

Hydrotherapy and Natural Remedies for Common Ailments

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Center and the work of Dr. Bernell
Baldwin MD, Dr. Roby Sherman MD

An Understanding of Disease

- Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system. MH 127

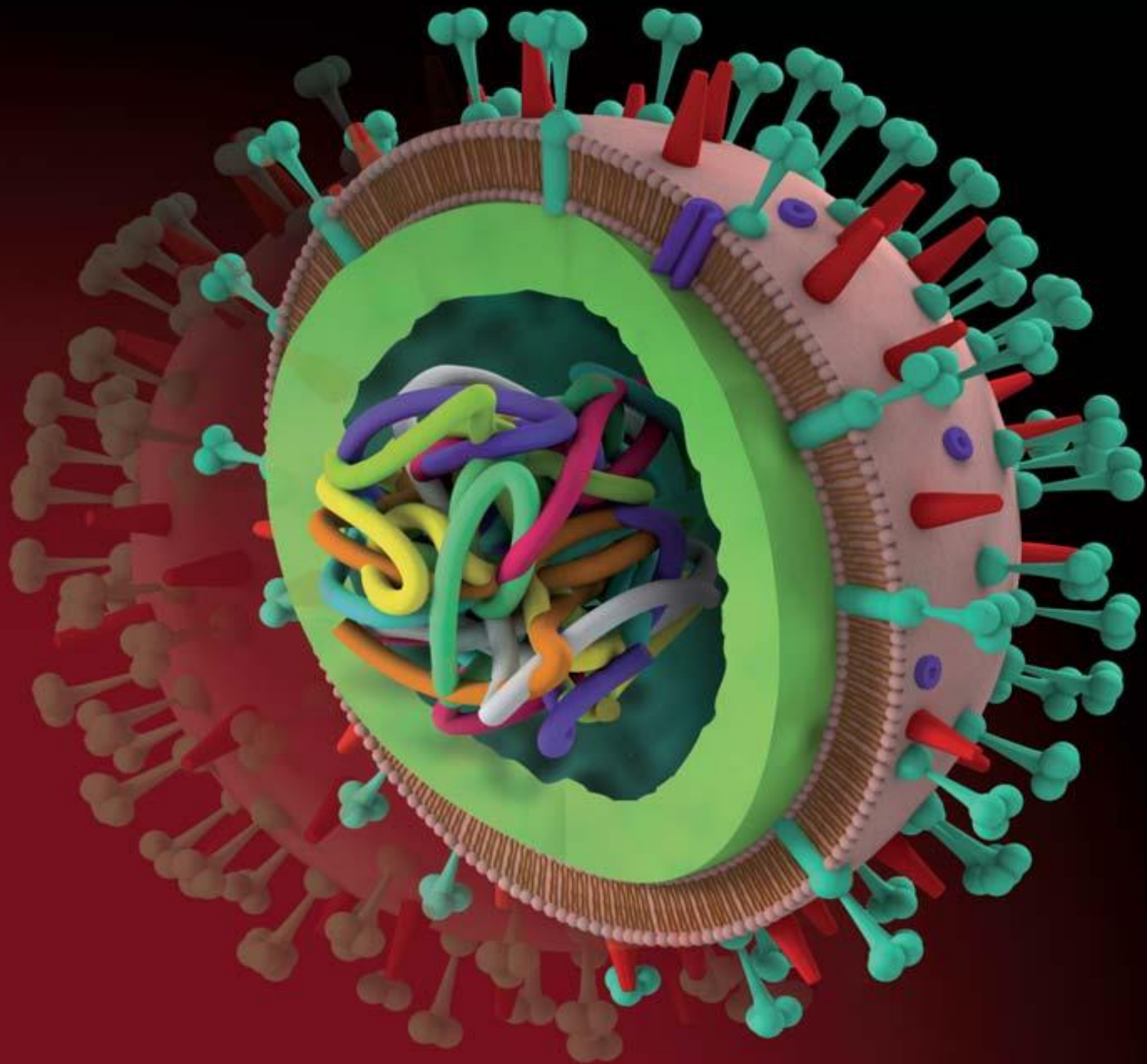
Drugs and Disease

- ▶ Drugs never cure disease; they only change its form and location.... When drugs are introduced into the system, for a time they seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form.... The disease which the drug was given to cure may disappear, but only to reappear in a new form, such as skin diseases, ulcers, painful, diseased joints, and sometimes in a more dangerous and deadly form.... Nature keeps struggling, and the patient suffers with different ailments, until there is a sudden breaking down in her efforts, and death follows.—How to Live, 60.

FLU

- ▶ CDC estimates flu associated deaths ranged from 3000-49,000
- ▶ Lumping of influenza and pneumonia together as 7th leading cause of death





How flu virus dodges from year to year:

The clubs and the spikes change regularly

HA = Hemagglutinin allows virus to enter and infect cells

NA = Neuraminidase allows the virus to exit the infected cell

Strain of flu is named by combination of H-1, N-1 etc

There are 18 subtypes of HA, and 9 of NA

the combinations are many. Vaccines get old, wont work

The Spanish Flu

- Wiki: This pandemic has been described as "the greatest medical holocaust in history" and may have killed more people than the Black Death. It is said that this flu killed more people in 24 weeks than AIDS has killed in 24 years, more in a year than the Black Death killed in a century.

