



Home Hydrotherapy Instructions

This home version of the clinical constitutional hydrotherapy is useful when it is impossible to get into the Forward to Health Clinic for therapy or when extended therapy is necessary. If you are healing a long-term illness it is required that you contact Dr. Mazen at Forward to Health regularly to report your progress or health status so that your health concerns are managed appropriately. A healing reaction can occur at any time with this therapy and proper management of symptoms, that change quickly, is vital for the best outcome of your health. Do not hesitate to contact Dr. Mazen at Forward to Health at any time if you are uneasy about your health concerns for any reason.

The purpose of this treatment is to create a more rapid improvement in health in conjunction with following your specific Food Intolerance Results. It is an integral part of your wellness protocol. Home hydrotherapy is tonifying to the digestive system, normalizes circulation, soothes the nervous system, and stimulates the 'vital force'. This therapy is a subtle yet powerful treatment with no potential harm if done according to the following directions; under the order of a qualified naturopathic doctor. Please do not combine this treatment with other therapies or medication of any kind without notifying Dr. Mazen.

1. In a supine (face-up) position, cover the bared chest and abdomen with two thicknesses of bath towel wrung out of hot water just tolerable to the touch. Cover the body with a wool blanket to seal the heat. Leave these hot towels in place for 5 minutes. (See illustration #1)
2. Replace the hot towels with a single thickness of towel, wrung out of cold tap water. Cover with a wool blanket as before, to allow your body heat to warm this cold application. Leave the cold towel in place for 10 minutes. Do not remove the towel until it becomes warmed; wait the full 10 minutes.
3. Turn over and repeat the same sequence of therapy #1-#2 above this time applying the hot and cold applications to your back. (See illustration #2)

The hydrotherapy treatment should take about 30 minutes. If done in the manner above, it is best if applied by another person.

If you are alone and doing this therapy on yourself, the following modification should be utilized:

Take a hot bath or shower for 5 minutes until your skin is pink and warm. Dry off quickly. Take a towel wrung out of cold tap water and apply it to your abdomen/trunk area. Cover up with a wool blanket so that you may warm this cold application with your body heat. Leave this cold application in place for 20 minutes. (See illustration #3)

1



2



3

