

HEAL Marketplace

Hydro Therapy

Featuring: The Cold Sheet Treatment



HEAL Marketplace

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Hot & Cold

Practical advice on hot and cold showers.

Why is hydro (*water*) therapy so important to do?

Whenever there is disease or injury there is blockage. The blood is not flowing freely through the affected area. It does no good loading your blood with healing nutrients if the blood cannot get through the blockage and deliver its load of nutrients and oxygen to the affected area.

- **Hot water brings fresh blood to the surface.**
- **Then the cold forces it deep.**

The more dramatic the change between **Hot** and **Cold**, the deeper and harder the blood is driven through the blockage.

Think of it as though you are firing a blood bullet through the blockage. The hot water loads the blood bullet and the cold fires it. The more dramatic the change between hot and cold the deeper and harder the bullet is fired.

How long do you recommend a person stay in hot and cold showers?

When someone is dealing with a terminal illness, it is suggested they take a forty-five minute shower three times a day.

How long hot? How long cold?

A couple of minute's cold and five minutes hot, and a couple minute's cold and five minutes hot. Do about seven repetitions of that.

There are several ways to do your HOTS & COLDS.

1. With a hand held shower head apply hot and cold water, as hot as possible and as cold as you can get it, to the diseased area.
2. Take hot and cold showers. Stand under the flow of an over head shower and turn the knob to be as hot as you can handle, then all the way to cold.
3. **An Ice Plunge** is done as follows: Take a hot shower then jump in a bathtub of ice-cold water, or water with 20-40 pounds of ice in it.

The purpose of these techniques is not torture. It is to BLAST blood into sick areas that are not getting enough blood. Until you do that, expect to stay sick.

Simple Rules

For those who are frail, use common sense and start slowly.

For instance, on babies, use *warm* water and *cool* water. Obviously, be gentle.

If you have a heart condition, start gentle with warm and cool. **You don't want to shock the heart when it is weak.**

*To get the most result, work yourself up to using **as hot as you can stand it** — without burning your skin — and **as cold as you can get it.***

Here are some hydro therapy procedures you can use on situations that commonly come up.

- **Ice Poultice for sore throat or swollen lymph glands in the neck area.**
- **Cold Sheet Treatment for anyone doing the Incurables Program.**

ICE POULTICE



Supplies needed:

- 1 washcloth
- 1 hand towel
- 2 Safety Pens

Fold wash cloth the longest way. This will allow it to fit completely around most necks.



- Completely wet washcloth.
- wring out excess water
- Place in freezer until frozen hard. (*Between 20 and 30 minutes.*)



When frozen it will hold its shape.



Apply to Neck area.



Apply folded Hand Towel snugly over Ice Poultice

Secure hand towel with Safety Pins.



- Leave Ice Poultice in place until it has warmed to body temperature. This will take about 45 minutes.

- Do not eat or drink anything while poultice is in place.

- Try not to speak. It is most effective to sit quietly with mouth shut while this Ice Poultice is in place.



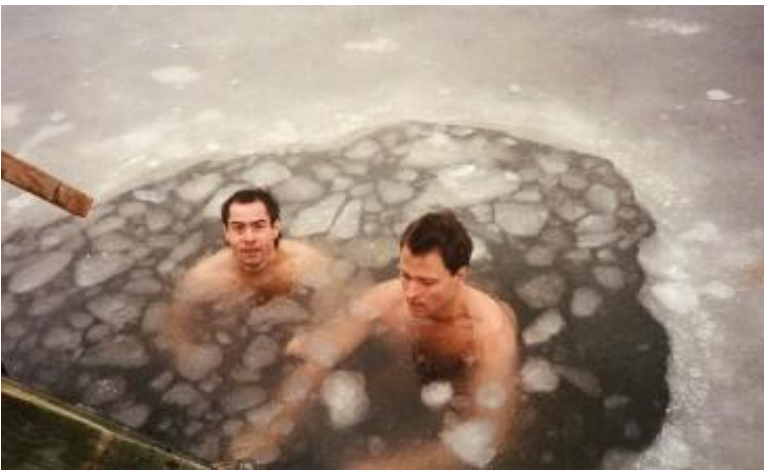
History of: THE COLD SHEET TREATMENT

Mankind suffered greatly when the black plague struck Europe during the dark ages as well as the many times these types of flu or influenza have returned to the world, and we especially remember, with sadness, the great multitudes that died during the great flu epidemic of 1918 during World War I.

A fever is given to a person to assist in healing the body which has an over-case of toxicity which is causing a disease (lack of ease). Fever is like a fire, which can warm your body and save your life, or burn your house down and kill you. If the fever is properly controlled and skillfully handled it will clean the poisons, toxins and surplus mucus from the body and bring on a healing crisis. If not controlled properly the fever can kill the patient.

With the information we are presenting to you, at this time, many lives can be saved should another epidemic return.

