

## Hydrotherapy



### Health Reach

Reaching Hearts Through Touch  
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1

## Christ's Method Alone

- Christ's method alone will give true success in reaching the people.
- The Savior mingled with men as one who desired their good.
- He showed His sympathy for them, ministered to their needs, and won their confidence.
- Then He bade them, "Follow me."

*Ministry of Healing*, p. 143

2

## Divine Origin

"True medical missionary work is of heavenly origin."

"The medical missionary work is of divine origin, and has a most glorious mission to fulfill."

*Medical Ministry*, p. 24

3

## Jesus' Ministry



During His ministry, Jesus devoted more time to healing the sick than to preaching.

*Medical Ministry*, p.19

4

## Entering Wedge

"I can see in the Lord's providences that the medical missionary work is to be a great entering wedge, where the diseased soul may be reached."



*Counsels on Health*, p. 535

5

## Natural Remedies

"Let them pray for the sick, ministering to their necessities, not with drugs, but with nature's remedies, and teaching them how to regain health and avoid disease."

*Testimonies*, Vol. 9, p. 172



6

## Physical and Spiritual Needs

“As you relieve the sufferings of the body, you will find ways for ministering to the wants of the soul. You can point to the uplifted Savior and tell of the love of the great Physician, who alone has power to restore.”

C.O.L., pp. 233, 234



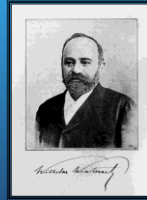
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## Wilhelm Winternitz, MD 1835-1917

Czech-Austrian Jewish physician and hydropathist.

He was an influential neurologist and hydropathist.

Commonly characterized as "the father of scientific hydrotherapy"



8

## Vincent Priessnitz

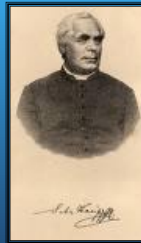
- An Austrian farmer who treated himself for a serious accident by using cold water and quickly regained his health
- First treated his neighbors and 1840 treated 1600 patients from all over the world using cold water and a healthy diet
- Published "The Cold Water Cure" in 1843.



9

## Sebastian Kneipp

- 1827-1897.
- Bavarian Priest who cured himself of T.B. with water treatments and diet.
- Treated royalty and simple peasants alike as a lay healer.



10

## James Jackson, MD

- Wrote "Outstanding Results of Hydrotherapy by Our Pioneers"
- Dansville, New York



11

## Battle Creek Sanitarium

- 1200 bed hospital.
- "The San" (Sanitarium) drew thousands from all over the world
- President William Taft, Henry Ford, J.C. Penny, Eleanor Roosevelt, Amelia Earhart
- Dr. John Harvey Kellogg



12

## Goals of Hydrotherapy

The goal of hydrotherapy is to improve the circulation and the quality of blood.

This is important because blood delivers nutrients to and removes wastes from tissues and organs.

13

## Hippocrates 460 BC-370 BC



“Give me the power to create a fever, and I shall cure any disease.”

14

## Peripheral Pump/Heart

When a client receives hot and cold treatment to the feet and legs it creates a pumping action to better return blood to the heart and increase circulation.

15

## Why use Water?

- A. Most abundant source of hot and cold on the planet (covers 70% of earth's surface)
- B. Can retain heat and cold better than any other element.
- C. Cleanses better than anything else in the world.
- D. Natural substance/non toxic (human body made up of about 65% water)
- E. Inexpensive and easy to apply.
- F. Available in 3 forms: solid, liquid, vapor (steam)

16

## Temperatures of Various Treatments

- Steam bath      100°F - 120°F      100% humidity  
                         37° – 48° C
- Hot foot bath    100°F - 104°F  
                         37° – 40° C
- Sauna bath      140°F - 160°F      50% humidity  
                         60° - 70° C
- Paraffin bath    125°F - 130°F  
                         52° – 54° C

17

## Hydrotherapy Tx's

- Hot and Cold Fomentations
  - Salt Glow
  - Body Wraps
- Contrast Baths/Showers

18

