

Healing with Water

Water is one of the oldest and safest forms of healing.

It is great for alleviating acute conditions and can be instrumental in re-establishing health in more chronic conditions.

Water is a form of healing that you always have at your fingertips. Simply by turning on the faucet, making ice, or boiling water you can induce different healing effects. Taking a few moments to understand the different properties of water will go a long way in self healing and in healing those you love.

Cold Water

❧ constricts local blood vessels, decreases inflammation, stimulates the nervous and digestive systems with short applications.

❧ improves muscle strength, builds resistance to disease and invigorates the body during long applications.

❧ reduces fever, relieves thirst or pain, soothes burns, reduces constipation, aids in the elimination of toxins, increases energy and reduces fatigue.

Ice

❧ decreases the pain associated with injuries or minor burns.

❧ controls bleeding, bruising and reduces swelling.

❧ increases the range of motion of a joint, stimulates the muscles and decreases spasticity.

Hot Water

❧ dilates small blood vessels, relaxes muscles and raises body temperature with short applications.

❧ increases blood flow, induces perspiration to aid in eliminating toxins and stimulates the healing process during long applications.

❧ aids in relaxation, calms the body and mind and decreases pain. NOTE: Heat needs to be avoided with acute inflammatory conditions.

Steam

❧ increases perspiration and helps the body eliminate toxins.

❧ opens pores and helps prevent skin problems and chest congestion.

❧ prevents nasal and sinus conditions, and eases a great many airborne allergies when used in humidifiers.



Alternating Hot and Cold

🕯️ creates a pump-like action that stimulates circulation and aids in healing by increasing the number of white blood cells to an area.

🕯️ improves healing of acute infections, chronic congestion, improves menstrual flow, increases muscle tone and strength, decreases pain and helps with varicose veins.

🕯️ start with hot and end with cold. The duration of the hot application is usually twice as long as the cold.

The Uses of Water:

- Drinking water ● Compresses
- Ice packs ● Showers ● Foot Bath
- Soaking in a bath ● Wet or dry sauna
- Vaporizer or humidifier

APPLICATIONS FOR SPECIFIC TREATMENTS

TO REDUCE SWELLING, BRUISING OR BLEEDING apply an ice pack with compression and elevation.

TO RELIEVE PAIN OR CONGESTION apply direct moist heat or alternate hot and cold to the area.

FOR MINOR BURNS immerse the area in cold water for about 5 minutes.

TO RELIEVE SORE, TIGHT, TENSE OR PAINFUL MUSCLES soak in a hot bath with a 2 kg bag of epsom salts for a minimum of 20 minutes. This releases the build up of lactic acid and helps the muscles relax and repair. During your bath drink water and place a cold towel around your neck.

TO REDUCE FEVER drink a couple glasses of water, apply cold wet compress to the forehead and chest and take a long tepid bath or sponge bath. Rest, drink plenty of fluids, and limit food intake until the fever breaks. Fevers below 39C (102F) are seen as “friendly” and a reaction of the body to eliminate toxins.

TO AID THE ELIMINATION OF TOXINS through the skin induce perspiration by taking long hot baths, using a sauna or steam room.

TO FIGHT OFF A COLD use warming socks. Wet knee-high cotton stockings in cold water. Wring out the water and put them on your feet. Pull wool stockings over the wet cotton socks. The body will respond by warming the feet, thus draining congestion from the head.

TO ENERGIZE YOUR BODY fill the bathtub with cold water up to the ankles or calves and march in place or sit on the edge of the tub and swirl your feet for up to 5 minutes.

Work with your Naturopathic Doctor

🕯️ to identify herbs or essential oils that may be beneficial with your water treatments

🕯️ to address any underlying health issues that do not resolve with the water therapies

🕯️ to identify specific naturopathic treatments that can support you in addressing your health concerns.