

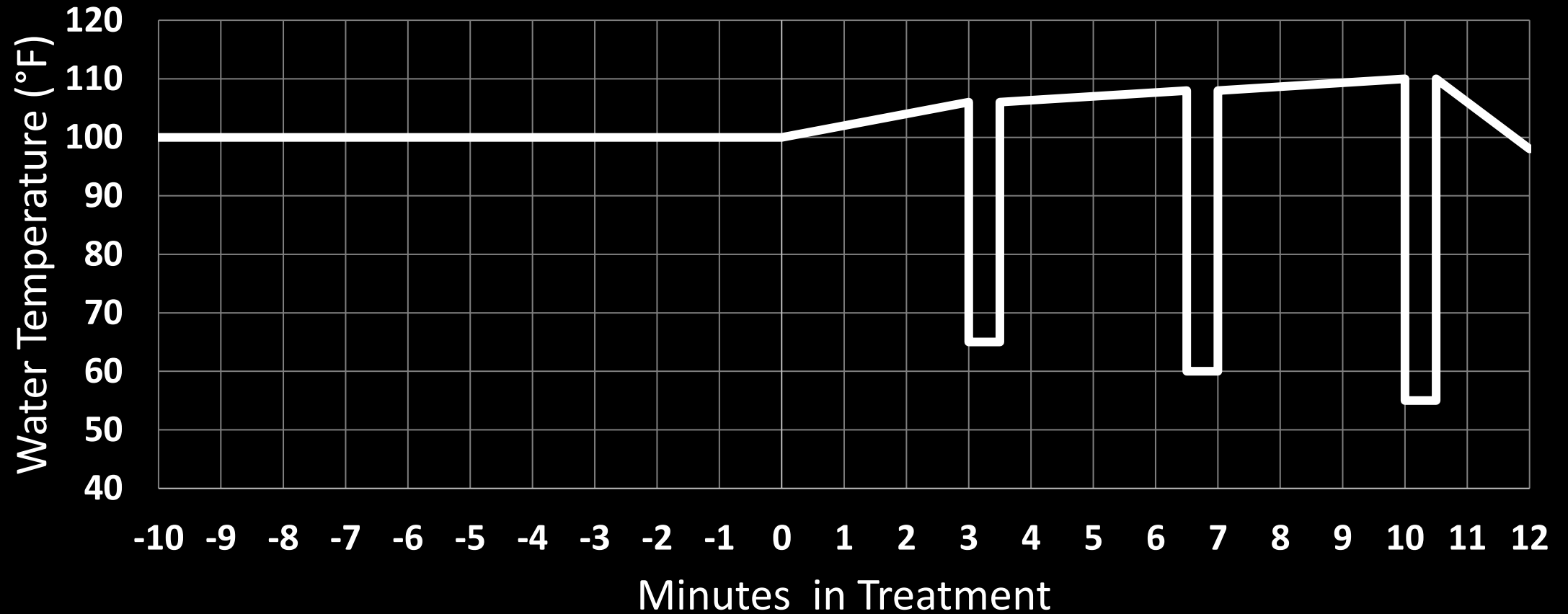
Hydrothermal Therapy

(aka: Hydrotherapy)