The Spanish Flu

- ▣ H1N1
- ▣ 1918 Flu pandemic
- ▣ Lasted from Jan 1918 to Dec 1920
- ▣ Around 27% of the world's pop infected



The Spanish Flu

- ▣ 10-20% of those infected died
- ▣ Between 50-130 million died (3-6% of the world population)
- ▣ In the US, 500,000-675,000 died

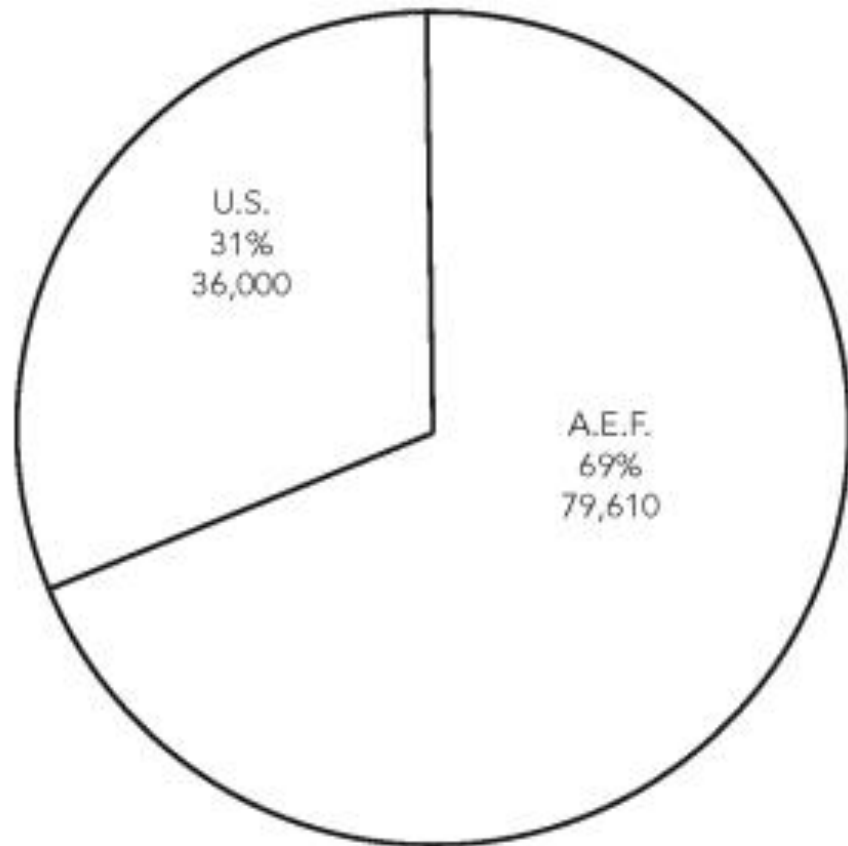




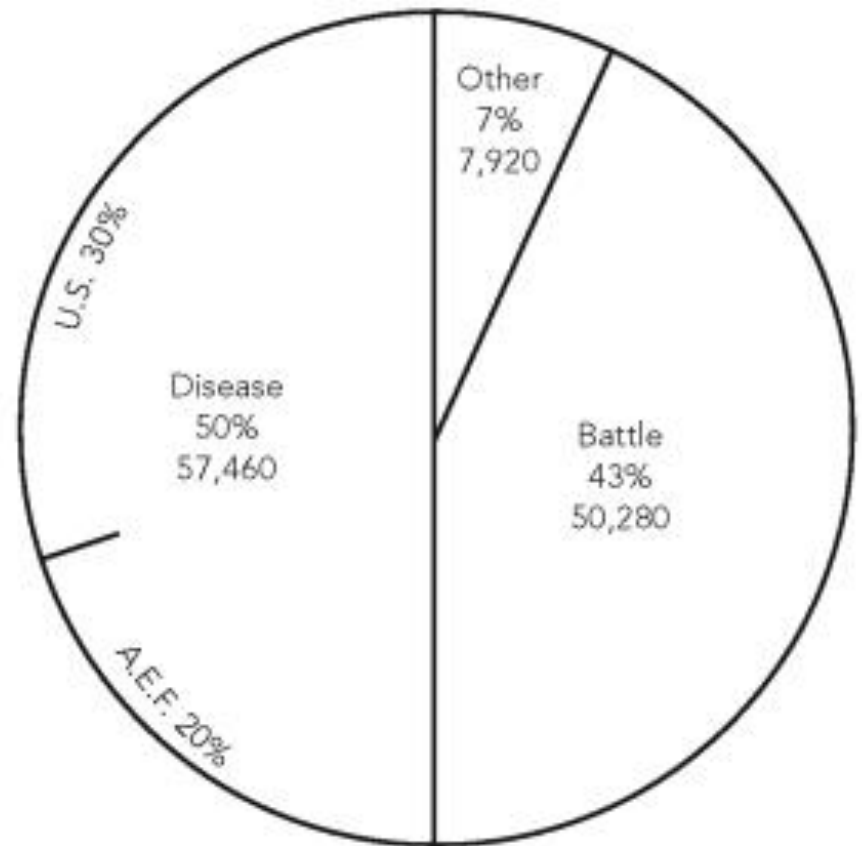
Impact of the Spanish Flu

- ▶ Devastated communities
- ▶ Health-care workers unable to tend sick
- ▶ Gravediggers unable to bury the dead
- ▶ Entire villages in Alaska wiped out.
- ▶ 20% of Western Samoa died in 2 months

Total deaths in the U.S. Army April 6, 1917, to July 1, 1919



Total 115,660



Total 115,660

Flu Pandemics

Spanish Flu 1918-1919	Asian Flu 1957-1958	Hong Kong Flu 1968-1969	Swine Flu 2009-2010
50-100 million	1-4 million	1 million	18,000
H1N1	H2N2	H3N2	Novel H1N1

