**Mini Home Hydrotherapy**

The mini hydrotherapy can be done at home, or even in a hotel room when traveling. It is helpful to carry a 12” x 12” piece of wool in your suitcase for this purpose. The wool piece can be cut from an old 100% wool sweater.

This mini therapy is useful for food poisoning, digestive upsets, migraines, or if you are generally unwell.

Directions:

* First of all, take a very hot bath or shower for 10-15 minutes, until you feel overly warm and your skin is flushed. Quickly dry off.
* Take a hand towel, fold this in half (the fat way, not the skinny way), and wring this out of cold water so that it is no longer dripping.
* Lie down and place this cold towel over your belly button.
* Cover this cold towel with the piece of wool (or a wool blanket if you have one). You may cover with more blankets if desired.
* Leave this application in place for 20 minutes.
	+ If you fall asleep, you may take the towel off when you awaken, even hours later. It is not harmful to leave the cold towel, now warmed by your body heat, on for hours although nothing will be gained by doing so. The full effect is achieved in 20 minutes.

This home treatment is also useful in fevers with temperatures of 102 to 103oF. In this case, there is no need to warm the body first because there is already a fever. This application of the heating compress to the abdomen will serve to bring blood to the core of the body and help to slightly decrease the fever without suppressing it. No food should be taken during a fever, but water only.

Reference: *The Ultimate Text in Constitutional Hydrotherapy: A 100 Year Tradition of Clinical Practice.* Dr. Letitia Dick-Kronenberg, ND. Copyright 2012. Publisher: The Carroll Institute of Natural Healing. Spokane, Washington.