

Constitutional Hydrotherapy for Home Application

This home version of the clinical constitutional hydrotherapy is useful when it is impossible to get into Dr. Lachman's office for therapy or when extended therapy is necessary. If you are healing a longterm illness it is required that you contact Dr. Lachman weekly to report your progress or health status so that your health concerns are managed appropriately. A healing reaction can occur at any time with this therapy and proper management of symptoms that can change quickly is vital for the best outcome of your health. Do not hesitate to contact Dr. Lachman at any time if you are uneasy about your health concerns.

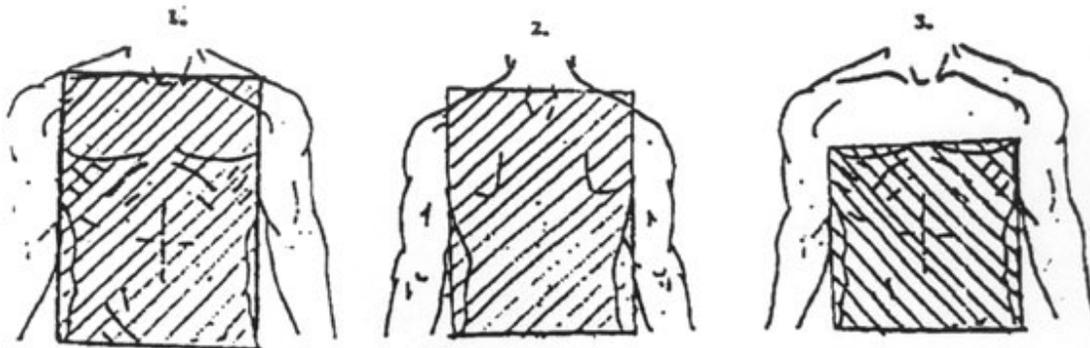
The purpose of this treatment is to create a more rapid improvement in health in conjunction with following your specific food intolerance diet. It is an integral part of the treatment protocol. The constitutional hydrotherapy is tonifying to the digestive system, normalizes circulation, soothes the nervous system, and stimulates the body's healing capacity. This therapy is a subtle yet powerful treatment with no potential for harm if done according to the following directions, under the order of a qualified naturopathic physician.

1. In a supine position, cover the bared chest and abdomen with two towels folded over, for a total of four layers of terry cloth towel wrung out in hot water tolerable to the touch. Cover the body with a wool blanket, or wool scarf or sweater for children, to avoid becoming chilled. Leave the hot towels in place for 5 minutes. (See illustration 1)
2. Replace the hot towels with a single thickness of towel wrung out in cold water. Cover the person as before to avoid chill. Leave the cold towel in place for 10 minutes. Do not remove the towel until it becomes warmed.
3. Repeat the same treatment on the back (See illustration 2)

The treatment should take about 1/2 hour. If done in the above manner, it is best if applied by another person to the one receiving the treatment.

If one is alone, the following modification should be used:

Take a hot bath or shower for 5 minutes. Get out and dry quickly. Take a towel wrung out in cold water and wrap it all around the trunk of the body, from armpits to the groin. Cover with a wool blanket to avoid chill. Leave the cold towel in place for at least 20 minutes, or longer, until is is warmed. (see illustration 3)



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