

## HYDROTHERAPY



Hydrotherapy is a simple, cost-effective way to improve circulation and lymphatic flow in the body, increase adaptability, and enhance detoxification. Local effects of temperature therapy or friction-based treatment cause an increase in blood flow, improving the pliability of tissue and altering local immune responses. These are practices that may be incorporated into your daily care routines for the rest of your life if you wish.

### Dry Brushing

Ideally done in the morning before you shower. Use a natural fibre brush to massage the body to directly stimulate the circulation of the skin. Always use a dry, non-moist brush. Dry brushing is a friction-based technique that is done with long, brisk, circular motions, approximately 3-5 strokes per area, towards the heart in the upper body and towards the groin in the lower body. The abdominal area can be treated in a clockwise motion. A full body treatment should last under 5 minutes. Dry bristle brushes can be purchased for little cost in the Health and Beauty section of most pharmacies or department stores, or through online retailers.

\*\* Try not to do skin brushing in the evening before bed as it can be invigorating. Do not use over broken skin such as acne or open lesions, or skin that has been freshly shaven.\*\*

### Contrast Shower



Take your hot or warm shower as you would normally. Now you want to change the temperature to cool for approximately 30-60 seconds. If you have a hand held shower head, start with your feet and work your way up to the rest of your body. **Try to alternate temperatures 3-4 x per shower; hot, then cold.** Work toward greater temperature contrasts at your own pace – if you're just beginning, it's OK to start with lukewarm water instead of cold. **Always finish with cold.** Spend extra time in areas rich with lymphatic tissue (the groin and armpits), and in areas of obvious lymphatic congestion (for example, over cellulite).

### **Lymphagen Cream**

A wonderful topical preparation of synergistic herbs known for their ability to **provide hepatic and lymphatic detoxification**, essential for the maintenance of health. Apply 1/4 tsp of the cream by using a popsicle stick; good hygiene and easier measurement. Apply to neck, breast and armpits.

### **Castor Oil**

Known for its ability to **increase circulation** to an area, as well as **decrease inflammation**. This leads to an **increase in blood and oxygen to areas treated which encourages drainage/detoxification**, improving the function and health of tissue. It protects the liver by encouraging regeneration, additionally **increasing natural killer cells and macrophage function**. Apply castor oil to your abdomen,

including breasts or other areas if recommended. See Dr. Tanya's *Castor Oil Packs* handout for full instructions.



### **Infrared Sauna**

Encourages **full body lymphatic drainage and detoxification** at a lower temperature. 1-3 60-minute treatments recommended per week for best results. Best done in a place where you can alternate being in the infrared sauna with 30-60 seconds of cold water. Increase therapeutic effects of the treatment by doing a quick dry brush before, taking some vitamin B3 (Niacin), drinking at least 8oz. of water both before and after, and adding some detoxifying greens to your water (VitaLife Force is a great choice).

**Precautions: Consult with Dr. Tanya before initiating any hydrotherapy regimen. Modify your temperature contrasts if you have any cardiovascular issues, respiratory conditions, renal disorders, diabetes, pregnancy, epilepsy or any condition that causes sensory impairment.\*\* ie warm to cool versus hot to cold\*\* and if you are just getting started gradually work toward bigger contrasts in temperature.**