

## **RUTLAND INTEGRATIVE HEALTH**

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### **CONSTITUTIONAL HYDROTHERAPY FOR HOME USE**

*This is a powerful therapy introduced to the US by Dr. OG Carroll, passed down to Dr. Harold Dick in the 1900s, and kept alive through his daughter, Dr. Letita Dick, and other naturopathic physicians. It is usually performed in office by a physician using a form of e-stim in addition to alternating hot and cold towels. This handout is so you can complete treatments at home. Do not hesitate to contact the doctors at Rutland Integrative Health at any time with any questions or concerns.*

#### **RESULTS OF TREATMENT:**

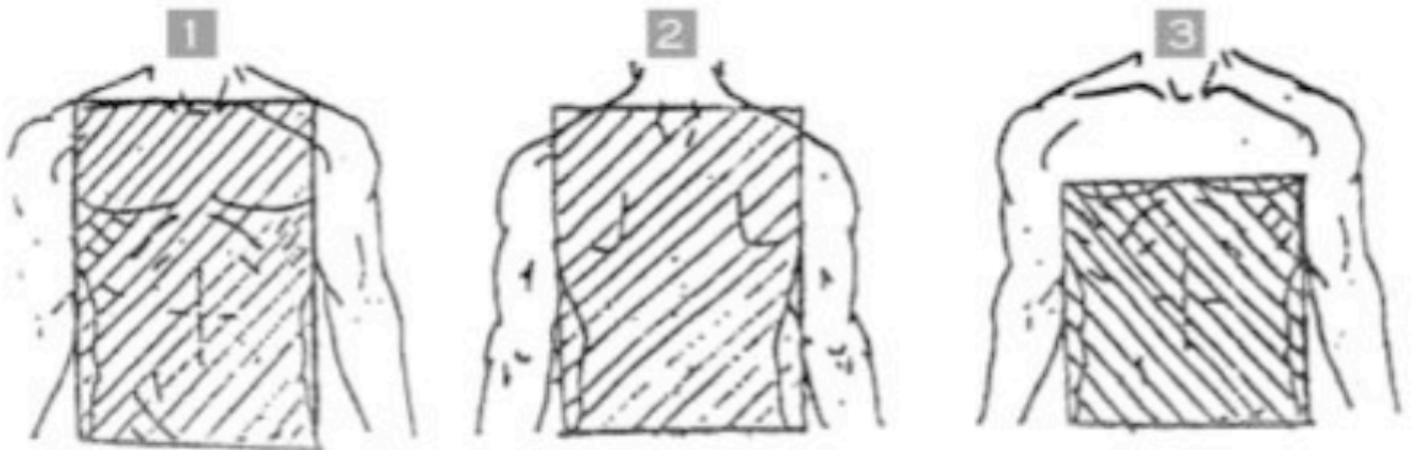
- Soothes the nervous system
- Increases circulation to core organs
- Improves digestive function
- Stimulates the body's ability to heal itself

#### **SUPPLIES NEEDED:**

wool blanket  
3 bath towels  
hot and cold water

#### **INSTRUCTIONS – TWO PEOPLE:** ~30 minutes

1. Ask the patient to lie down on a flat surface (massage table, couch, bed). Run a bath towel under hot water (just tolerable to touch), wring out and cover the patient's chest and abdomen as seen in Figure 1 below. There should be two thicknesses of towels that lie on top of the chest and abdomen, whether towel is folded over or two towels are used. Cover the body with a wool blanket to seal in the heat. Leave this hot towel in place for 5 minutes.
2. Take another towel, run under cold water, and wring it out. Replace the hot towel(s) with a single thickness of a cold towel. Cover with wool blanket as before to allow body to warm this cold application. Leave the cold towel for 10 minutes. If the towel is not warmed at the end of 10 minutes, leave it for another 5-10 minutes.
3. Turn the patient over and repeat the same sequence of therapy #1-2 above; this time applying the hot and cold applications to the patient's back. See Figure 2 below.



#### **INSTRUCTIONS – ONE PERSON:**

- Take a hot bath or shower until your skin is pink and warm. Quickly dry off. Take a towel, run under cold water, wring it out, and apply to your chest/abdomen. See Figure 3. Cover up with a wool blanket so that you warm this cold application with your body heat. Leave this cold application in place for 20 minutes.