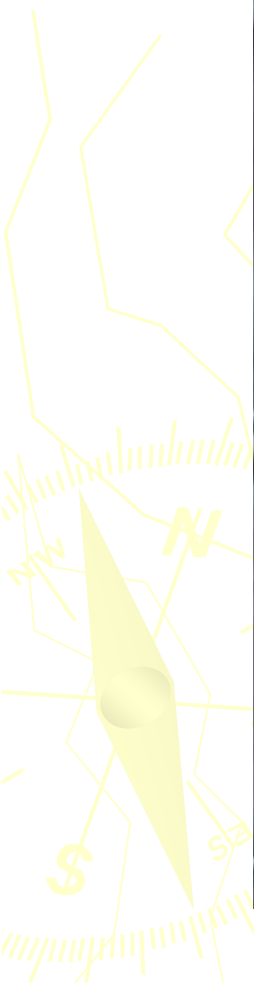
Recapture of 1918 Flu virus

From a daring Alaskan venture to frozen human bodies the killer virus was retrieved in 1997.

Originated in birds and mutated to infect humans. It kills monkeys, ferrets, and mice. Pigs get sick but keep the virus and spread it.

(Weingartl May 2009 in J. of Virology)

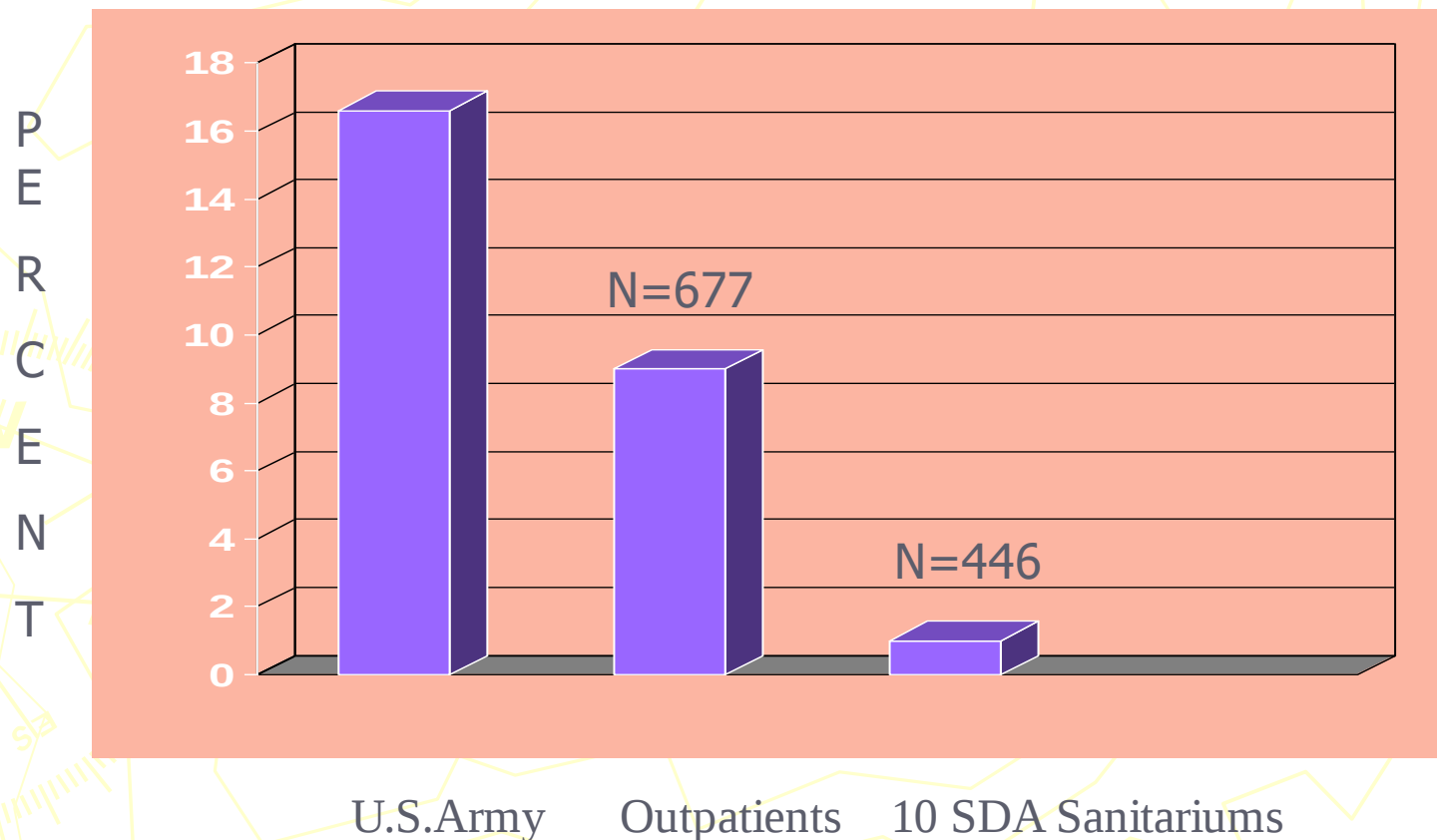




Effects of Hydrotherapy & Lifestyle Medicine on Flu

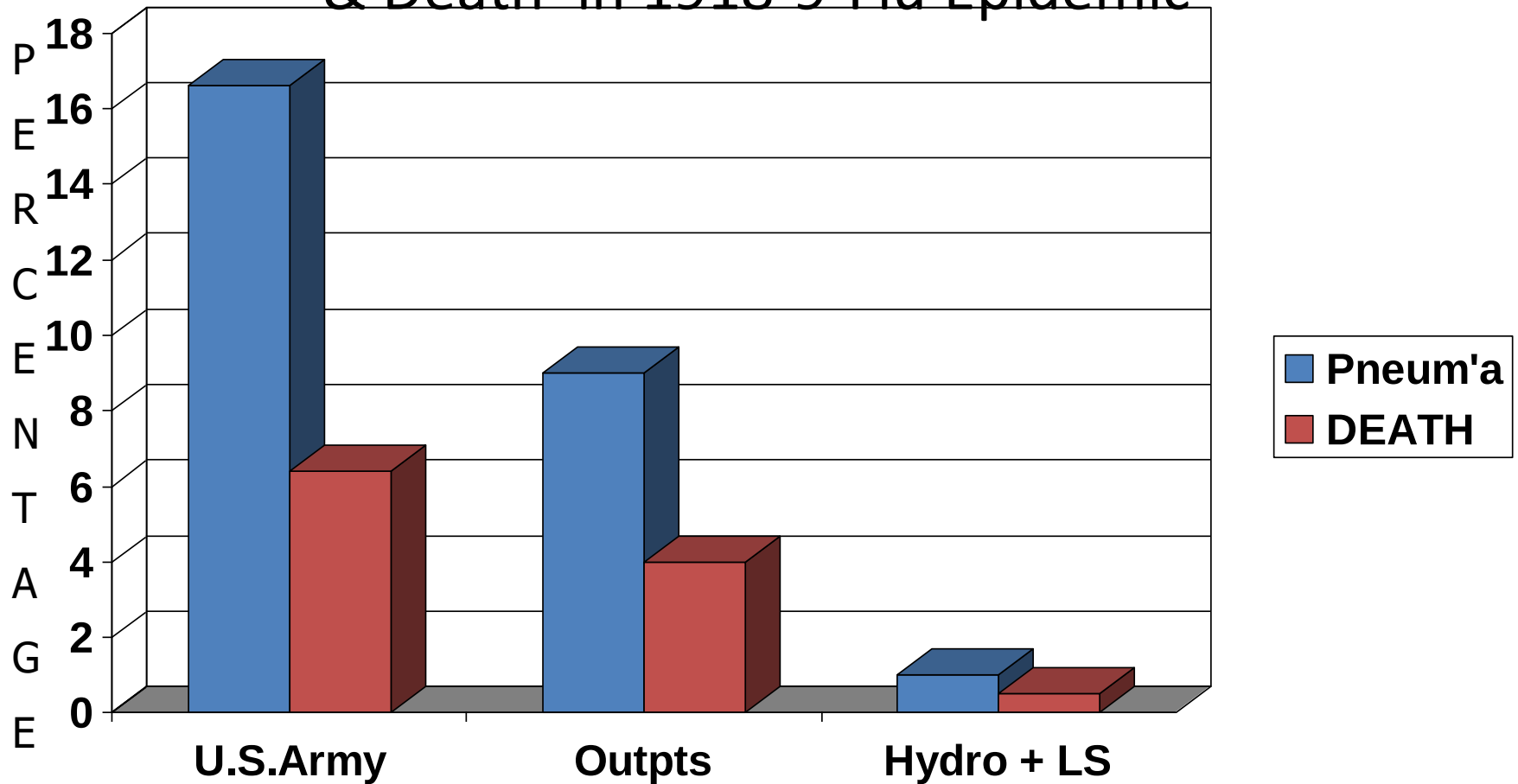
Data is from W.A.Ruble, MD
Sanitarium Treatment of Influenza
Life & Health, May 1919,p.114-15

Effect of Hydrotherapy & Lifestyle Medicine on Incidence of Pneumonia in 1918-9 Flu Epidemic