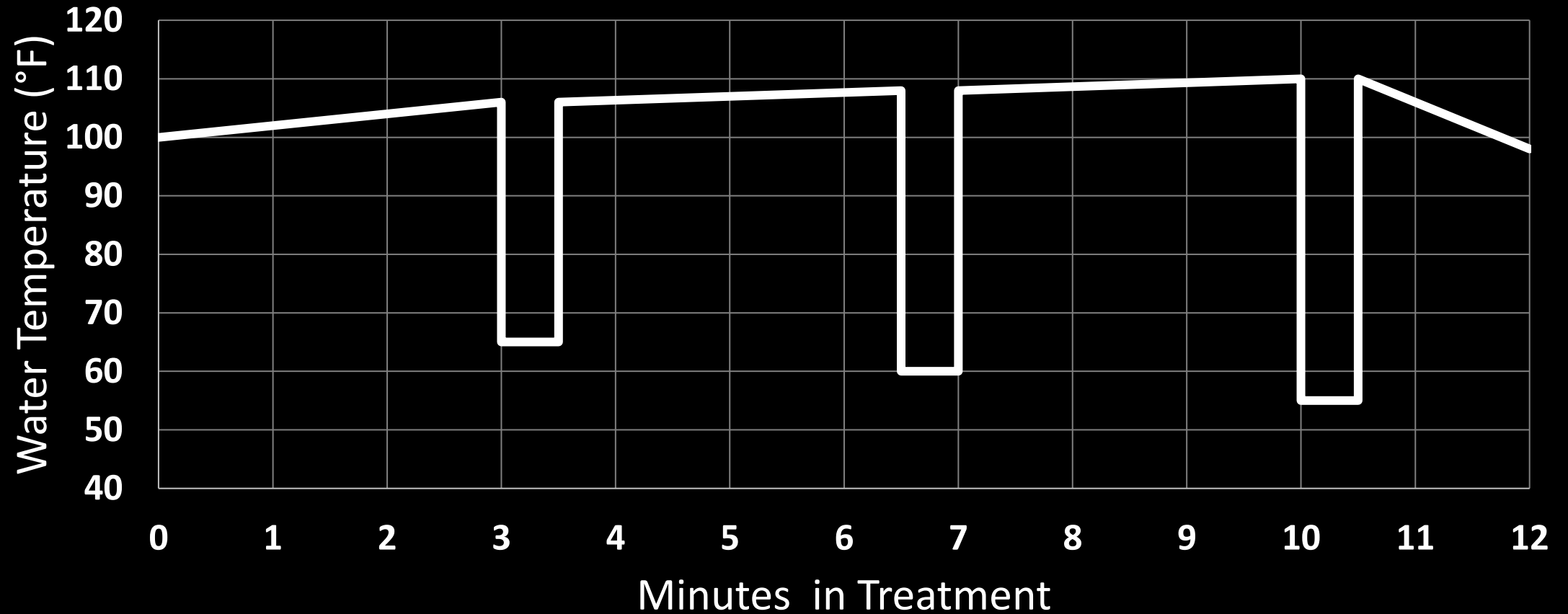
Four phases of COVID-19 interventions

- | | |
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| 1. Pre-infection prevention | Lifestyle interventions, contrast showers , saunas |
| 2. Presumed or confirmed early infection outpatient treatment | Intensive lifestyle interventions, hot fever baths , steam baths, fomentations |
| 3. Confirmed late infection inpatient treatment | Fomentations , hyperthermia |
| 4. Severe disease ICU treatment | Hyperthermia |

Hydrothermal Contrast Shower



Hydrothermal Contrast Shower



Life & Health



WASHINGTON, D. C.

TEN CENTS A COPY

Life & Health

Published monthly by the
 REVIEW AND HERALD PUBLISHING ASSN., TAKOMA PARK, WASHINGTON, D. C.
*Entered as second-class matter June 24, 1904, at the Post Office at
 Washington, D. C., under the Act of Congress of March 3, 1879*
 Acceptance for mailing at special rate of postage provided for in Sec. 1103,
 Act of Oct. 3, 1917, authorized on June 22, 1918.

Vol. 34

MAY, 1919

No. 5

CONTENTS OF THIS ISSUE

EDITORIAL	
Every Home a Sanitarium	99
GENERAL ARTICLES	
How to Avoid Influenza	101
<i>A. B. Olson, M. D., D. P. H.</i>	
The Value of Sanitarium Treatment in Respiratory Diseases	103
<i>L. E. Elliott, M. D.</i>	
Home Treatments	105
<i>L. A. Hansen.</i>	
The Aftermath of Influenza	111
<i>Mary W. Paulson, M. D.</i>	
FOOD CONSERVATION	
A Variety of Recipes	112
<i>George E. Cornforth.</i>	
AS WE SEE IT	
Influenza and Its Deadly Work—Sanitarium Treatment of Influenza —Undernutrition or Overnutrition, Which?	114
QUESTIONS AND ANSWERS	
Pierce's Remedies; Albuminized Iron; General Tonic—After-effects of Influenza—Mushrooms; Brain Food—Rheumatism—Soreness of Chest—Boils—Enlarged Tonsils; Deafness; Bedwetting—Milk Diet for Emaciation—Poultice for Boils—Castoria—Swollen Ankle.	117
NEWS NOTES	120

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Hydrothermal Fomentation (moist heat pack)

- Subject lying on back with plenty of covers – keep warm!
- Hot foot bath (104-110°F; 104°F for diabetes or neuropathy)
- Apply cold terrycloth to head – keep head cool!
- Hot moist heat to chest – wrap hot packs in towels to avoid burning skin
- Place one fomentation under the spine from nape to pelvis
- Place one across the chest and cover subject with blankets



Hydrothermal Fomentation (moist heat pack)

- Replace top fomentation every 4-5 minutes, rub chest with cold terrycloth between exchanges
- Continue 3-4 exchanges, or until profuse perspiring – keep head cool!
- End with cold terrycloth rub to chest and cover with blankets
- Pour cold water over feet and remove foot bath
- Continue cold to head until perspiring subsides
- Bed rest

Hydrothermal Bath

- Hot tub bath (104-110°F) with cold to head (ice water)
- Continue <30 minutes or until profuse perspiring
- Full body cold mitten friction
- Warm clothing (sweats) and blanket wrap in bed
- Continue cold to head until perspiring subsides
- Optional brief neutral shower
- Bed rest

Hydrothermal Therapy

- Hyperthermia induces 'fever-like' immune response
- Begin therapy vigorously as early as possible, with first symptoms
- Repeat once or twice a day
- Follow all Lifestyle Medicine health principles rigorously (diet, exercise, sleep, resilience, stress, connectedness)

Hydrothermal Training Class Description

- This Zoom-based course will teach the most up-to-date understanding of the practical use of key hydrotherapy treatments in the setting of lifestyle and spiritual care. Students will submit individual work as well as videos of themselves practicing with their partner.
- HydrotherapyTrainingCourse@gmail.com
- JHKelly@CLNF.org