

Hydrotherapy

Water Treatments for Home



Natural Remedies

- **Available to everyone**
- **Can be easily incorporated**
- **Inexpensive**
- **Highly effective**



External Uses of Water

- **Bathing daily**
- **Washing clothes**





A close-up photograph of water ripples on a blue surface. The ripples are concentric circles of varying sizes, with the most prominent one in the lower right quadrant. The water is a deep, vibrant blue, and the ripples create a sense of movement and depth. The lighting is soft, highlighting the texture of the water's surface.

Water's Healing Advantages

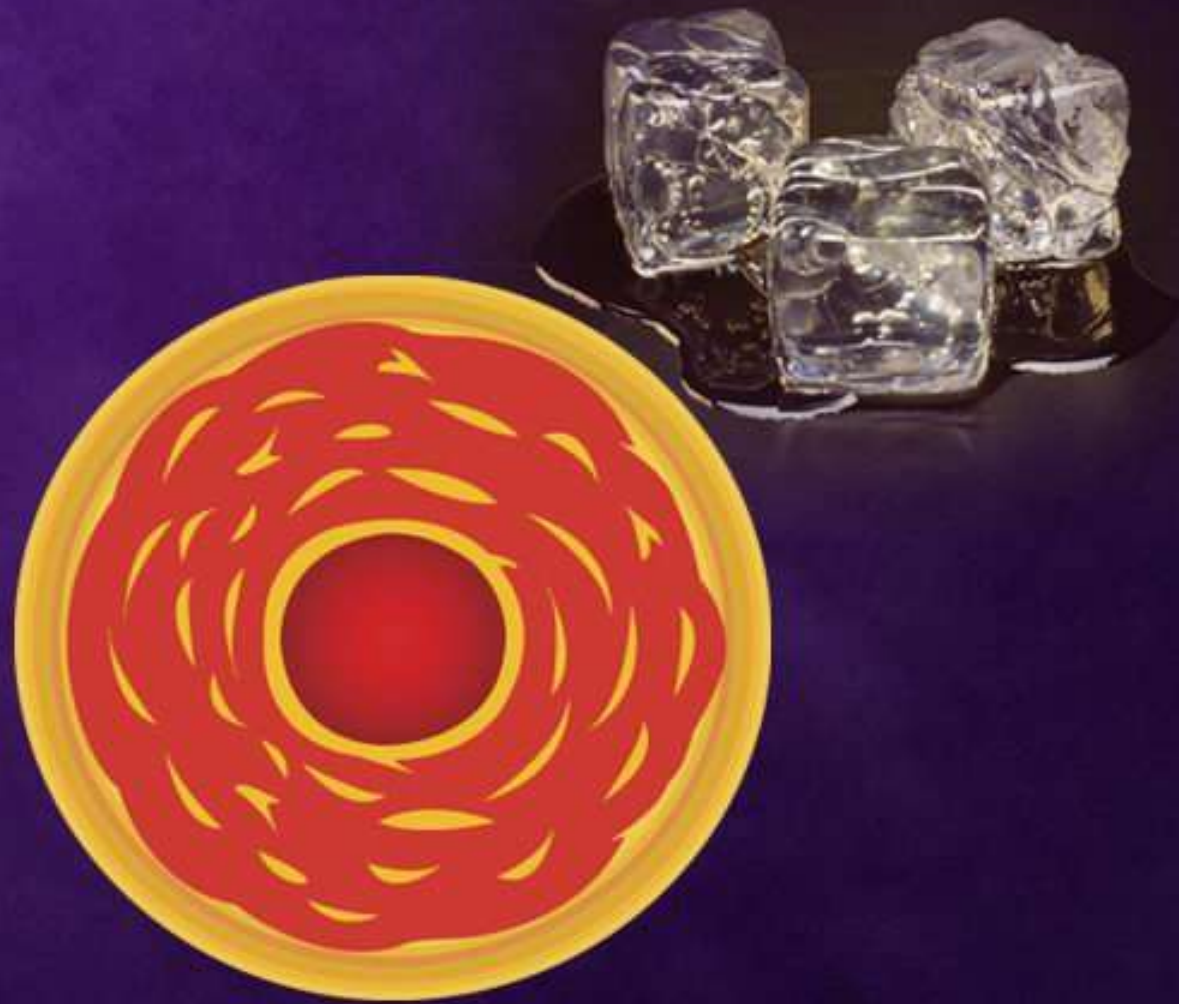
- **No side effects**
- **Can be easily applied**
- **No toxins or waste products**
- **Eliminates toxins**