Data: W.A. Ruble, MD, Sanitarium Treatment of Influenza, Life & Health, 34,(5) 114-115. May 1919, Graphics: Applied Physiology Lab WLCH '09. BEB.

Effects of Hydrotherapy & Lifestyle Medicine on the Incidence of Pneumonia & Death in 1918-9 Flu Epidemic



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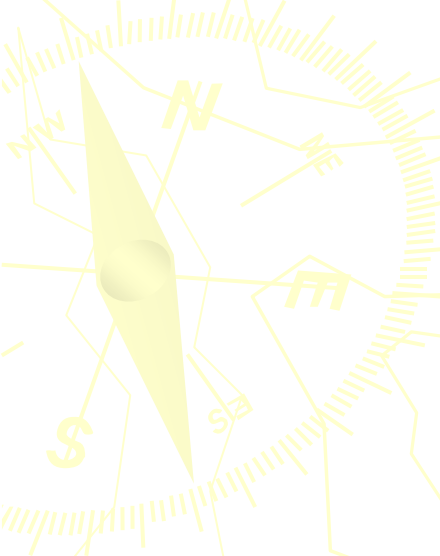
Why was Sanitarium therapy superior?

- ▶ More hydro
- ▶ Better diet
- ▶ Better, more regular sleep
- ▶ Less stress
- ▶ Less chilling
- ▶ Better environment
- ▶ Better medicine, better nursing, more life!

What Does the Future Hold?

► Luke 21:11

► And great earthquakes shall be in divers places, and famines, and pestilences; and fearful sights and great signs shall there be from heaven



THE NEWS



CNN.com.

Let's Go to the Headlines!

