

Dr. Victor Jean Ouellette, DC, MS

info@WellensRiskManagement.com

Certified Member of the Royal College of Chiropractic Sports Sciences (Canada)

Master of Science: Biology (With Emphasis on Nutrition)

Retiring Certifications: DNM, RNP, Cert. Acup.

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This data is for your own use and you should **see you doctor for approval**. Everybody wants to know how to boost their immune system. Here is one science-based way. You will note that the temperature recommended for the shower is about 110 degrees F. This was the hot bath routine that I used many years ago just for relaxation. However, I do not recommend 110 F in a **bath** routine. A shower routine maybe ok. In a bath, try sticking to 104 to 106. The trick is to follow the hot bath with a cold shower and repeat the cycle a few times.

Sitting in a hot bath at 106, without water to drink, is not wise and it may very well create light headedness when you get up lasting for a few seconds until the autonomic nervous system kicks in to constrict the blood vessels and bring the blood pressure back up. So, be warned.

See below to see what some parts of the world are doing. Please remember: Heat does not kill the viruses. But, heat followed by cold can transform your immunity to a more robust immunity and that **will** kill the viruses. Note: It is funny to have to tell the Europeans to get dressed at the end. LOL I have visions of naked Europeans walking out of their contrast bath routines to the joy of those around them. "Ah, no one told me to get dressed, gees. Weren't we all born naked?" Shower cap?? Who uses a shower cap over here? Oh ya, women with those hair doos. Ok, ok.

From the web site: <https://www.hydro4covid.com/alternate-shower.html>

Please read Important Points to be Observed with all Treatments before performing this treatment. (Note From Dr. Ouellette, see the web site for that information please.)

Contraindications

- Heart Diseases
- Kidney Failure
- Severe Arteriosclerosis
- Hyperthyroidism or exophthalmic goiter/goitre
- Nervous System Irritability
- Hypertension
- Hot spray should not be directed over the area of Varicose Veins
- Neuritis
- Rheumatoid Arthritis

Equipment

- Stool - non-rust
- Shower cap

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Procedure - Important Considerations

- Rubber mat on floor of shower so patient doesn't slip.

Preparation for Treatment

- Turn on shower and adjust to proper temperature.
- Make sure patient's feet are warm before entering shower.
- Use shower cap if patient wishes.
- Have stool on hand in case patient becomes faint.
- Have patient get into shower.

Treatment

- Begin at 38 °C / 100°F and quickly increase temperature to 43 - 44 °C / 110°F (or tolerance).
- Continue at this point for 1 minute.
- Turn off hot tap to quickly lower temperature to faucet for 30 seconds
- Reverse again to hot for about 1 minute and followed by cold for 30 seconds for two more times (total of three hot changes)
- Gradually lower to neutral (36°C / 94-97°F) for 1½ minutes.
- Gradually lower the temperature to faucet cold, providing, however, that the temperature should not be lowered if there is the slightest feeling of chilliness.

Completion of Treatment

- Dry vigorously with friction.
- Patient may rest.
- Get dressed.