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*total health
for busy people*

Constitutional Hydrotherapy

Excellent home treatment for stimulating the healing force of the body.
Do not do if you have acute asthma or very low body temperature (less than 36C).

Avoid getting chilled. Add more blankets or place a hot water bottle at your feet if you experience prolonged chill)

Supplies needed:

2 blankets, 4 normal size towels, 1 sheet

Time required: 30 minutes

Directions:

- 1) spread the two blankets lengthwise on a bed and spread the sheet over them. The patient should lie on the sheet on his/her back unclothed from the hips up
- 2) thoroughly wring out 2 towels in hot water and place folded onto the chest and abdomen. this should result in 4 layers of towels (2 towels folded in half) and should cover patient from the throat to the pubic bone
- 3) wrap the sheet and blankets tightly around the body and leave in place for 5 minutes
- 4) wring out 1 dry towel in hot water and the remaining dry towel in very cold water
- 5) replace the towels on the chest with the folded hot towel
- 6) next, place the cold towel on top of the hot one. this transition takes only 5-10 seconds max. Flip these towels so the cold towel is now on the chest and abdomen. Remove the hot towel which is now on top.
- 7) again wrap the sheet and blankets around the body. Leave in place for at least 10 minutes. Rest, meditate, or listen to gentle music
- 8) remove the towel when it is warm to the touch
- 9) Repeat this procedure with person lying on his/her stomach and apply towels to the back in the same sequence.