Water therapy has been used for centuries to heal the sick. Rev. S. Kneipp, the great natural doctor of the old country, had published books on "water cures." One in our library is a massive work on the subject. Many doctors and authors have volumes written on this subject, and why not? The body is made up of over 80% liquid. Much of the fluids in the body are toxic, loaded with cholesterol, mucus, etc., and with proper replacing, in a natural way, of good liquid we have a great key to better health.



An old story of the first written instances of the water cure is as follows:

Many years ago a peasant was heading home on foot, with miles to go. He was racked with fever, colds, and lumbago. While crossing a stream, over a log for a bridge, he slipped and fell into the icy cold water and was drenched to the skin. It was a bitterly

cold day and the man had to walk home in the cold in sloppy wet clothes. By the time he had arrived home, his clothes were nearly dried out. The fevers and heat in his body had been raised, while hurrying miles home, to a point of healing climax and was down to nearly normal at the end of his journey. The lumbago and fever were gone and he rejoiced! The next time he got lumbago and fevers he knew the cure--he would return to the stream, fall in and walk home again.

We are going to explain a procedure that will do the job at home without "falling into the stream" and this is a life saver, when pneumonia, colds, flu and fevers hit. It is called:

The Cold Sheet Treatment by Dr. Christopher

Contrast baths and other hydrotherapy treatments for health have been used for a number of centuries in the past. Most recently, Dr. John R. Christopher added herbs to make the process into a large tea for the entire body.

In addition to greatly stimulating the circulation in the body, the Cold Sheet Treatment primarily creates an artificial fever--Dr. Christopher called it an "incubation." This is beneficial because when the temperature of the body increases, the white blood cells move faster and faster through the body and engulf more and more bad stuff for elimination. If you could only do one thing within a very few hours, to show a very sick person that natural healing is very powerfully beneficial for them, you would always win doing a proper "Cold Sheet" on them.

Note: You don't want to use municipal water containing chlorine, etc. If this is the water normally available for you at home, an inexpensive charcoal filter can be obtained from Home Depot type stores for about \$30.00, which fits in place of your shower head.

Getting started you will need:

- 1 pair of large rubber gloves
- 4 ounces **Ginger** powder
- 4 ounces **Cayenne** Pepper Powder
- 4 ounces Mustard powder
- 1 bulb **Fresh Garlic**
- 1 bottle **Cayenne** Extract
- 1 bottle **Lobelia** Extract
- 4 ounces **Peppermint** tea leaves
- 4 ounces Fresh Ginger Root for tea
- 1 20 lb. bag of ice cubes
- plastic to cover mattress: **30 gal trash bags work well**
- 3 extra cotton sheets that can be stained
- 2 extra very warm blankets
- 1 thin dishtowel or old white sock
- a bucket
- small bottle of apple cider vinegar
- gallon distilled water
- rectal bulb syringe
- large jar of Vaseline
- second person to help with these instructions

This description of the steps of the Cold Sheet Treatment is told as if you were the helper, assisting someone else to do the treatment, a man in this case so we can use the word "he" instead of "he/she." When you are undergoing this treatment, the person helping you would do as per this description of steps.

- Take the 4 ounces of peppermint
- 4 ounces of fresh ginger root (chopped up) and make two to three quarts of tea.



- *Do not let the tea boil, but rather simmer for 15 minutes or so.*



Prepare a bed by stripping off all of the bedding and covering the mattress entirely with spread out, large plastic bags or plastic mattress cover.



The idea is to protect the mattress from staining fluids.

Next make the bed with one **100% cotton** sheet down and a second as a cover between the body and the first blanket.



Lay out a few blankets so that the person doing the Cold Sheet Treatment only needs to pop into bed.

Have a bucket with a sheet in the bottom of it filled with ice and water and placed near the tub.



Put the cayenne, mustard and ginger powder in dish towel or white sock,



Tie up the open end.



Now that your oversized teabag is ready place it beside the tub next to your pair of rubber gloves.

Have the bottle of Cayenne Concentrate and Lobelia Concentrate in the bathroom near the tub.



Should the person in the tub experience any kind of cramping, then a dropperful or two of lobelia directly into the mouth will relieve that development.

The cayenne concentrate gets squirted into the mouth should the person feel woozy (lightheaded).

These conditions **rarely** come up but if they do, the solutions are right at hand instead of interrupting the treatment.

This program will take a little time and effort for the one doing the nursing. If you are desirous of seeing a sick friend, patient, or loved one healed, you will never regret the time spent, for this has saved many lives of people who were given up as hopeless, left to die, but were brought back, with this program, to good health.

Step one: Give the patient an enema, using an herb to assist if available: catnip, sage, red raspberry or some other type made into an infusion and *administered cold*.

A cold enema will cause the anus and rectal area to contract and retain the fluid until it reaches body temperature or, because of fever, higher before it will cause the rectal area to relax and allow voiding of the fluid and fecal matter. *This allows the liquid to stay in the body longer and soaking more old dried waste matter loose.*

We do not encourage the use of an enema except in emergency, as they can become habit forming. With the program here it is used as an emergency measure; then get the bowel to work on its own.