The Contrast Bath









Indications for Use

- **Infections**
- **Injuries to muscles or joints**
- **Arthritis**
- **Bone fractures**
- **Swelling**



The Contrast Bath Equipment







Contrast Bath Precautions

Use warm and cool bath when there is

- **loss of feeling**
- **poor circulation**
- **diabetes**



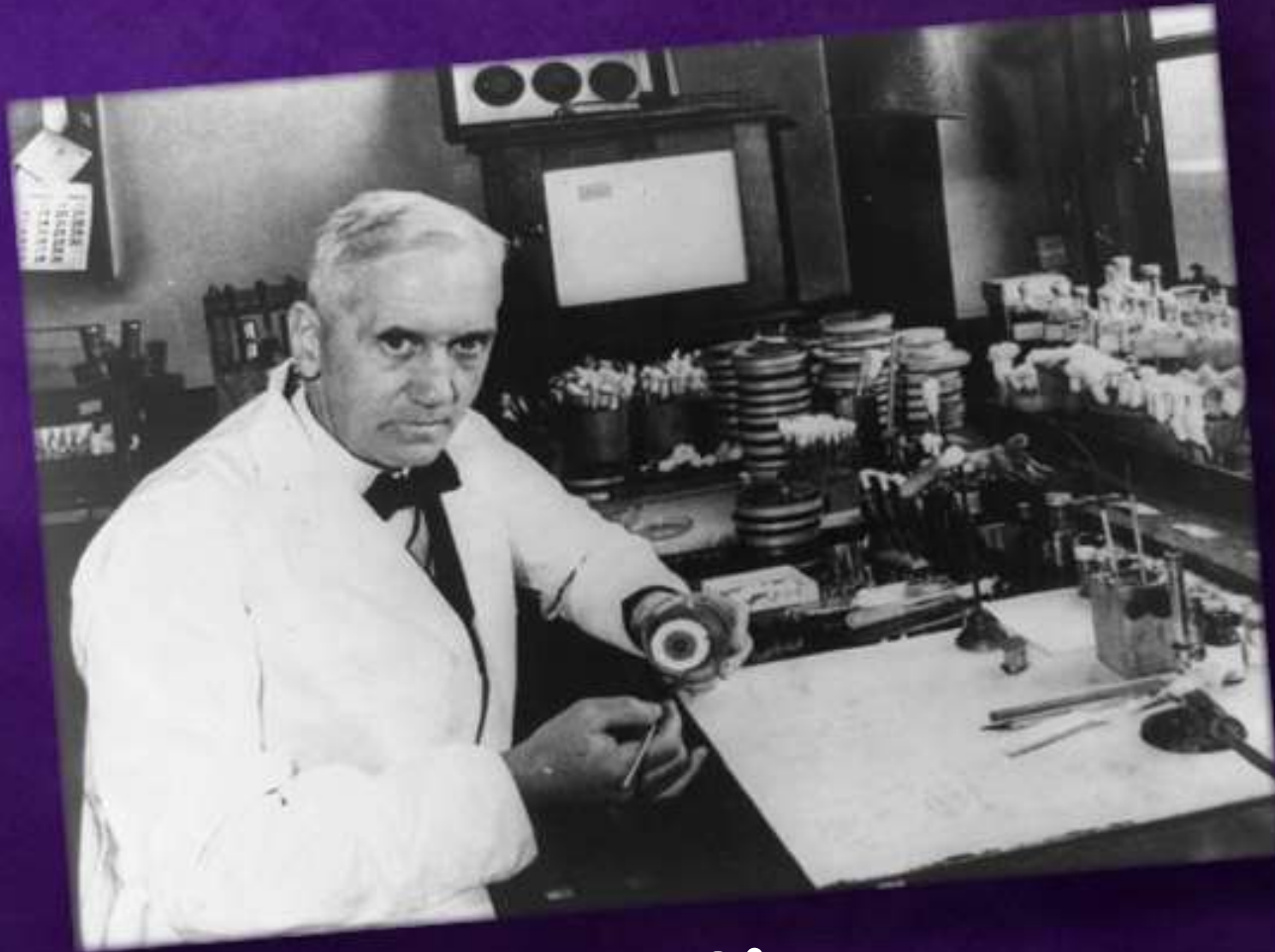
Disinfect the equipment





The Contrast Shower





**Sir Alexander
Fleming**



Lysozyme



Daily Basis





**Start
with
a hot
shower**



Switch to cold



Treatment





3 minutes hot



30-60 seconds cold