CNN: *Monday, December 13, 2004*

WHO warns of dire flu pandemic

“The World Health Organization has issued a dramatic warning that bird flu will trigger an international pandemic that could kill up to seven million people.”

Adventists and The Spanish Flu

- What shall Seventh-day Adventists do to be ready for such experiences? We have known from Bible teachings...for many years that such times were coming. We have been told over and over again to prepare for these experiences by well-ordered lives and by securing such a preparation for service as would enable all our people to minister to the sick and distressed in such a time.

Adventists and The Spanish Flu

- ▶ During this epidemic every Seventh-day Adventist has had ten times as many opportunities for service as he could fill **if he had been ready for them.** What a chance for missionary endeavor and for practicing that pure religion and undefiled of which James speaks! Some, however, have been so fearful of contracting the disease that they have refrained from offering assistance to the distressed until the disease actually invaded their own families, while others have exceeded their strength in ministry to the sick.

Improved Immunity

WHOLENESS

- Basic understanding of what causes disease
- Laws of Health
 - Water
 - Habits
 - Oxygen
 - Love
 - Environment
 - Nutrition
 - Exercise
 - Sleep
 - Sunshine



Stay Healthy!

- ▶ Use of sunlight
- ▶ Proper ventilation in homes
- ▶ Hand Washing
- ▶ Refrain from touching your face—finger licking!
- ▶ Coughing, sneezing, and contaminated things, (fomites) spread the virus
- ▶ Cover your nose and mouth with tissue when you sneeze or cough—then throw it in trash.
- ▶ Maintain exercise, diet, and stress control.
- ▶ Sugar

Prevent spread

► How flu spreads

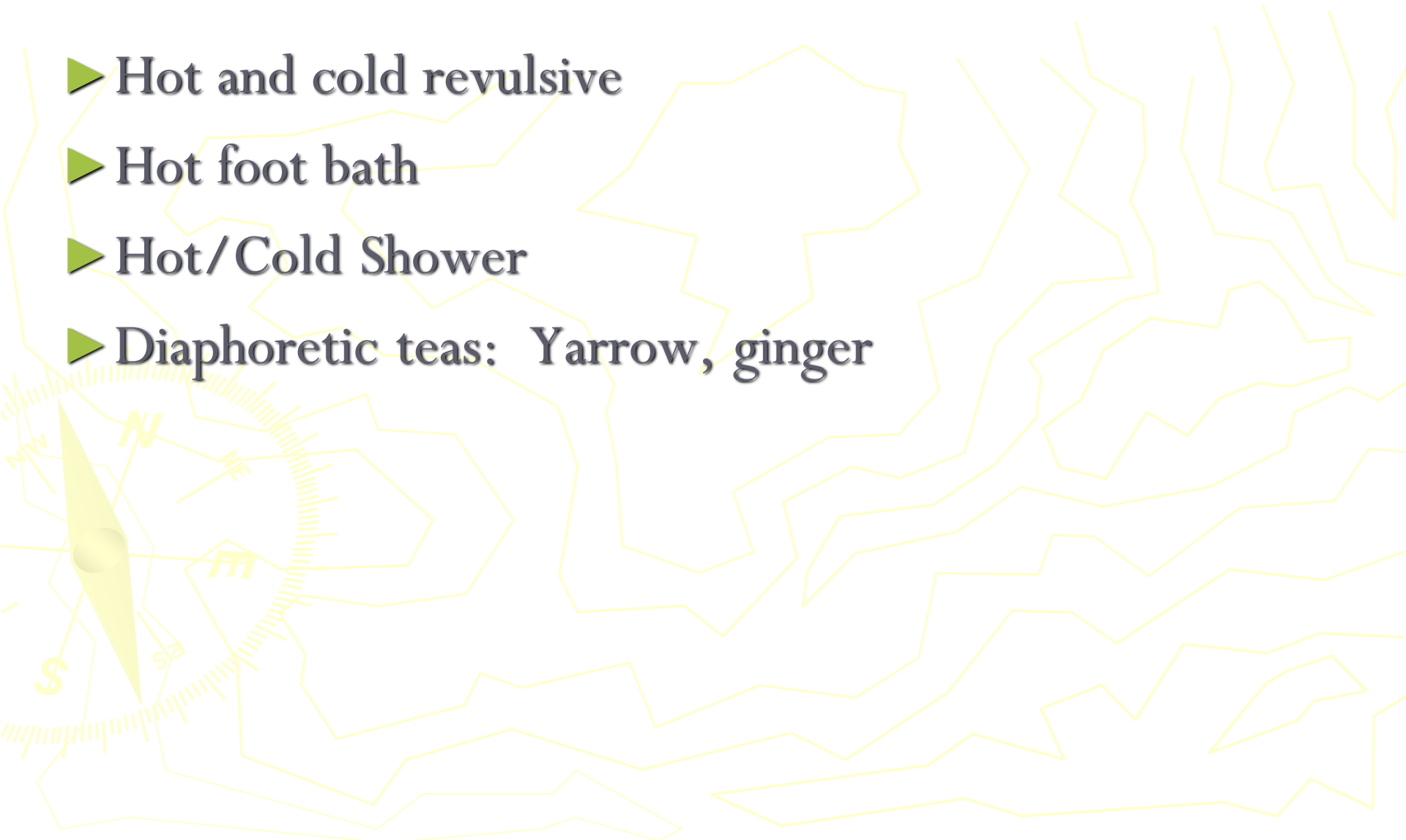
- Respiratory droplets: Coughing, sneezing
- Fomites: An object that carries infectious organism
- Infectious 1 day before symptoms develop

