- Keep in place 3-5 minutes then rinse with cold water and repeat for a total of 3-4 times
- Finish with cold

NOTE: Take precautions not to burn the person

### Good for:

- Pain
- Chest colds
- Sciatica

### Not good for:

- Diabetes
- Loss of sensation

## Benefits of Charcoal (Uchee Pines, [ucheepines.org](http://ucheepines.org))

- Charcoal tablets are effective in fighting a sore throat
- Charcoal has been used to absorb a variety of poisons
- Charcoal has been used for generations for intestinal gas, diarrhea, nausea, vomiting

The person with travelers' diarrhea will welcome a package of charcoal tablets or capsules. At the first sign of queasiness in the abdomen, four to eight charcoal tablets should be taken and repeated with every loose stool. Caution: Do not ingest charcoal within 2 hours of medication (before or after). It may render medication useless.

## Charcoal Poultice

### Materials:

- 3 tablespoons of ground flaxseed (or use cornstarch)
- 3 tablespoons charcoal powder
- water
- paper towel cut to twice the size of the affected area (use scrap sheeting material for larger area if need)
- plastic (food wrap works well)

### Procedure:

- Mix flax meal with charcoal powder
- Add a bit of water and stir to make a paste, add a bit more water until it's an oatmeal like consistency but still flows off the spoon.
- Spread the jelly evenly over half of the paper towel.
- Fold paper towel in half
- Position poultice over area to be treated (i.e. liver, stomach, kidneys, spleen, knee, eye, ear, sting or bite area)
- Cover the poultice with plastic, cut to overlap the poultice by an inch on every side. This will keep it from drying out. If the charcoal dries out, it will not be able to absorb.
- Finish by bandaging or taping the poultice securely in place. Leave it on from 2-4 hours, or better yet, overnight. After 6-10 hours another poultice can be applied.

NOTE: Poultices of any kind only work if there is a continuous moist contact with the skin

### Good for:

- venomous bites: spider bites, bee stings, ant bites
- poison ivy, etc.
- sore stomach

## Castor Oil Packs

Castor oil packs are typically recommended because of their ability to promote healing, reduce inflammation, improve circulation, and reduce symptoms of constipation.

### Material:

- Piece of flannel
- Castor oil
- Plastic wrap
- Hot water bottle or heating pad
- Baking soda

### Procedure:

- Soak flannel in castor oil
- Place soaked flannel on the skin
- Cover flannel with sheet of plastic wrap
- Place hot water bottle or heating pad over plastic wrap to heat
- Leave pack in place for 45-60 minutes
- Remove pack and cleanse area with a dilute solution of water and baking soda
- Store the pack in a covered container in the refrigerator (may be reused 25-30 times)
- If the pack begins to dry, moisten with more castor oil

### Good for:

- Inflamed and swollen joints, bursitis, and muscle strains
- The abdomen, to relieve constipation and other digestive disorders
- The abdomen, in cases of menstrual irregularities and uterine or ovarian cysts

### Not Good for:

- Castor oil should not be taken internally.
- It should not be used during pregnancy or breastfeeding.

## Neti Pot For Sinus Pain

Relieve Sinus Pain

### Material:

- 16 ounces lukewarm water (use distilled, sterile, or previously boiled water)
- 1 teaspoon of salt
- Neti Pot

### Procedure:

- Mix lukewarm water with salt
- Fill the neti pot
- Tilt your head over the sink at a 45 degree angle
- Place spout into your top nostril and gently pour the saline solution into that nostril
- The fluid will flow through your nasal cavity and out the other nostril
- Blow your nose
- Repeat with other nostril
- Wash the neti pot thoroughly

NOTE: Can add a pinch (just a pinch – NOT too much) of powdered garlic to neti pot.

## Neutral Tub Bath

Sedative to relieve hypertension

### Material:

- Bathtub
- Water thermometer
- Bath pillow or towel

### Procedure:

- Fill tub with neutral water (temperature 94-98°F)
- Add warm water as necessary to maintain temperature. (Duration 30-45 minutes)
- Dry without friction
- Go to bed and rest for at least 30 minutes

### Good for:

- Insomnia
- Nervousness

## Cold Mitten Friction

The finest hydrotherapy measures for stimulating circulation of the skin

### Material:

- Warm room
- Make sure feet are warm
- Basin of cold water (40°- 50°F)
- Face cloth
- Bath towel
- Bathrobe

### Procedure:

- Make sure the room is warm
- Make sure the person's feet are warm
- Expose one body part at a time, starting with extremities
  - hands and arms
  - feet and legs
  - chest
  - back
- Rub each part with cold water for 5-8 seconds making sure the cloth is wrung out
- Dry by blotting with towel
- Cover immediately with the bathrobe

### Good for:

- Stimulating circulation in the skin
- Increase white blood cell activity and antibody production
- Morning wake up

### Not good for:

- Skin lesions

## Ice Massage

Blood flow decreased then greatly increased. For patients experiencing back pain, ice massage therapy is quick, free, easy to do, and it can provide significant pain relief for many types of back pain. In a world of sophisticated medical care, a simple ice massage can still be one of the more effective, proven methods to treat a sore back or neck, either when used alone or in combination with other treatments.

