

At Home Constitutional Hydrotherapy

It's that time of year again when colds and flus seem to be popping up everywhere. If you're wondering how to keep yourself and your family from getting sick—or how to recover more quickly if you do—one super helpful trick is Constitutional Hydrotherapy. It might sound fancy, but it's a natural and effective way to give your immune system a boost right from the comfort of your home!

What Is Constitutional Hydrotherapy?

At its core, hydrotherapy uses water to support healing and overall wellness. There are lots of different types, but Constitutional Hydrotherapy is one of the most versatile. Simply put, it involves applying hot and cold water to stimulate your immune system, improve blood flow, and support digestion and cellular activity.

When Should You Use It?

Constitutional Hydrotherapy can be your go-to for both preventing and treating a variety of ailments. It's great for tackling colds, flu, constipation, abdominal discomfort, heartburn, menstrual cramps, bronchitis, and even issues like depression and arthritis. The list is pretty extensive!

When Should You Avoid It?

This therapy isn't ideal for everyone. If you have asthma, an acute bladder infection, trouble sensing temperatures, or a low oral temperature (under 97°F), you should skip this at-home treatment. Always check with your doctor before trying it, especially if you have a chronic condition.

How to Do It at Home

What You'll Need

- 2 tubs or basins of water
- 3 bath-sized towels (thin ones are less messy)
- 2 blankets
- 1 flat sheet

- Ice and water
- A way to heat towels (tea kettle or microwave)
- A helper (optional, but handy!)

Instructions:

1. Lay out 2 blankets lengthwise on a bed and cover them with a sheet. The person receiving the treatment should lie on their back, bare from the waist up.
2. Soak 2 towels in hot water, wring them out, and place them on the person's chest and abdomen. Wrap the sheet and blankets tightly around them and let it stay for 5 minutes.
3. For a variation, dampen and wring out 2 towels. Heat them in the microwave until they're almost too hot to touch.
4. Wring out one towel in ice-cold water. Swap out the hot towels with this cold one, placing it on the person's chest and abdomen.
5. Wrap the person back up in the blankets and sheet for at least 10 minutes. During this time, they can relax, meditate, or just take it easy.
6. Once the towel is warm, remove it and repeat the process with the person lying on their stomach, applying the towels to their back.

Single-Person Variation:

What You'll Need:

- Shower with hot water
- 1 large cotton T-shirt
- 2 blankets
- 1 flat sheet
- Access to a freezer

Instructions:

1. Dampen the T-shirt in the sink, wring it out, and put it in the freezer.
2. Prepare your bed with 2 blankets and a sheet.
3. Take a warm shower, gradually making the water hotter for 5 minutes.
4. Carefully get out of the shower and quickly put on the very cold T-shirt from the freezer (nothing underneath the T-shirt).
5. Lay down on your prepared bed and wrap yourself up in the blankets and sheet like a cozy burrito.
6. Stay wrapped until the T-shirt warms up. You can relax, meditate, or even take a nap.

How Often Should You Do It?

You can perform Constitutional Hydrotherapy as often as you like. If you're dealing with an acute illness, every 2-3 days is usually enough.

A Few Final Tips:

- Stay warm! If you feel chilly, add more blankets or use a hot water bottle.
- Make sure the hot towels are comfortable and not too hot—test them on your forearm first.
- Always consult your doctor if you're not feeling better or if symptoms persist after a few treatments.