

Dr. Stone

CONTRAST HYDROTHERAPY

How is it Done?

1. Shower as you normally do at a comfortable temperature.
2. Slowly increase the temperature up to the point that you can barely stand it. Quickly expose all the parts of the body to this hotter water including the top of your head and your face.
3. Now turn the water temperature down to the coldest tolerable setting. Make sure all parts of your body get this cold water exposure.
4. Next turn the water to hot again but make it a little hotter than you had it before. Again, get each part of your body good and hot before reversing the temperature to the coldest setting.
5. Repeat the procedure seven times - seven times hot, seven times cold. Always begin with hot and end with cold. Make the temperatures as hot and as cold as you can tolerate.

Notes:

- Do skin brushing prior to treatment for added benefit.
- You may be more sensitive to temperature when recovering from an injury or fighting off an illness. This can be done with moderate temperatures during these conditions. Listen to your body, if you feel you need to stop at any time, just take a minute, sit down if you need to and see how you feel.
- You can use a hot and cold shower to "get into gear" in the morning or, ironically, use it at the end of the night to get an unusually restful night of sleep. If your weekdays are too busy, do this both days on the weekend for rejuvenation.
- Hot and cold showers can also be taken 2 or 3 times a day as a therapeutic measure to enhance the effectiveness of a natural health repair program. These showers are inexpensive, convenient, safe, and almost always make you feel better. Give this routine a try and see!

PLEASE NOTE: The information contained in this handout is for educational purposes only. Please consult with your physician before trying any new therapies or supplements.

In Health,