### Material:

- Cup of frozen water
- Face cloth
- Plastic to protect bed and clothing

### Procedure:

- Remove ice from cup
- Place face cloth over ice lump to protect your hand and sop up water
- Rub ice in a massage motion (small circles with pressure) over painful area for 12-15 minutes

### Good for:

- Neck and lower back pain
- Painful muscles

### Not good for:

- Rheumatoid arthritis, Raynaud's Syndrome, cold allergic conditions, paralysis or areas of impaired sensation

### How Ice Massage Therapy Provides Pain Relief

- Ice application slows the inflammation and swelling that occurs after injury. Most back pain is accompanied by some type of inflammation, and addressing the inflammation helps to reduce the pain
- Ice massage therapy numbs sore tissues (providing pain relief like a local anesthetic)
- Ice massage therapy slows the nerve impulses in the area, which interrupts the pain-spasm reaction between the nerves
- Ice massage therapy decreases tissue damage

Ice massage therapy is most effective if it is applied as soon as possible after the injury occurs. The cold makes the veins in the tissue contract, reducing circulation. Once the cold is removed, the veins overcompensate and dilate and blood rushes in to the area. The blood brings with it the necessary nutrients to allow the injured back muscles, ligaments and tendons to heal.

## Ice Therapy

Treat exercise or sports injuries with ice for the first 48-72 hours after injury. It is safe, effective, and cheap. Ice therapy relieves pain and slows blood flow to the injury. This reduces internal bruising and swelling. The key is to start applying ice as soon as possible after the injury. If not, the injury may cause pain, heat, redness, swelling and loss of mobility.

Ice therapy limits tissue damage and helps healing. Cover the injured area with a wet towel and place a plastic bag full of ice over it. A dry towel insulates the skin from the cooling effect. Commercial cold packs are good for emergencies because they can be stored in the freezer. Be careful not to puncture gel packs. The chemicals from the gel will burn the skin. Another alternative is a one or two pound bag of frozen corn or peas. These bags mold well to the area of injury and can be refrozen for further treatments.

Rest the acute injuries, do not use or bear weight (standing, walking etc) until evaluated by provider. The duration depends on the type of injury and how deep it is. A deep muscle injury takes longer to cool than a joint, which is closer to the skin. Muscle cooling occurs within 10 minutes in thin athletes. Severe bruises can benefit from icing intervals for up to 7 days. When mild discomfort is first felt from overusing a joint or muscle, apply ice 4 to 8 times a day for the next 48 hours.

## Back Pain

Most episodes of back pain are caused by muscle strain. The large paired muscles in the low back (erector spinae) help hold up the spine, and with an injury, the muscles can become inflamed and spasm, causing low back pain and significant stiffness.

Common causes of muscle strain of the large back muscles include:

- A sudden movement
- An awkward fall
- Lifting a heavy object (using the back muscles)
- A sports injury

While it sounds like a simple injury, a muscle strain can create a surprising amount of pain. In fact, this type of injury is one of the most common reasons people go to the emergency room. However, not much can be done for a strained back muscle except for rest (e.g. for up to two days), pain relief medications, and to use ice and / or heat application.

## Benefits of Cabbage Juice

The appeal of cabbage juice lies not in its taste, which is rather bitter, but in the many health benefits you derive from drinking it. A member of the healthy cruciferous family of vegetables that also includes broccoli and cauliflower, cabbage contains a wealth of micronutrients as well as a wide array of phytochemicals with a similarly broad variety of medicinal properties. Consult your doctor before self-treating with cabbage juice or any other home remedies.

Cabbage juice is a traditional treatment of peptic ulcers since it supports the mucosal linings of the gastrointestinal tract, explains Anne Louise Gittleman, a certified nutrition specialist. The juice is also rich in sulforaphane, an antioxidant that targets helicobacter pylori, a bacterium implicated as a causative factor of peptic ulcers. In a particular study, ulcer patients were able to heal their ulcers within 10 days by drinking a liter of cabbage juice daily, reports Gittleman. If the prospect of that much juice is somewhat daunting you can have a glass with your lunch and help protect your GI linings against ulcers. The phytochemicals in cabbage juice help soothe the gastric lining and provide relief from the symptoms of acid reflux.

