

HOT FOOT BATH

The hot foot bath is probably the most commonly used treatment of all the hydrotherapy treatments. It is very easy and simple, but very powerful in its effect. When one thinks of congestion, he/she should think of the hot foot bath.

USES:

1. Congestive headaches
2. Chest congestion
3. Pelvic congestion (to start menstruation)
4. Common cold prevention/relief
5. Pain in feet or loss of feeling in feet (i.e., gout)
6. Stop a nosebleed
7. Hypertension relief
8. Decrease a rapid pulse rate
9. Relaxation and comfort

ITEMS NEEDED:

1. 5 gallon bucket (or whatever you have that can fit your feet!) - half full of hot water (103°)
2. Water thermometer
3. Sheet or blanket (blanket for a sweating procedure)
4. Washcloth
5. Medium-sized bowl with cold water (55-70°)
6. Pitcher to add very hot water
7. Glass of water and a straw

TREATMENT PROCEDURE:

1. Have a word of prayer asking God to bless the treatment.
2. Explain the procedure.
3. Immerse (carefully) both feet into 103° water (the effect may be intensified by increasing the depth of the water).
4. Increase water temperature gradually over the next 2 minutes - to 110-115°, depending upon the client's tolerance to the heat.
5. Duration of treatment is 5-30 minutes (when relief is obtained).
6. Drinking water should be offered before, during, and after treatment.
7. Place a sheet or blanket around the client.
8. Apply a cold compress on the client's forehead.
9. Pour a dash of cold water (55-70°) over the feet, AFTER the congestion has been relieved, to produce a true revulsive effect by suddenly cooling the skin and encouraging a tonic circulatory reaction.
10. Dry feet.
11. Following the treatment, and after the congestion is gone, pray and give thanks to God for working through this simple treatment.

SPECIAL NOTES:

1. In the case of relieving or preventing a cold - duration 30 minutes; after the application of cold to the feet, a 30 minute rest (wrapped very warmly) will make the treatment much more effective. Conclude this treatment with a neutral shower to cleanse the body.
2. In the case of hypertension or a fast pulse rate - duration 15 minutes; a cold compress or ice bag should be placed over the heart; hot foot bath temperature should stay between 103 - 110°, repeat therapy as needed. This therapy should be given laying down for best results; monitor blood pressure before and after therapy.
3. 1 tsp pine oil can be added to the water for a sedative effect. $\frac{1}{4}$ c. mustard powder or 1 Tbsp cayenne powder for painful foot conditions. 2 cups salt can be added to water in cases of edema. 5 cloves of garlic (pressed) for warts or fungal infections.

CAUTIONS:

1. No hot foot bath in case of blood clot or multiple sclerosis.
2. Hot foot bath water temperature should never exceed 104° for diabetes, those with varicose veins, or peripheral vascular disease.