

# Thyme For Me/May

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## KATHY'S BLOG

### Hydrotherapy- A Powerful Healer

Many of you may have heard me tell my story of when I was 27 years old and I was diagnosed with rheumatoid arthritis. I had not a clue what was happening to me. It started in my ankle and continued to get worse to the point I was crawling up my steps to go to bed at night. I mean who at the age of 27 thinks of arthritis?? When the pain was so bad, I made an appointment with a doctor who I hadn't met before. I chose him only because his physician assistant went to our church. Keep in mind throughout the majority of my life, I never had a doctor; so I didn't know any of them. He put me on a high dose steroid for a very short time and then told me about the 'magic of water', which I've never forgotten. To this day I prefer to bathe over shower; it just makes my joints feel so good.

Waters power to heal and restore the body is just remarkable. I have seen it work many times. The bible is sighted with many uses of water; cleansing lepers and people that are sick, as well as being used for spiritual cleansing as in submersions. The Jewish people have a ritual bath called the 'Mikveh' (bath of immersion). The Mikveh is not merely a pool of water; it must be composed of stationary waters and must contain a certain percentage of water derived from a natural source, such as a lake, an ocean, or rain.

Your body has an electromagnetic force. This force is effected drastically by microwaves, TV's, radios, cell phones etc. A bath or shower has the ability to wash this energy field (it actually 'grounds it') and puts the electromagnetic force back into balance, at least temporarily. This is one of the reasons it feels so good after you have had a shower or bath.

Hippocrates used water baths to cure many illnesses and it is recorded that the Egyptians held baths in high regard for their curative effects. The Greeks had elaborate buildings which were open for public bathing. Their are places around the world such as Hot Springs, Arkansas and St. Augustine, Florida where people come from all over for healings and baths, but I say your bath tub and shower can be turned into a 'healing spot' in a matter of minutes.

### Hydrotherapy- Hot Water, Cold Water

The long, short of this is: Cold water applications reduce the amount of blood, while hot water applications draw blood to the surface of the body.

**Cold water can be used for treating painful headaches. It will help reduce the inflammation and slow down the blood flow which gives almost immediate relief to a headache. For this to work, your head needs to be immersed in the water. Cool or cold water decreases the blood flow and contracts the blood vessels, but when you stabilize the temperature, there is a rapid return of warmth, relaxation and circulation to the system. Cold and cool water baths are used to give immediate relief to the legs and lower back areas that may have poor circulation and excessive heat build up.**

**When you have an area that needs circulation to it, the alternating hot and cold packs can be helpful. This works very well at drawing blood into an area and breaking up congestion. Use warm packs for about 10 minutes and then put on a cool pack for one minute. Alternate these for half an hour or so, finishing with the warm pack. This helps to tone up an area where sluggish circulation has been a problem.**

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