► Guidelines

- Stay healthy
- Stay home if sick—golden rule
- Know how to heal-- Develop a family plan, have fomentations with food and supplies on the ready

Demonstration

- ▶ Hot and cold revulsive
- ▶ Hot foot bath
- ▶ Hot/Cold Shower
- ▶ Diaphoretic teas: Yarrow, ginger



Hydrotherapy in History

- ▶ Influenza
- ▶ Typhoid
- ▶ Malaria
- ▶ Measles
- ▶ Scarlet Fever
- ▶ Tuberculosis
- ▶ Pneumonia
- ▶ Mental illness
- ▶ Gonorrhea and Syphilis

Hydrotherapy

- The use of water in any of its forms (solid, liquid, or steam) to maintain and restore health
- Sitz Baths
- Foot Soaks
- Steam inhalation
- Full body immersion
- Compresses—hot/cold
- Body wrap/Wet sheet pack
- Internal use of water—proper hydration

Why Water Therapy?

- Heat Storing and Temp Conducting Capacity
 - Water can store more heat than any other substance
 - Water can give off more heat than other substances without greatly changing its temperature
- Non-irritating or allergenic
- Solvent and nutritive properties
- Inexpensive

Hydrotherapy Mode of Action

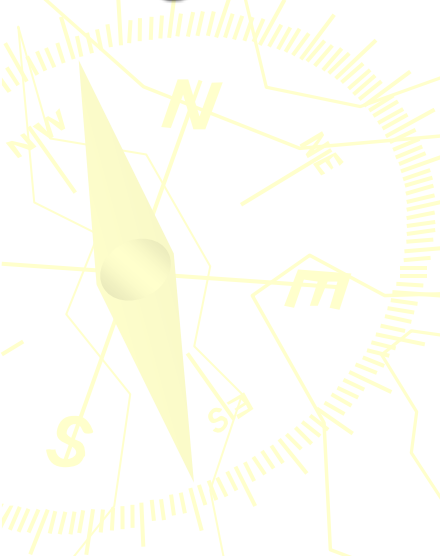
- ▶ To affect the body or localized organ temperature
- ▶ To affect the nervous system
- ▶ To affect the circulatory system
- ▶ To affect the mood of the person
- ▶ To boost the immune system

Contrast Hydrotherapy on Circulation

- ▶ Heat: blood vessels dilate and blood is brought to the body part.
- ▶ Cold: blood vessels constrict and blood is dispelled from the body part.
- ▶ The effect of alternate hot and cold → an efficient local blood pump. Wastes are removed from the body part and new blood and nutrients are brought in by the blood.

Charcoal history

- ▶ 1831—French Professor Touery swallowed 15 g of strychnine (10x the lethal dose) and survived.
- ▶ 1813—French chemist Claude Bertrand swallowed 5 g of arsenic trioxide mixed with charcoal and survived

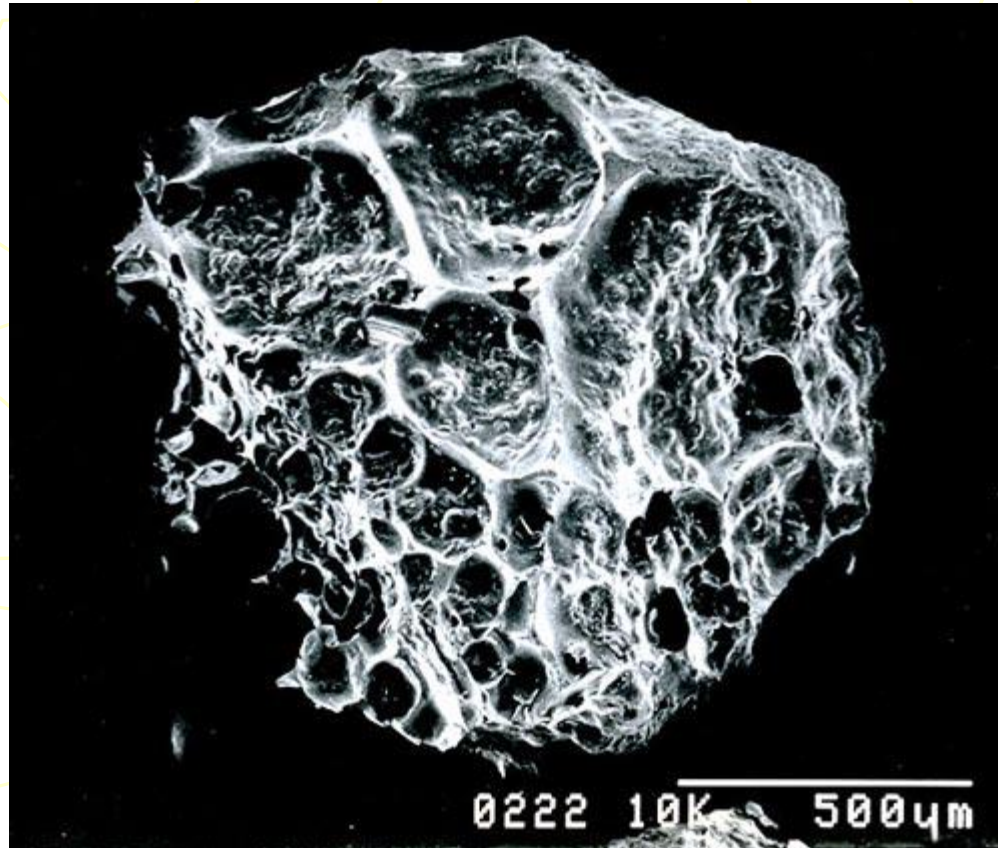


Activated Charcoal

- ▶ Produced from the thermochemical decomposition of nutshells, peat, wood, coir, lignite, coal, and petroleum pitch in an oxygen deprived environment.
- ▶ Mostly carbon residue is activated with steam or carbon dioxide or chemical
- ▶ This activation produces numerous pits on the surface of the charcoal molecule, increasing the surface area of the molecule.