Cabbage and several green leafy vegetables contain a factor known as "anti-gizzard erosion factor;" later called vitamin U. It was observed that large amounts of fresh cabbage and lettuce protected stressed guinea pigs from ulcers. The factor was found in the juice of cabbage, thus eliminating the need to eat huge quantities of cabbage. Sixty-two ulcer patients were given at least a liter of cabbage juice daily. The average healing time for seven patients with duodenal ulcers was 10.4 days, compared to 37 days for patients with standard therapy. Six patients with gastric ulcers healed in only 7.3 days, while six patients receiving conventional therapy required 42 days.

The cabbage must be freshly squeezed and not boiled, as boiling destroys the factor. A mixture of 75% cabbage juice and 25% tomato or celery juice was used with patients who objected to the flavour of cabbage juice. Raw celery has been found to be high in the healing factor. Some patients develop gas, abdominal distress, bloating, and constipation during the first few days of therapy, but after the fifth day of treatment, digestive disturbances are rare. If symptoms become severe, the juice may be eliminated for a day. Ordinarily it takes four to five pounds of cabbage to produce one quart of juice. Only fresh, green cabbage should be used. Wilted cabbage contains considerably less factor, and cabbage and cabbage juice held at room temperature for two or three days loses some anti-ulcer potency. Spring, summer, and late summer cabbages are suitable for use, but winter cabbages have very little juice. The juice may be taken in four or five 6-8 ounce servings. Cabbage juice maintains its anti-ulcer activity for at least three weeks if frozen and preserved at approximately 0°C.

## Medicinal Qualities of Garlic

- Garlic lowers blood pressure
- Garlic lowers cholesterol
- Garlic fends off respiratory infections, infections of the urinary and digestive tracts
- Garlic sulfur compounds boost the immune system. It has been used for centuries to help with sore throats, runny nose, fever and cough.

Dr Lau wrote a book on the benefits of garlic and he recommends 6 Kyolic capsules a day for a person suffering with upper respiratory infection.

## Dealing with Digestion

It is no fun having a tummy ache. Pain, bloating, belching, constipation, and a wide range of other distressing symptoms accompany digestive disturbances. Taking an honest look at dietary and lifestyle habits will usually offer the best clues to solving your tummy troubles. Natural digestive aids bring welcome relief for a variety of digestive problems. Follow the dosage recommendation on the label or seek the advice of a qualified natural health product advisor. Here's an alphabetical list of the many digestive aids readily available at your local health food store. (You can also use charcoal, heating compress, and castor oil treatments.)

### **Acidophilus:**

Along with other probiotic strains of friendly bacteria, acidophilus works to establish a healthy environment in the intestinal tract. Antibiotic use increases the need for regular probiotic supplementation.

### **Activated Charcoal**

This useful alternative to antacids is simply charcoal that has been processed from pure vegetable ingredients. Economical and effective, it can absorb (attract and hold) many times its weight in irritating gasses and toxins.

### **Aloe Vera**

The *World Journal of Gastroenterology* (April 2006) published a study that recognized aloe Vera's role in reducing gastric inflammation and promoting gastric ulcer healing.

### **Artichoke Extract (Cynara scolymus)**

An analysis of the effects of this traditional European remedy was published in *Journal of Alternative and Complementary Medicine* (August 2004). Analysts determined that artichoke leaf extract reduced symptoms of irritable bowel syndrome (IBS) and improved overall quality of life in IBS patients.

### **Betaine Hydrochloride**

Many people make the painful mistake of assuming their indigestion is caused by too

much stomach acid. If you are over 50, however, chances are your indigestion is because you don't produce enough. This beet-based source of hydrochloric acid quickly increases stomach acid and reduces embarrassing digestive noises.

### **Bitters**

There are a variety of popular premixed bitter herbs, such as the traditional Swedish bitters. A regular spring tonic for Europeans, bitters increase bile production, remedy sluggish digestion, improve appetite, and alleviate flatulence (gas).

### **Calcium and Magnesium**

In the form of tasty mint-flavoured chewable tablets, calcium and magnesium work quickly as an aluminum-free antacid. These sister minerals are essential for relaxation of smooth muscles, including the large intestine.

### **Chamomile** {*Chamaemelum nobile*}

Every mother knows the magic of chamomile tea for settling an upset tummy. Made from the dried flowers, chamomile tea is an excellent home remedy that relieves heartburn, indigestion, colic, and general stress. It also has mild relaxant and sedative properties

### **Dandelion** {*Taraxacum officinale*}

The next time you are uprooting this therapeutic plant from your garden, save the roots and hang them to dry. The dried roots, and fresh green leaves are both used traditionally as an overall digestive and liver tonic, especially in the spring.

### **Deglycyrrhizinated Licorice {DGL}**

The damaged mucosal lining of the gastrointestinal tract responds quickly to DGL.

