



Kristen McElveen, ND
Bare Medicine
460 Main St, Ste 2
Springvale, ME 04083

Ph 207-490-2373
Fax 207-459-1002
kristenmcelveennd.com

Home Constitutional Hydrotherapy

Constitutional hydrotherapy promotes detoxification, improves nutrition, and increases immunity.

Indications

A constitutional hydrotherapy treatment can be applied in almost any acute or chronic health condition including fever, bronchitis, dysmenorrhea, hypertension, depression, and arthritis. Treatments should be done once daily.

Contraindications

Do not do constitutional hydrotherapy treatments on persons with acute asthma, acute bladder infections, or low temperature (< 97°F oral). In chronic conditions, hydrotherapy treatment should only be done under a physician's supervision.

Caution

Avoid becoming chilled. If feeling chilly, add more blankets or place a hot water bottle or other heat source over the feet.

Supplies

Shower or Bath
2 Blankets

4 Towels
1 Sheet

Directions

- Spread 2 blankets lengthwise on a bed with a sheet over them. The person to be treated should lie on their back, unclothed from the hips up.
- Thoroughly wring out 2 towels in hot water and place onto the chest and abdomen. Wrap the sheet and blankets tightly around them and leave in place for five minutes.
- Wring out one towel in hot water and another in cold water. Replace the towels on their chest and abdomen with the hot towel. Place the cold towel on top of the hot one. Flip these over leaving the cold one on the chest and abdomen.
- Again wrap the sheet and blankets tightly around them and leave in place for at least ten minutes.
- Rest. You may sleep, use visualization, or meditation during this time. Remove the towel when it is warm to the touch.
- Repeat this procedure with the person lying on their stomach and apply towels to their back. Rest and leave in place for at least ten minutes.

Reference:

Boyle, Wade, ND, and Saine, André, ND, Lectures in Naturopathic Hydrotherapy, (East Palastine, OH:Buckeye Naturopathic Press) 1988.