



## A WELLSPRING OF NATURAL HEALTH, INC.

*Person-Centered Health Care • Natural Medicine for the Whole Family*

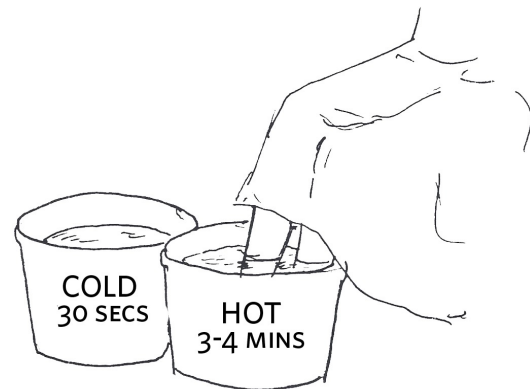
### Alternating Foot Bath

#### DEFINITION

Immersion of feet alternately in hot and in cold water.

#### MATERIALS NEEDED

1. Two containers (such as large plastic pails)
2. Bath thermometer (if possible)
3. Cloth for compress if needed



#### PROCEDURE

1. Place feet in hot water 105-110° F. Do not exceed 120° F. Immerse feet and leg up to mid-calf for 3 minutes.
2. Now change feet to container with cold water 45° F for 30 seconds.
3. Make 3 complete changes.
4. With arthritis, end with hot water. For all other conditions, finish with cold water.
5. If you start sweating, put a cold compress to the head.
6. Dry thoroughly and carefully.
7. Rest in bed for about 30 minutes.

#### PRECAUTIONS

Water temperature should not exceed 103° F in Peripheral Vascular disease or in advanced insulin dependent diabetes.

\*This treatment should increase blood flow to the area and help reduce swelling and pain.