

From the office of Dr. Wendy Wells HOME HYDROTHERAPY TREATMENTS FOR COLDS & FLU

Hydrotherapy is the practice of using the temperature of water to stimulate healing in the body. Below are a few ways to do this to support the body if one has a cold or flu.

The purpose of the WET SHEET PACK is to heat the body and induce a sweat. It may be used either to mount an immune response to an impending or full-blown infection, or as a detoxification procedure to rid the body of impurities. The three-step process -- first heating, then cooling, then re-heating -- increases the body's defenses much more than a single heating treatment. The immune system stimulation will last between 24 and 36 hours, and the procedure may be repeated daily or every other day if needed. The pack is usually preceded by heating the body with a bath or heavy exercise. The entire process may last from 1.5 to 4 hours. An assistant may be needed to wrap and unwrap the person affected.

If a partner is not available the "HOT HOT HOT" treatment on outlined on the back may be used instead. It works well with cranky irritated kids who have a cold, flu or ear problems and will often put them to sleep. (an occasional child will be stimulated by the heat). Those of weakened constitution who tolerate the cold poorly will also respond well to this treatment.

When all else fails, try the COLD, WET SOCK TREATMENT. It can be done quickly and easily and is beneficial for head congestion, lung congestion, sore throat, ear infection and insomnia associated with colds or flu. It should not be attempted, however, by someone who has low vitality or constantly cold hands and feet. In that case the "HOT HOT HOT" treatment would be more successful.

WET SHEET PACK

MATERIALS:

- 1 sheet preferably cotton (flannel is fine).
- 2 - 3 blankets preferably wool (sleeping bag may be used).
- Pillow & Pillow case.
- Small pillow for under knees
- 1 bath towel

PROCEDURE:

1. Fill basin or large pan with cold water & ice cubes in sink. Soak sheet.
2. Cover bed or chosen sweat-site (on couch in front of TV is fine) first with plastic, then with 1 wool blanket laid open.
3. Fill bathtub with water 106° - 107 ° F. Patient gets into tub and immerses self as far as possible (arms & legs under water) for up to 20 minutes.
4. As patient is finishing bath, have partner carefully wring, cold, wet sheet well and spread on top of blanket.
5. Patient climbs out of hot tub and lies down on sheet folding arms across chest. Partner wraps sheet around patient up to neck. Wrap under-blanket around as well, cover with second blanket folded in half and tuck in the sides and bottom. Drape bath towel around head so only face shows. Put small pillow under knees if needed.

6. Partner checks patient in 30 minutes to make sure heating/sweating process has begun. If no heating process, remove patient from pack and put back into hot bath or shower to rewarm. If process is proceeding well, check every 15 to 20 minutes for 2 hours.

HOT HOT HOT TREATMENT

1. Hot bath for 20 minutes.
2. Drink hot Ginger tea adding honey and lemon if desired.
3. Get into warm clothes (sweat suit or flannel pajamas, socks on feet and cap or towel on head).
4. Climb into bed and cover with extra blankets. Add small pillow under knees if needed.
5. Stay in bed at least 1 hour, nap if you want, overnight is fine. Remove warm clothes and shower if necessary when through.

COLD, WET SOCKS

1. Just before bed, wet 1 pair of thin, cotton socks in cold water, wring out well, put in freezer for 3 – 5 minutes, and put on. It is best to be in bed already when you put them on.
2. Put on 1 pair of heavy wool socks over the wet socks.
3. Cover well and sleep all night with socks on.