HYPERTHERMIA BATH

CONTRAINDICATIONS
Serious illness or low vitality (elderly, young children), pre-existing high fever, acute high blood pressure, cardiac deficiency, pulmonary deficiency, respiratory insufficiency, lupus, progressed diabetes, pregnancy or breast feeding, multiple sclerosis.

MATERIALS
- Two sheets, preferably cotton (flannel is fine)
- 2 - 3 blankets, preferably wool (sleeping bag may be used)
- 2 large bath towels (one for drying off and one for head wrap).
- Bathtub or tub of hot water 106-107 F, (bath 110 F or lower. Should not burn skin)
- Digital thermometer or oto- (ear) thermometer for monitoring
- Basin or pan filled with ice water and wash cloth or hand towel & Drinking water

PROCEDURE
1. Have another person (or two) home with you for the duration of the treatment.
2. Fill basin or large pan with cold water and ice cubes in sink.
3. Cover bed or chosen sweat site first with plastic, then with a blanket.
4. Fill bathtub with water 106° - 107 ° F. Plain water bath temperature should not exceed 110 F. With peat additive, do not exceed 113 F.
5. Immerse yourself as far as possible (arms and legs under water) for up to 20 minutes. Water can be added and drained as needed, monitoring water temperature throughout.
6. Rinse a face cloth in cold water and wipe perspiration from face frequently as needed during the bath. It is important to drink plenty of water throughout the treatment in order to remain hydrated. Relax and use this time for reflection and pleasant matters.
7. Monitor your pulse and temperature if you are going to use this as an aggressive treatment. Otherwise simply stay in as long as you can and remove yourself. Your pulse should not exceed 140 beats per minute and oral temperature should not exceed 104 F. A quick spike in pulse within the first minutes is a contraindication to treatment. Any adverse reaction such as fingers and toes tingling, nausea, headache, light-headedness or dizziness should be a sign to terminate the bath. As you exit the bath, it is a good idea to have someone monitor you or be nearby in case you become lightheaded.
8. Dry off then lie down on top of two sheets that are on top of a blanket. Wrap yourself in both sheets and the under-blanket. Place another 1-2 blankets on top of that. Wrap a bath towel around head to cover the whole body. The idea is to wrap up and stay warm so you can sweat.
9. Post-treatment, dry thoroughly and remain covered, warm and out of draft for three hours post-treatment, resting. Replace electrolytes by drinking vegetable broth, soup or juice following treatment.