



Newsletter

No. 17

HYDROTHERAPY Simple Home Remedies

Part 2

A Brief History of Hydrotherapy

The use of water in the treatment of disease is as old as the practice of medicine. Records of the writings of Hippocrates indicate its use as early as 450BC. It was also used extensively in the Roman baths. Interest in hydrotherapy waned during the dark ages and it is interesting to know that in 1774, John Wesley had written a booklet entitled *Primitive Physick*, on the use of water treatment for many diseases.

Vincent Priessnitz (1799 – 1851) is known as the father of hydrotherapy. As a young man he received a serious injury from a farm animal. Being given no hope of recovery by the physicians, he decided to use hydrotherapy on himself as he had previously used on farm animals. He made a rapid recovery. Although uneducated, he established a hydrotherapy institute in Austria. During the middle 1800's several water-cure institutes were established in America also successfully using natural remedies. Dr. J.H. Kellogg at the age of 24 became superintendent of the *Western Health Reform Institute*. The name was later changed to *Battle Creek Medical and Surgical Sanatorium* which rapidly became world famous. He wrote many books such as *Rational Hydrotherapy*.

In 1919 the great flu epidemic killed an estimated 25 million people. Those who received hydrotherapy and judicious nursing were the ones who survived that ordeal. Today we have only a few small conditioning or lifestyle centres that practice hydrotherapy. Hospitals do use some hydrotherapy such as ice bags and whirlpools).

Hydrotherapy Principles

- a) General Effects of Application of Hot and Cold
 - b) Very short, very hot – stimulating
 - c) Prolonged very hot – exhausting
 - d) Prolonged moderate – depressing
 - e) Short, very cold – stimulating
 - f) Prolonged cold – depressing
 - g) Friction and percussion intensify the effects of the hot or cold
 - h) Cold contracts while heat dilates
 - i) The colder the application, the greater the reaction
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Advantages of Hydrotherapy

- a) It accomplishes its results through external application, can be used locally and its general effects are not toxic.
 - b) It does not put a tax on the organs affected.
 - c) It adds no toxins to be destroyed or eliminated. It increases metabolism to get rid of toxins already present.
 - d) After hydrotherapy, there is a feeling of well-being.
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Examples of Simple Home Remedies which can be practised without training or supervision.

1. The Common Sore Throat, Pharyngitis, Laryngitis and Tonsilitis

Heating compress to the neck. Squeeze a piece of thin cotton cloth from ice cold water. Place it around the neck and cover well with a piece of plastic (cling wrap). Cover this with a warm scarf or cloth. Leave on overnight or until dry. When the cloth and plastic are removed the skin on the neck will be dry and red which means that a good reaction has taken place. *The cold to the neck has caused the blood to move to the neck area and the increase of white blood cells has taken care of the infection. One application is usually sufficient for this problem but should be done as soon as the throat becomes irritated or sore. Several more applications may be done over a period of days or nights.*

2. Ice Massage – Strains, Bursitis, Acute Neck or Lower Back Pain

Contraindications (Do not use) : *Rheumatoid arthritis, stroke or if person is cold.* Fill a Styrofoam container with water and freeze for several hours. The person treated must be warm. Throughout this procedure, pull the top sections of styrofoam away to expose enough ice to work with. Drape a towel around the area to be worked on and to protect the person from dripping water. Hold the ice block in the cup firmly and rub in a circular motion over the painful area and slightly beyond on all sides. For the first few strokes use the hand alternately with the ice to reduce the shock of the cold. The person affected will experience 4 stages to the area worked on namely: extreme cold, burning, aching (short duration) and then numbness. The whole procedure should not last longer than 10 – 15 minutes. Wipe the area dry. It can be done two – three times a day until relief is experienced. *Once again the continued cold to the affected area of the body has caused the blood to move there, which is evidenced by the skin turning red. This in itself brings relief to the affected area.*

3. Alternating Shower – The Common Cold

Make sure the room is warm. Undress and take a hot shower for 3 minutes then alternate with cold water for 1 minute. Repeat this process 5-7 times then dry the body and head thoroughly. Dress warmly and rest for 30 minutes in bed. *The*

Always use seasonal fruit for this pie. Combine the papayas, bananas, strawberries and cinnamon and blend the mixture to a smooth purée. Add the lemon and the zest and blend until smooth. Sprinkle in the psyllium and blend until thoroughly mixed. Pace the fruit mixture in the pie crust and decorate with fruit that has been dipped in lemon juice.

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:

Almonds, R12 per 100g
Walnuts, R18.50 per 100g
Spicy Cashews, R15.50 per 100g
Sunflower Seeds, R7.50 per 100g
Linseed, R5.00 per 100g
Pears, R12.00 per 100g
Peaches, R13.00 per 100g
Diced Apricots, 12.50 per 100g

Just Arrived !!

Ceramic door knobs, R26
Wooden door knobs, R50
Oil Burners, R100
Wrapped soaps, R36
Wooden Basket -Tea, Coffee, Sugar Set, R130

Health Talk -

At Down to Earth Health Shop, Badenhorst Street, August 8th 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.

“The Mechanism of the human body cannot be fully understood; It presents mysteries that baffle the most intelligent.” E. White

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