

HYDROTHERAPY RESOURCES

Abbot, George K., M.D. Elements of Hydrotherapy for Nurses (1912). TEACH Servicers, Inc., Brushton, NY. 2007.

Buchman, Dian, Buchman, Ph.D., Cailtil. *The Complete Book of Water Healing* / Edition 2. McGraw-Hill Professional Publishing, New York, NY. 2001.

Dail, Clarence, M.D. and Thomas, Charles, Ph.D. *Hydrotherapy - Simple Treatments for Common Ailments.* TEACH Services, Brushton, New York, 1989.

Dail, Clarence, M.D., Thomas, Charles, Ph.D. *Simple Remedies for the Home.* TEACH Services, Brushton, NY. 1985.

Dinsley, John <http://www.charcoalremedies.com/> <https://www.buyactivatedcharcoal.com/>
<http://www.traditionalhydrotherapy.com/>

Moor, Fred, M.D., Peterson, Stella, RN, ARPT, Manwell, Ethel, RN, ARPT, Noble, Mary, BS, RN, ARPT, Muench, Gertrude, RN, RPT. *Manual of Hydrotherapy and Massage.* Pacific Press Publishing Association, Boise, ID. 1964.

Sandoval, Mark, M.D. <https://www.youtube.com/DrMarkSandoval> OR
<https://www.youtube.com/@newparadigmministries>

Also check out the local seminar on our channel: www.SandpointAdventist.org/ look for the Playlist:
Reversing Disease, Depression and Damaged Relationships
https://www.youtube.com/playlist?list=PLLD0iQG5_nHSOVGsSetkQ7CmHptF3QRtC

Sinclair, Marybetts, LMT. *Modern Hydrotherapy for the Massage Therapist.* Lippincott Williams & Wilkins. 2007.

Thrash, Agatha, M.D. *Nature's Healing Practices - A Natural Remedies Encyclopedia.* TEACH Services, Inc. Publishing. Ringgold, GA. 2015

Thrash, Agatha, M.D., Thrash, Calvin, M.D. *Home Remedies: Hydrotherapy, Massage, Charcoal and Other Simple Treatments.*

Traditional Hydrotherapy <http://www.traditionalhydrotherapy.com/Techniques/Techniques.html>

Uchee Pines Lifestyle Center: <https://www.ucheepines.org/covid19/> 1-877-824-3374 Search the Health Counseling Sheets for any hydrotherapy treatment, disease, or illness protocol desired; Fomentation pads available for purchase.

Wildwood Health Institute: <https://wildwoodhealth.org> 1-800-634-9355

Influenza Pandemic? The Journal of Health and Healing, Vol. 27, No. 1. 2006.

Flu Prevention and Natural Treatments. The Journal of Health and Healing, Vol. 28, No. 2. 2009.

Local Hydro Videos : www.SandpointAdventist.org/
(Dec 2022, Dec 2021)

HYDROTHERAPY RESOURCES

Prevention Phase: **M&E&T MARK**

(see www.UcheePines.org/)

Maintain a good attitude – thoughts, whether positive or negative have direct effects on our immune system. Those who are happy, joyful, confident, loving, compassionate, etc. are better able to resist infection than those who are depressed, insecure, suffering from guilt, revengeful, and self-focused. “A Merry Heart Does Good Like Medicine.”

Exercise regularly – be active, shovel snow, park further away at the grocery store, walk as much as possible, take the stairs, etc.

Eat an immune-promoting diet – foods with lots of antioxidants, avoid excess sugars, fats, and highly-processed foods. Choose fruits, vegetables, legumes, whole grains, nuts/seeds, and herbs {avoid the use of processed carbohydrates, sweeteners, artificial foods, fried foods, animal products and byproducts}.

Take daily contrast showers – with your shower, alternate between hot and cold, beginning with hot and ending with cold. The hot cycle should be longer than the cold and should not be too vigorous for you or your health condition. You should feel invigorated and refreshed after the contrast shower. If you have heart disease, are elderly, or have balance issues, be very mild in the change in temperature between the hot and cold (limit it to what you can tolerate well) and consider using a shower chair during your shower.

Maintain optimum vitamin D levels – through daily sunshine exposure and Vitamin D3 supplementation. This enhances immune function. The virus is sensitive to ultraviolet rays *from sunlight* and heat, so let as much sunlight into every space you occupy.

Anti-infectious herbs and supplements

- Zinc - prevention – about 20-25mg/day; therapy – up to 75mg/day for less than 1 week
- N-Acetyl Cysteine (NAC) – shown to decrease symptoms associated with respiratory diseases and promotes the production of glutathione (prominent antioxidant) in the body. Ok in pregnancy, lactation, and with children, 600mg twice daily
- Vitamin C
- Ginseng
- Echinacea
- Probiotics– at least 1 billion CFU’s (colony forming units) daily.
- Iodine
- Nasal Sprays and Nebulizers

Rest – those who are well-rested are better able to fight or resist infections. One of the complications of chronic sleep-deprivation is that it causes immune suppression, thus increasing the susceptibility to infections. So, get to bed early and rest at least 7-9 hours each night.

Keep Air Fresh – all cases of known Influenza transmission have been in confined spaces. Keep windows open with a constant flow of fresh air through your home or workspace and spend much time outdoors.