

THERAPEUTIC CONTRAST SHOWER

After every shower, turn down the hot water, as low as you can tolerate (eventually you may be able to turn it off completely, and comfortably). Cover every inch of your body, including the bottoms of your feet, and then focus the stream on affected areas - scalp, back, joints, pelvis, etc. If you prefer, you may even alternate hot and cold, as long as you always end with cold. This should take only one to three minutes, in entirety. Then dry yourself off quickly, rubbing briskly. This may sound barbaric, but causes your body to react in an exquisitely healthy manner, you will warm up quickly and turn pink afterwards.

This therapy helps strengthen and normalize the nervous, circulatory, endocrine (hormonal), musculoskeletal and immune systems and is excellent for helping cope with stress. The more you challenge yourself with cold, the more you will notice these effects, sometimes even a subtle healthy "high".

There may be times when your responsiveness is decreased and you should either temporarily decrease (i.e. not as cold) or discontinue this treatment:

- When you are acutely ill or injured and do not feel strong enough
- When you are under treatment for chronic illness and are undergoing an aggravation which weakens you.
- You are menstruating and do not feel strong enough.
- You know that you are overstressed and are planning to deal with your stresses but haven't started doing so yet.

In addition, this therapy may be contraindicated in the following conditions; consult with your doctor or clinician:

- Vascular insufficiency or stasis (the extreme of "poor circulation")
- Cardiac insufficiency (from heart disease, etc.)
- Some anemia or blood dyscrasias
- Pregnancy
- Certain kinds of chronic infections
- Malnutrition
- Some joint diseases
- Diabetes