The following excerpts are from the text: “The Ultimate Text in Constitutional Hydrotherapy”, 2012. by Dr. Letitia Dick, ND.

“What makes us unique in the world of medicine is our philosophy and how we utilize our therapies. But more than that, it is our time-honored tradition of nature cure. Seek to stimulate the vital force, never suppress it. It is in knowing that we have removed the disturbance to cure and supported the elimination process utilizing the vital force, which makes us Naturopaths.

Nature cure works. It will always work to heal the patient because it is based upon the laws of nature and healing IS natural. It is now more than ever vital to our world's health and survival to continue the classical practice of Naturopathy. Let's bring our philosophy to our patients. Let us teach them another way of living, a better way of living. We must do this; our human future depends on it, our planet depends upon this. Naturopathy heals one person at a time. By healing one person at a time, we heal us all. “, Dr. Letitia Dick, ND ; The Ultimate Text in Constitutional Hydrotherapy

Remember Dr. Lindlahr; diseases do “yield to the natural treatment, provided there is enough vitality in the system to respond to treatment and the destruction of vital parts and organs has not too far advanced.”

Chapter 4

Fasting

Dr. Harold Dick always said there are 2 times to fast a patient.
• When there is a fever.
• When there is pain.

I have found these are the most effective times to fast. If you fast when the body is not ready to do so, you can create problems such as unusual heart arrhythmia, blood sugar irregularities, and undo stress on the digestive tract. When the vital force is already mounting a cleansing response or is already trying to heal a condition with increased blood flow (thus inflammation) that is the time to give the digestive system a break from its job…. Let it rest and give nothing but water.

**Fasting For a fever:**
If the temperature is greater than 99 degrees orally, you must fast the patient on water until the fever breaks and is below 99 for at least 6 hours before feeding them. Often, if this is a severe illness like mono., bacterial pneumonia, meningitis, or a septicemia, you may be fasting the patient 3 to 4 days. This is not unusual because the invasive nature of the infection. The immune system will need several days to kill all the invading agents and the fever is an ally in this war. It kills the infection so you must let it do its job. If the patient eats anything of food value during this time of fever, the food will not digest, instead it will putrefy in the digestive tract and provide more fuel for the bacteria/virus to live on and the fever will have to burn hotter and longer. **Therefore, the best way to keep a fever under control is not to eat food until the fever breaks.**

**Fasting For Pain:**
Some reasons to put a patient on a ‘water fast’ might be for a migraine, arthritis, severe dermatitis with itching, an injury, or recovery from surgery. When the body is in a state of distress the digestive powers are sluggish because the vital force has diverted the blood to the area of concern and not to digestion. In this state a ‘water fast’ can even further free up the circulation to focus on the task of healing. The healing response in this case will be twice as fast and the pain will be greatly reduced. A short water fast of 12 hours after the 42 cocktail is given is a great way to relieve a migraine, help a tooth extraction to heal, speed recovery from a fracture and relieve pain if it flares up, etc.

For detoxification a longer fast is often necessary. (Mind you, this would be done not as a detox protocol for the sake of detox, but **because the patient is in pain** and the body is
The vital force has the inflammatory pathway open and ready to respond.

The minimum detoxification water fast should last 4 days. Based upon the laws of “7” in a 4 day fast there will actually be only 1 day of cleansing where the blood will dump the toxins into the bowel. The first 3 days the blood is still putting the toxins into the tissues. In a 7-day water fast the body will have 4 days of actual cleansing. The length of the fast from there goes to 14, 21, to 28 days. The longer fasts are often for the extreme conditions of chronic dermatitis, arthritis, ulcerative colitis, etc.

**Things to watch for on a ‘water fast’:**

- If the patient gets dizzy and can’t walk then the blood sugar is too low and you need to break the fast. Dr. Carroll would say, “Fast them until they are dizzy.”
- If the heartbeat becomes unstable the electrolytes are a problem. Break the fast on the electrolyte broth.
- If constipation or headache occurs then you need to cleanse the bowel with the 42 combination and be sure the patient is getting a constitutional hydrotherapy daily and drinking enough water.
- Generally a patient will loose 1 to 2 pounds of weight/day. As soon as the patient breaks the fast the weight will come right back on and usually will gain another 2 to 3 pounds in addition to their previous weight.