Mechanism of Action

► Adsorption

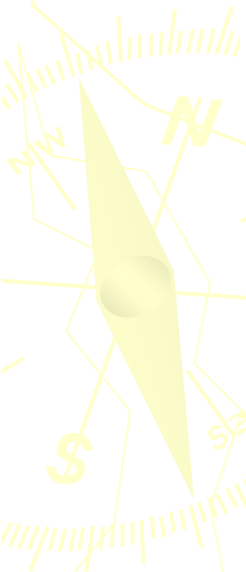


Uses

- ▶ Poisoning
- ▶ Drug overdose
- ▶ Food poisoning
- ▶ Indigestion
- ▶ Stomach flu
- ▶ Infection
- ▶ Odors
- ▶ Inflammation
- ▶ Spider bites/Insects/Bee stings

Dosage

- ▶ Poisoning 0.5-1 g/kg
- ▶ Adults and teenagers—Dose is usually 25 to 100 grams mixed with water.
- ▶ Children 1 through 12 years of age—Dose is usually 25 to 50 grams mixed with water, or the dose may be based on body weight
- ▶ Children up to 1 year of age—Dose is usually 10 to 25 grams mixed with water, or the dose may be based on body weight.



COLOPHON

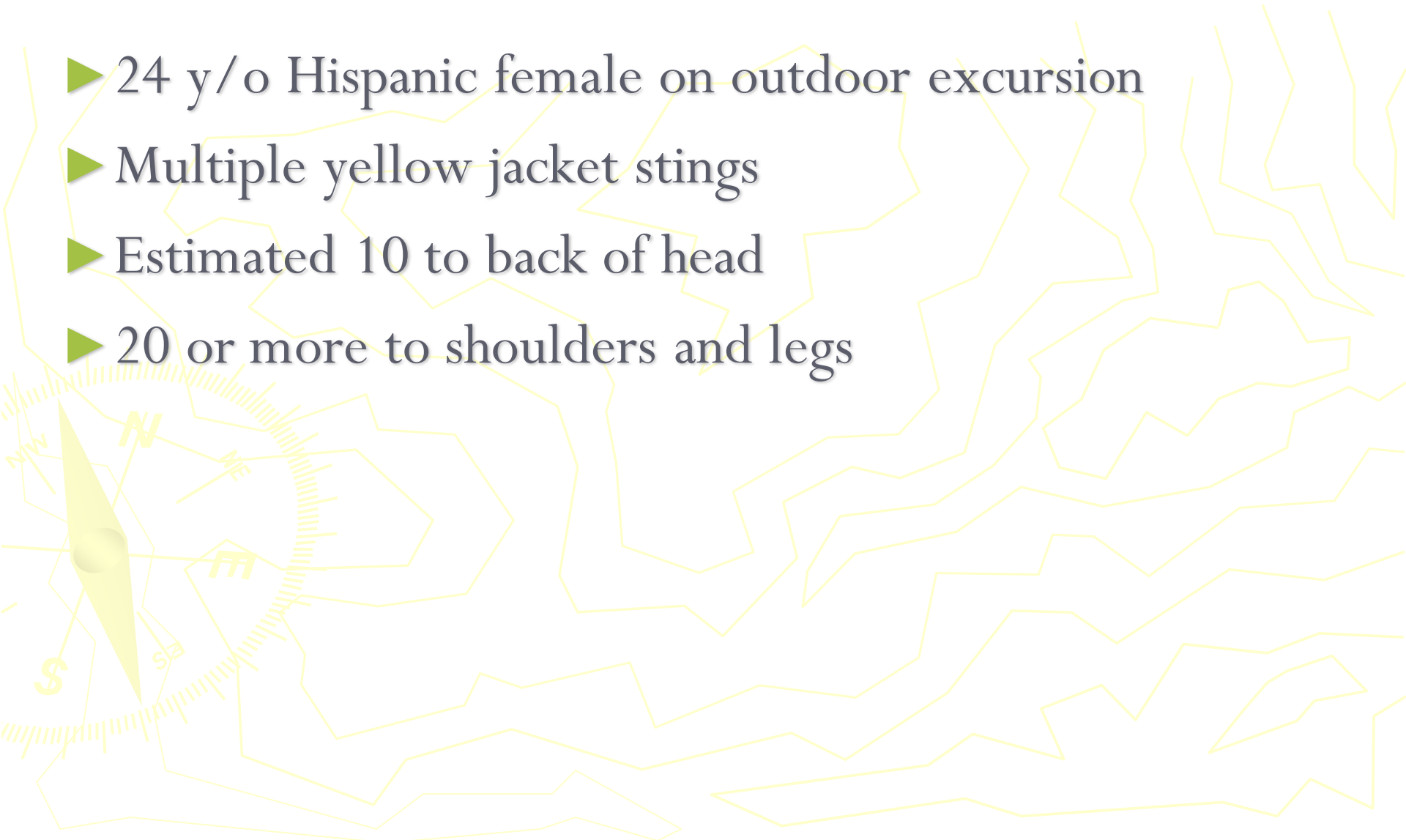
Charcoal

- ▶ Red colobus monkeys in Zanzibar have a diet of exotic plants that contain high levels of cyanide.
- ▶ Survive and thrive by eating charcoal from remnants of man-made fires.