3-5 cycles

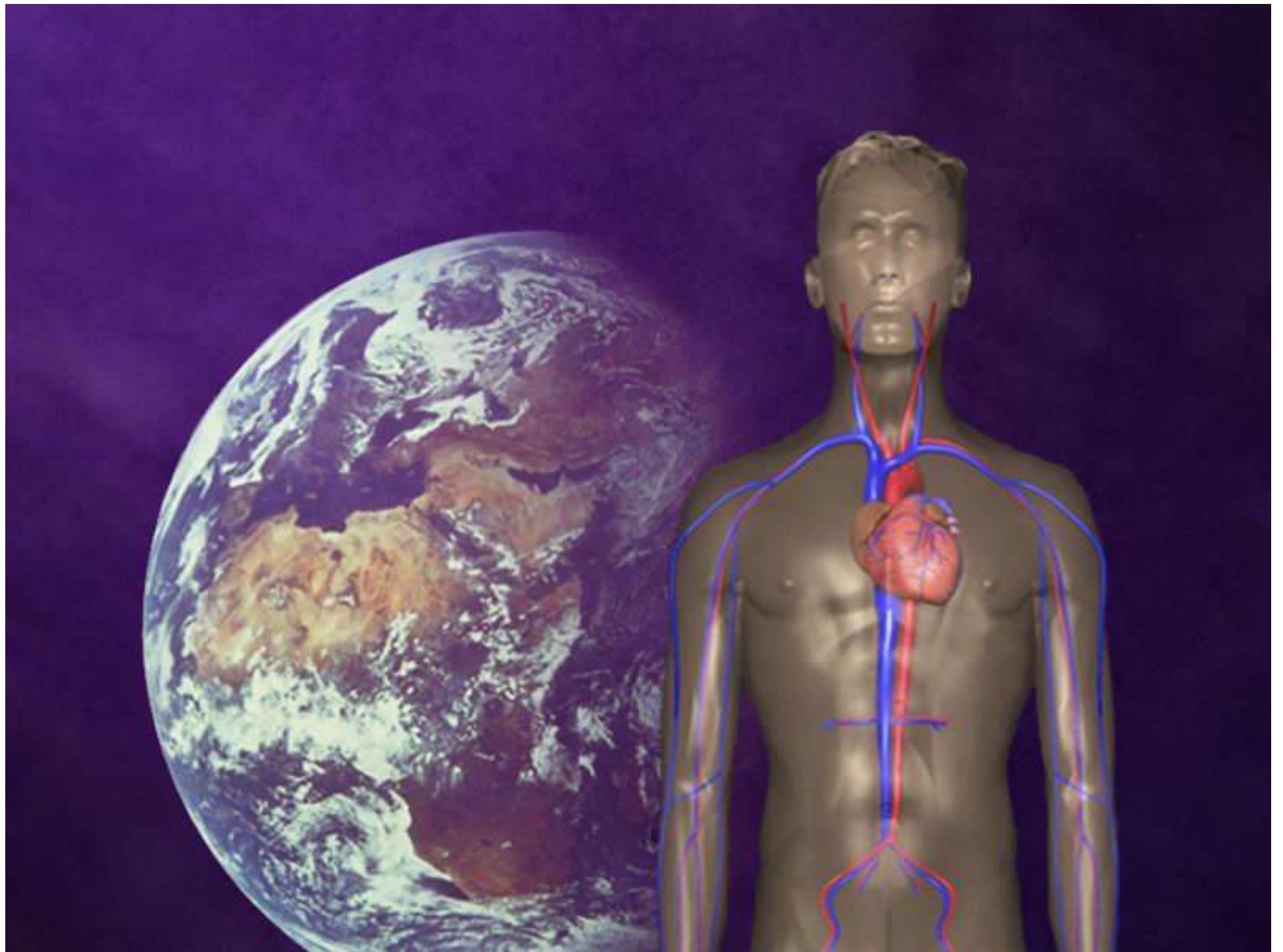


3 minutes



30-60 seconds





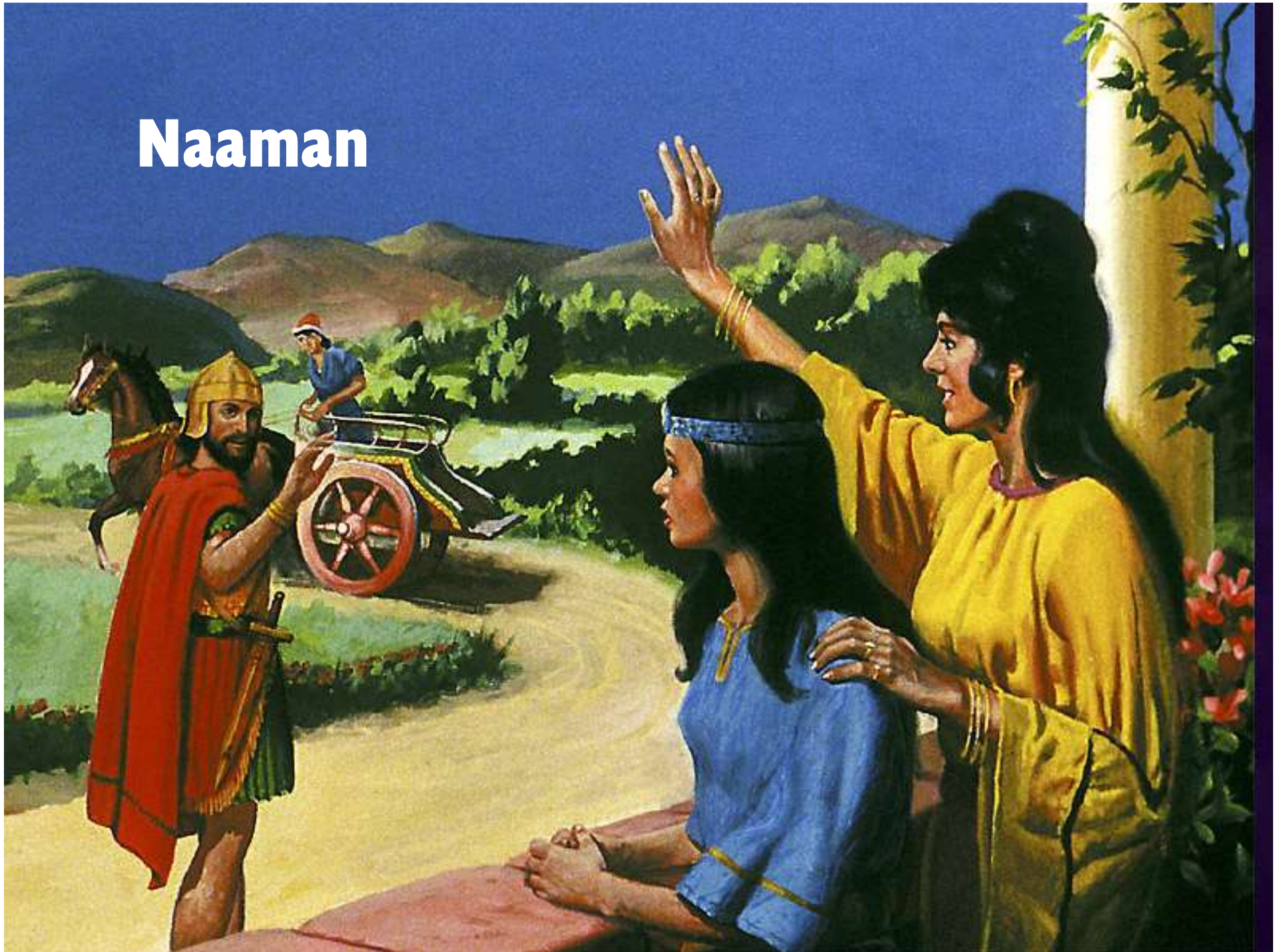
The Laws of Health

- **Eating nutritious food**
- **Drinking plenty of water**
- **Exercising outdoors**
- **Abstaining**
- **Resting**
- **Trusting in God**



