

CONTRAST SHOWER

Definition:

The *Contrast Shower* is an alternating hot and cold shower at specified intervals.

When to Use:

- For impaired circulation
- To relieve organ congestion (i.e. menstrual cramps, lung congestion, headache)
- To increase white blood cell circulation (indicates stimulated immune response)
- At the onset of an acute illness (It can be done at any stage, but is most effective at the first sign of illness.)

Equipment:

- Shower
- Towel

Clothing Recommendations:

- Unclothed or in swimsuit

Shower Sequence:

1. Begin with comfortable warm shower for three minutes.
2. Turn water to cool for 30 seconds to one minute.
3. Repeat this two more times, increasing and lowering the temperature each cycle.
4. End with cold as tolerated.
5. Resting after the treatment increases the effectiveness.

Cautions & Considerations:

- ✓ The warmer and colder temperatures should not be uncomfortable. The patient will be able to tolerate and appreciate it warmer and colder each time.
- ✓ Not recommended for very ill or elderly (feeble) patients, or small children.
- ✓ Only treat to the patient's tolerance!
- ✓ Use consistent communication with patient to determine their tolerance if you are controlling the water temperature.
- ✓ Apply mild treatment to patients with heart and vascular diseases, or nerve impairment. A mild treatment will not have as wide a variation in water temperature, and/or not as long duration.

Personal Experience:

This treatment can easily be given to yourself, even if the times are not exact. Even just ending with cold at the end of your morning shower is helpful if that is all you have time for.