Chewable DGL

tablets provide quick relief from painful bowel inflammation and spasms.

### **Digestive Enzymes**

Supplemental enzymes address a wide range of digestive functions. Enzymes are made from a variety of sources, including animal, plant, microbial fermentations {also called plant-derived}, and concentrated food or plant extracts. Proteins, carbohydrates, and fats all depend on specific enzymes for thorough digestion, but most people find multiple enzyme formulations that contain pancreatin to be most helpful for general digestive health support.

### **Fennel Seeds** {*Foeniculum vulgare*}

Chewing a half-teaspoon of fennel seeds at the end of a meal, or any time you feel the beginnings of indigestion, will ease gas and bloating.

### **Fenugreek Seeds** {*Trigonella foenum-graecum*}

There are some big benefits from these small seeds. Used as a tea, powder, or tablets, fenugreek soothes gastrointestinal spasms, pain and irritation.

### **Fermented Foods**

Sauerkraut, yogurt, kefir, miso, tempeh, and Korean kimchi are examples of fermented foods used to improve digestive health around the world. Adding fermented foods to your regular food choices especially benefits intestinal microflora.

### **Fiber**

Remember to eat high fiber foods every day for good digestion. Fiber relieves constipation, adds bulk to the stool, eliminates toxins, and satisfies the appetite. Forty grams of fiber daily is ideal.

### **Ginger** {Zingiber officinale}

A daily cup of ginger root tea alleviates nausea, strengthens the lining of the upper gastrointestinal tract, and protects against ulcers and parasites.

### **Peppermint** {Mentha piperita}

Just the smell of peppermint makes one feel better immediately. Therapeutic peppermint products work quickly and pleasantly to alleviate digestive upsets and irritable bowels. They are available in capsule, tablet, and liquid forms.

### **Slippery Elm**

The powdered inner bark of this native tree should be in every family medicine cabinet. It acts almost immediately to coat irritated digestive membranes, soothe burning stomach ulcers, and promote healing of the mucosal lining of the digestive tract. It can also relieve constipation.

## **Sleep Solutions**

### **Phil's Herbal Remedy**

- 3 oz valerian (dried leaves)
- 3 oz skullcap (dried leaves)
- 3 oz mistletoe (dried leaves)

Combine all. Use 1 tsp in 1 cup hot water (just come to a boil). Steep for several min and drink each evening TWICE from 4 to 6pm.

### **Hops and Skullcap**

Other herbs traditionally combined with valerian root include hops and skullcap. Hops (*Humulus lupulus*) is a plant native to Britain that is well known for its use in making beer. In the herbal world, hops is also used as a sedative and for its sleep inducing effects. Skullcap (*Scutellaria lateriflora*) grows in Europe and North America, and was traditionally used to treat epilepsy. It has a sedative effect on the nervous system.

### **Valerian: The Herbal Valium**

One of the most important of these remedies is a herb known as valerian, which has been studied in several well-designed clinical trials. A placebo-controlled study of 128 patients

showed that giving 400-900 mg of valerian root at bedtime resulted in a decrease in sleep latency (time required to fall asleep at night) and a reduction in night awakenings, as well as an increase in dream recall. All this was accomplished with no hang-over effect. The lower dosages of valerian were shown to be as effective as the higher dosages in this study. A German study found that the combined effect of valerian root and lemon balm on the sleep patterns of 20 volunteers compared favourably with triazolam, a tranquilizer in the valium family. Seattle naturopathic physician Dr. Donald Bwon uses valerian root in combination with lemon balm and passion flower for the treatment of insomnia.

### **Key Secret for Good Night's Sleep**

The secret for a good night's sleep is a complete digestion of all the day's dietary, mental and emotional experiences. Over 40 million sleeping pill prescriptions are handed out in America each year. When one category of drugs loses its efficacy, patients switch to a newer and stronger knock-out prescription. Drug dependence continues for years.

Physicians actively encourage the use of sleeping pills because it seems to be the easy way out. Clearly there is something wrong! More so when insomnia is one of the most easily treated conditions through natural and common sense means. To overcome the problem it's important to develop an attitude whereby you continually remind yourself that if you are not getting any sleep you can easily make it up tomorrow (you can take a nap in the afternoon if you're really tired). It is also important to adhere to regular scheduled routine of diet and sleep.

Hydrotherapy is excellent. Application of hot packs to the spine or an alternate hot / cold foot bath at bedtime relaxes the stressed body. A simple hot bath 15 minutes before bedtime also produces a feeling of blissful lethargy.

Exercise daily. If we get tired by a long walk after dinner, nature will force us to sleep. Regular active exercise during the day also helps. Exercise produces hormonal changes which are beneficial to the body and which fortify the sleep pattern. Vigorous exercise should, however, be eschewed since this can stimulate the system instead of relaxing it.