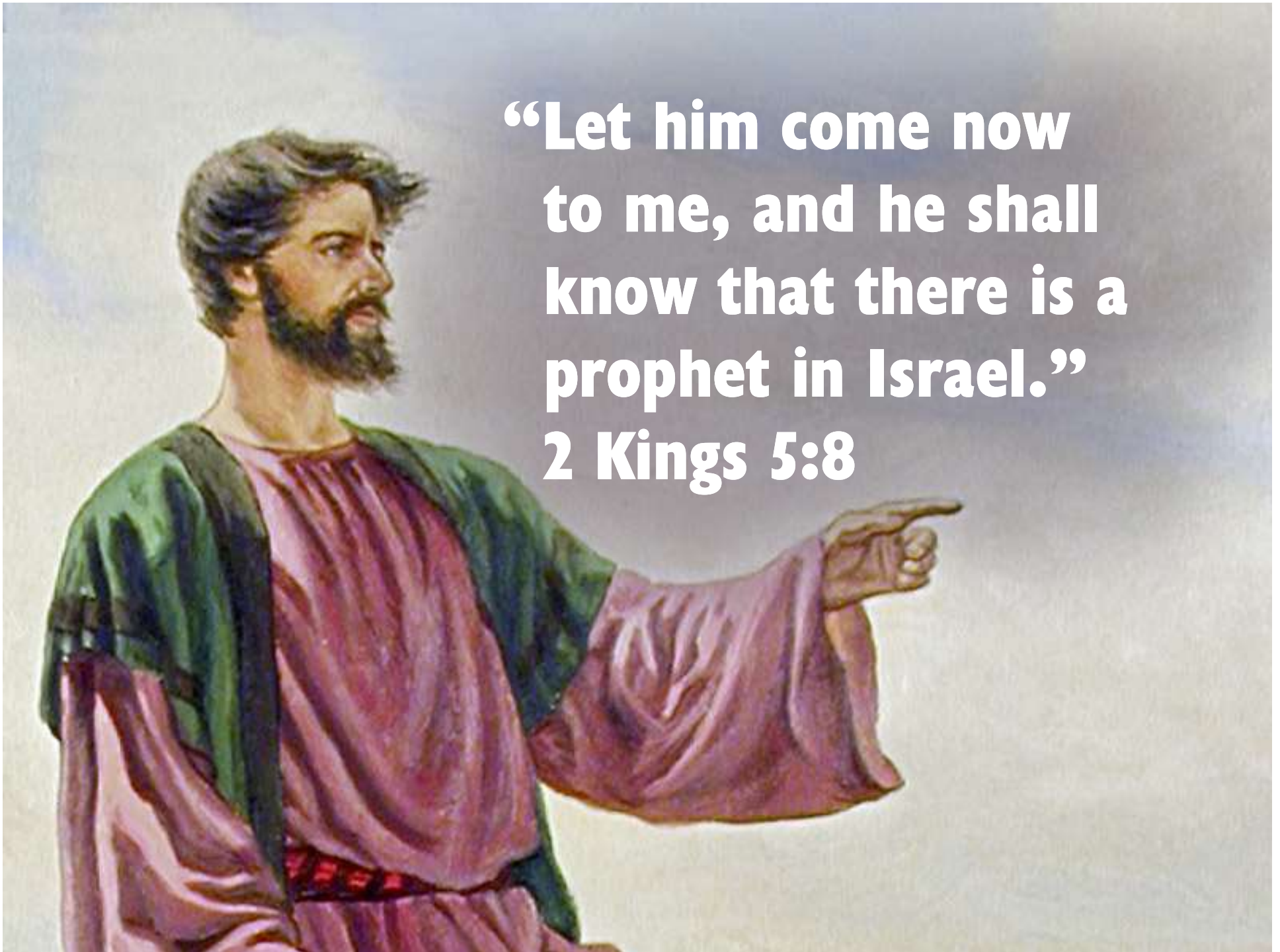



Naaman





**“Let him come now
to me, and he shall
know that there is a
prophet in Israel.”
2 Kings 5:8**





“Go and wash in the Jordan River seven times and you will be clean.” 2 Kings 5:10