Note: *the person receiving the Cold Sheet Treatment should not have eaten any solid food for at least six hours beforehand.*

Prepare a garlic enema injection by putting one large, fresh clove of garlic in a blender, add 2 ounces of apple cider vinegar and 2 ounces of distilled water and blend thoroughly. Put the mixture in the rectal bulb syringe.

Step two: A garlic injection. In herbology an injection is never a needle; it is a syringe type application.



Into a pint of one-half **apple cider vinegar** and one-half **cold distilled water**, blend in **finely grated garlic**, (or use a garlic press or regular blender.)



Have the garlic liquid still thin enough that the liquid will pass through the orifice of the syringe. *If in a blender just drop in cloves of peeled garlic, one at a time, until the proper amount is used to let it still flow from the syringe without clogging.*

- Now that everything is ready, have the person lie down briefly on his side in the bathroom.
- Take the rectal bulb syringe full of preparation and gently insert the tapered end well into the person's rectum.
- This should be made easier by the presence of lots of Vaseline previously applied.
- Squeeze the contents of the bulb into the person's rectum. Without much ceremony.
- The person will want to go directly to the toilet within a few moments.

While the person is relieving himself, the helper gets a large teapot of the peppermint/ginger tea.



You can also use a 16-32 ounce jar and fill 3/4 with tea. Fill the rest of the way with unheated distilled water so as to bring the temperature down to the point where a person can drink it quickly, gulp after gulp.



Bring the tea to the bathroom and have the person start drinking it.

When the person is done relieving themselves of the garlic injection, they prepare the genital, anal and any other possibly sensitive spots (women will want to cover their nipples), with very generous gobs of Vaseline (petroleum jelly).



- It is now time to start filling the tub with water. At the same time or immediately after, the person gets into the tub and sits down.
- There should not be very much water in the tub at this point. As it fills the tub, adjust the hot water so as to make it as hot as can be tolerated by the person.



- Once the tub is about halfway filled, the helper puts on the rubber gloves, takes the sock full of cayenne, ginger and mustard and pushes it into the water.

- You, as the helper, squeeze the sock repeatedly under the water while getting the water the temperature as hot as tolerable. Clouds will billow from the sock as you squeeze it.

- Keep doing this until the tub is completely full. Leave the sock in the water, but go back to it occasionally to squeeze it more.

Get the person to drink the tea continuously while in the tub until they have consumed at least 8 cups. If they can drink more, then have them do so-the more the person drinks the better.



With the combination of the tea, the herbal sock and the water temperature stoked up as high as possible, the person's forehead and face should be sweating profusely.



Keep the water hot, hot, hot, the sock squeezed and the tea being drunk.

When the person reaches the point where it cannot be tolerated any longer, (Somewhere between 15 & 30 Minutes), have them stand and take the sheet out of the bucket of ice cubes and wrap it around their body from the neck down.



The Sheet will feel very cooling to the person at this point.

Have them immediately shuffle off to the prepared bed.

Cover them up under the blankets (don't remove the wet sheet) with all parts of the body under the covers except the head.



Within five minutes they should begin to sweat.



Very important: the covers are not to be removed until the sweating has stopped.

- If they have to void, it is done in the bed (*the bed has been prepared for this beforehand with plastic bags*).
- Understand that **half the Cold Sheet Treatment is done in the bathroom and the other half is under the covers in bed.**
- The part under the covers is **not considered complete until the body stops sweating.**
- For the first hour or more it will feel like a sauna under the covers, then it will feel warm but not hot and the sweat will no longer be pouring down the sides of their body.
- *If at all possible do this at bedtime and remain in the bed through the night.*
- If this is not possible **remain covered until all sweating has stopped**, this can be up to 4 hours or longer.
- In the morning or when the sweating has stopped get back in the shower and **rinse off with apple cider vinegar**.
- Start with a **cold rinse** and then proceed with your shower.

NOTE: *Leaving the covers before the sweating has stopped will halt the treatment short of being complete. One can't get back under the covers and resume things - **it doesn't work - it's over.** So they must stay still under the covers and sweat away.*

People doing the Incurables Program should do the Cold Sheet Treatment once a week.

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4 Week Incurables Kit



- 2.5 H.E.A.L. Nature's Superfood**
- 2 H.E.A.L. Lower Bowel Formula #1**
- 2 lb H.E.A.L. Lower Bowel Formula #2**
- 16 oz Echinacea Tonic**
- 1 L/G-A/P Formulae 4 oz**
- 2 Detox Formulae 4 oz**
- 1 Pound Detox Herb Tea**
- 1 Kidney Formulae 4 oz**
- 1 Pound K/B Tea**
- 1 Cayenne Tincture 4 oz**

The End

Other E-Books by H.E.A.L.

- Foundational Programs
- Liver Flushing
- Kidney Flushing
- Hydro-Therapy
- Healing with Poultices & Salves