**How to break a fast:**

For any type of water fast, whether short or long, it is required of the patient to break the fast on carrot and celery BROTH first before eating. This ensures that the electrolytes are balanced and the kidneys are working well before protein is added to the diet. If you don’t do this, the patient may relapse with a fever and have a much harder time getting their strength back to full capacity.

The general recipe for the broth is 1/2 cup chopped carrots, 1/2 cup chopped celery, boiled in 2 cups water until the broth is a rich color. This is to be sipped with 1/2-cup broth taken every hour. When the broth is gone, the fever is still below 99, and the
patient is still hungry then they can eat the cooked vegetables. If that goes well then they can proceed onto steamed vegetables and rice.

If it has been a very long fast a beefsteak may just be the ticket to satisfy the hunger. The body is in need of substantial protein to rebuild the muscle mass and feed the blood. Usually good old homemade chicken soup is a great way to go—easy to digest and very high in protein, calcium, and other electrolytes.

If the fever reoccurs or seems to have a cycle of coming up every evening then the patient should remain on a very easy-to-digest diet. This should be soups, steamed vegetables, or stew. All fruits and fruit juices should be avoided during this time because the natural sugars in the fruit can feed an infection. It is said that, “vegetables are your healers, proteins are the builders”, so focusing on these foods are the most healing to the vital force.
Wet Sock Treatment

This therapy is used for ear infections, teething problems, dental infections, sore throats and headaches. However, this is only done if there is heat, congestion, or pain in the face and head and a temperature of 98.6°F (normal) or above.

Procedure:

1. Take a thin pair of cotton socks; run them under cold tap water.
2. Then wring them out well, so that they are not dripping, but damp.
3. Pull these wet socks over the feet.
4. Then cover the wet cotton socks with a pair of dry wool socks.
5. The wool socks must be at least 60% wool.
6. Leave this combination of socks on overnight or until the wet cotton socks are dry, which often takes several hours.

The action of this therapy is to pull blood from the face and head area and draw it toward the feet. This relieves pain from a tooth or ear problem, may decrease a fever state, and allows for a deep sleep as the cold socks warm up to body temperature.

If you are unsure of this application or have questions regarding this or other home hydrotherapies, please contact the Windrose Naturopathic Clinic at 509-327-5143.
Constitutional Hydrotherapy for Home Application

This home version of the clinical constitutional hydrotherapy is useful when it is impossible to get into the Windrose Naturopathic Clinic for therapy or when extended therapy is necessary. If you are healing a long-term illness it is required that you contact Dr. Warous weekly to report your progress or health status so that your health concerns are managed appropriately. A healing reaction can occur at any time with this therapy and proper management of symptoms that can change quickly is vital for the best outcome of your health. Do not hesitate to contact Dr. Warous at any time if you are uneasy about your health concerns.

The purpose of this treatment is to create a more rapid improvement in health in conjunction with following your specific food intolerance diet. It is an integral part of the treatment protocol. The constitutional hydrotherapy is tonifying to the digestive system, normalizes circulation, soothes the nervous system, and stimulates the "vital force." This therapy is a subtle yet powerful treatment with no potential for harm if done according to the following directions, under the order of a qualified naturopathic physician. No other treatments or medication of any kind should be used without the knowledge of Dr. Warous.

1. In a supine position, cover the bared chest and abdomen with two thick-nesses of terrycloth towel wrung out in hot water tolerable to the touch. Cover the body with a (preferably) wool blanket to avoid becoming chilled. Leave the hot towels in place for 5 minutes. (See illustration 1)
2. Replace the hot towels with a single thickness of towel wrung out in cold water. Cover the person as before to avoid chill. Leave the cold towel in place for 10 minutes. Do not remove the towel until it becomes warmed.
3. Repeat the same treatment on the back. (See illustration 2)

The treatment should take about 1/2 hour. If done in the above manner, it is best if applied by another person to the one receiving the treatment.

If one is alone, the following modification should be used.

Take a hot bath or shower for 5 minutes. Get out and dry quickly. Take a towel wrung out in cold water and wrap it all around the trunk of the body, from the armpits to the groin. Cover with a wool blanket to avoid chill. Leave the cold towel in place at least 20 minutes, or longer, until it is warmed. (See illustration 3)