

Hot and Cold Applications:

Cynthia Foster, MD • DrFostersEssentials.com

Sluggish circulation causes many disorders: A sluggish organ, toxic area or diseased tissue all have one thing in common: the circulation of blood to and from the area has lessened.

Diminished circulation can be silent: For the most part, no one notices this change over months and years because it happens so gradually in the body. But the symptoms of *various disorders* are *very* noticeable. I've never heard anyone say, "You know – I think less blood is circulating around my liver – I can just feel it." No one feels it but it is happening ever so slowly to so many people. For example, the arteries clog with cholesterol deposits and less blood flows to the brain, but instead of feeling the lack of circulation to the brain, people feel symptoms of memory loss, confusion, dizziness, vertigo, loss of hearing, hair loss, vision loss, etc. Those are more noticeable symptoms.

Stimulating circulation can heal many problems: In order to heal an area, it is important to bring more circulation into the area (the arteries bring in the fresh oxygen and nutrients), and more circulation out of the area (the veins take away the carbon dioxide and other waste materials).

Alternating Hot and Cold Water: One of the best ways to do this is by alternating heat and cold to an area. Heat dilates blood vessels and brings the blood to the surface of the skin. Cold contracts blood vessels and drives the blood deep into the body organs. You can see that when we repeat hot and cold back and forth, we are alternatively bringing the blood in

and out of an area – essentially, it is like a BLOOD WASHING. We are cleansing the area and bringing in nutrients to help heal it.



Figure 1 Alternating hot and cold in the shower on a sprained ankle

How to Do Hot and Cold Applications:

- A. 1 pan of hot water – as hot as you can stand it without burning yourself – can heat on the stove
- B. 1 pan cold water – even adding some ice to make it colder
- C. Two washcloths – 1 for each pan
- D. Extra towels to help insulate heat and cold

Dip a washcloth in very hot water, wring out excess and place directly on the sick or injured area. Cover with dry towel. Leave on for 1 – 2 minutes. Remove towels.

Immediately dip other washcloth in the very cold water and do the exact same thing for 1 minute.

Repeat the cycle at least 7 times so that this routine lasts for at least 15 minutes. For issues with feet/ankles/lower legs, can dip the foot directly into the pan and skip the cloths/towels.

This routine can be done for the whole body in the shower using hot and cold water from the showerhead. A handheld shower wand is perfect for this routine.

Do this routine 1 – 3 times daily to increase circulation to a certain part or to the entire body (shower routine)

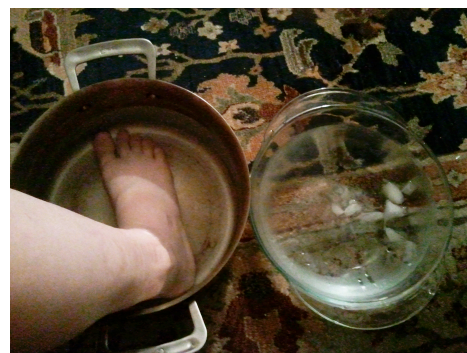


Figure 2 Stimulating circulation to the feet by alternating between hot and cold water

Good Luck and Good Health To You!

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