



Newsletter

No. 16

## HYDROTHERAPY

### Part 1 - WHAT IS IT?

So plentiful, it covers three quarters of the earth's surface... that's water!

Originally the earth was surrounded totally by water, then came the separation of water, soil and air. Pure water is composed of hydrogen and oxygen and is colourless, odourless, tasteless and quite inert. Essential as it is for the existence of every living thing, we can be grateful for its abundance.

Water makes up about 2/3's of the human body. Blood is 90% water and even muscle is eighty to ninety percent. Because of its presence and unique properties it makes the body a water cooled machine. Valuable properties in water keep an even temperature in the body and keep it in a state of good health. It can also be used as a medicine to regain health.

Water exists in three different states, depending on its temperature, and these states all occur within the temperature tolerance of the human body. In the cold state, below 0 °C, water becomes solid (ice). Above this temperature it turns into a liquid, a very pliable and tangible substance. As the temperature continues to rise the liquid will volatilize, becoming an invisible vapour. In reversed order, vapour can be condensed into a liquid again. As the temperature reaches freezing point it again takes on a solid form. And herein lies one secret of its tremendous efficiency.

As water changes from one state to another it takes on or gives off much more heat than most substances. Because our bodies can tolerate the temperature at which these changes occur, body temperatures can be changed, in total or just a limited area. As ice changes to water it will absorb about 80 calories (1/4 teaspoonful) per gram. This is what happens when ice melts as it is rubbed over the skin. When water evaporates from the skin surface, such as when the skin dries after water application or sweating, it absorbs a large sum of five hundred and forty calories for each gram of water that changes to vapour. It takes as much heat to evaporate a ½ litre of water as is required to raise the temperature of two and one half litres of water from freezing to boiling!

Further more, the ability of water to conduct heat is twenty-three times that of the air that surrounds us and which we commonly use to heat our home environment or to cool it during warm weather.

Obviously water has a very great potential to effectively and efficiently alter body temperature from within and without.

*"Perfect health requires perfect circulation therefore life is in the blood!"*

We know the blood is "alive" with white blood cells which fight disease in the body. In infectious diseases it is good to increase the number and activity of white blood cells.

### Hydrotherapy accomplishes this by:

- 1) increasing the number of white blood cells available to fight.
- 2) increasing the speed at which the white blood cells can move.

In congestive diseases, hydrotherapy is beneficial due to its powerful decongesting abilities.

### Goals of Hydrotherapy

1. to increase the number and effectiveness of the white blood cells.
  2. to improve and normalize circulation by:
    - a) bringing fresh blood to an afflicted part of the body.
    - b) driving blood to an internal part of the body.
    - c) drawing blood away from a deeper congested organ by placing the application, not on the skin just above the internal organ, but on a reflex area somewhere else on the body.
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d) pulling blood from the internal organ to a distant body part usually the legs or feet.

**Let me end off by sharing the advantages of the common bath:**

- a) Respirations are more free and easy
- b) Muscles become more flexible
- c) The mind and body is invigorated
- d) The nerves are soothed
- e) Perspiration is promoted
- f) Circulation is quickened (fortifies against a cold)
- g) Digestion is promoted
- h) Bowels, stomach and liver are invigorated
- i) Overcomes obstruction in the system
- j) The uterine organs which are more or less congested are relieved, because the blood is brought to the surface, and a more regular and easy flow of blood through all the organs and vessels is obtained.

**Part 2 will cover some simple procedures of the use of Hydrotherapy.**

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## **RECIPES YOU CAN GET YOUR TEETH INTO. . . . .**

### **Breakfast Rice**

1.5 litres boiled rice  
600ml soy milk  
200ml chopped dates  
¾ tsp orange peel  
½ tsp lemon peel  
½ tsp salt

Combine all the ingredients and cook for ½ hour on low heat. Serve topped with apple sauce and soy milk or Alpo soya cream.

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### **Multigrain Sprouted Breakfast**

½ cup wheat berries soaked 12 hours  
½ cup rye berries soaked 12 hours  
½ cup barley soaked 12 hours  
½ cup groats soaked 12 hours  
½ cup seedless raisins or dates soaked 12 hours – **Reserve the soaked water**

Sprout all the berries for 2 – 3 days which is optional but will increase the nutritional value of this dish.

In a blender combine all ingredients including the reserved soaked water and blend. This is nice if it is still somewhat chewy. Add some pieces of chopped fruit of your choice and serve with Alpo soya cream.

Serves 4 – 5

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## WE OFFER YOU .....

Our best service at all times. Please let us know what your needs are and we will try our utmost to source it.

### **Products Available in the shop:**

Soaps, wrapped , R36  
Stack of 3 heart shaped soaps, R55  
Atmosphere Mist, 200ml, R67  
Body Butter, 250g, Rose, R91  
Bath Milk, 500g, Rose, R 91  
Bath Crystals with Ceramic spoon, 500g, R105  
Two Tone Bath Oil, 200ml, R98  
Linen Wall Canvass, Protea, R95  
Linen Wall Canvass, Belladonna, R95  
Linen Wall Canvass, Sparrow R95  
Aprons, Sparrow or Protea, R133  
Letter Openers, Black & White, R44

### **Just Arrived !!**

Yellow Mealie Meal, 500g R21.00  
Bodicare Soya Milk, 500g R37.00  
Bodicare Honey, 375g R26.00  
Down To Earth Kolon Klenze, 150g R16.00  
Red, Ornately Carved, Wooden Tea box, R95.00  
Ceramic Square Tea, Coffee, Sugar set, R310.00

### ***Health Talk -***

***At Down to Earth Health Shop, Badenhorst Street, August 8<sup>th</sup> 2012,  
at 2:30pm. The Topic “Clunk, Clatter, Crunch – Aluminium”.***

***No Cost involved, but please confirm booking for seating to be arranged!***

### **THINK ABOUT THIS. . . . .**

*“A woman is like a teabag – you never know how strong she is until she gets in hot water.” – Eleanor Roosevelt.*

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