Charcoal Case #1

- ▶ 24 y/o Hispanic female on outdoor excursion
- ▶ Multiple yellow jacket stings
- ▶ Estimated 10 to back of head
- ▶ 20 or more to shoulders and legs



Charcoal Case

- ▶ Jumped in creek
- ▶ Becoming non-responsive
- ▶ Sent for vehicle and charcoal
- ▶ Legs elevated
- ▶ Mud applied to stings
- ▶ Carried out to the road

Charcoal Case

- ▶ En Route to car, charcoal arrives
 - Drinks 1.5 c water with 4-5 teaspoons of charcoal
 - Charcoal water poured over back of head
- ▶ Driven to campsite where a physician is
 - BP 0/0; HR 50
 - Back of head is submerged in basin of charcoal water



Charcoal Case

- ▶ After 15 minutes, opened eyes, smiled
- ▶ Able to continue with campout
- ▶ Next morning, up cooking breakfast



Charcoal Case #2









Charcoal Case #3

- ▶ 4 year old girl with recurring nightly fever for approximately 2 weeks
- ▶ Temperature 102-104
- ▶ Abx 1 week without improvement
- ▶ Doctor visit 3 times
- ▶ Last night child woke up crying, complained of abdominal pain, high fever

Charcoal Case #3

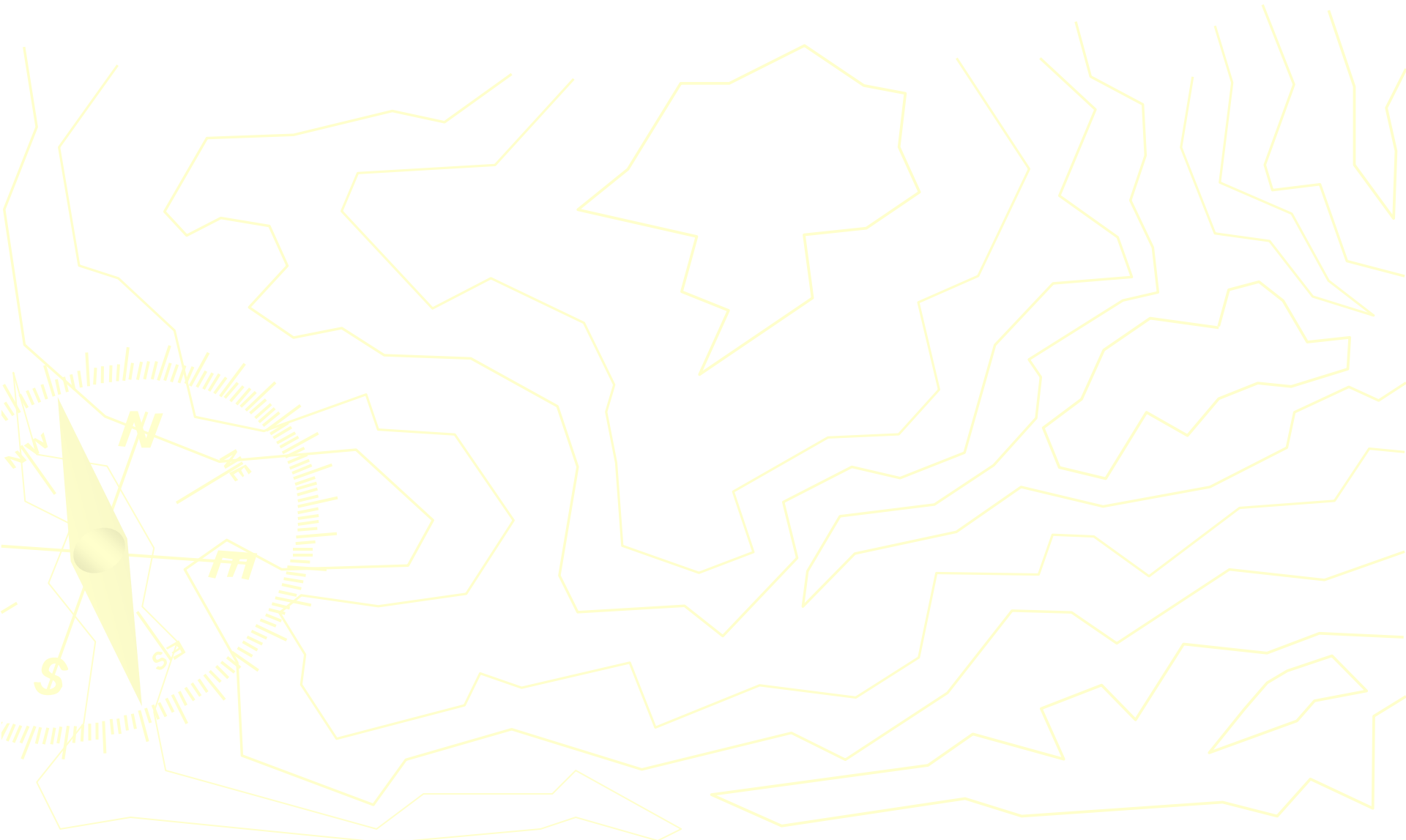
- ▶ Visited child at around 8 pm at night.
- ▶ Other history
 - BM every other day
 - ? Water intake
 - ? Diet
- ▶ Too drowsy to do hydrotherapy
- ▶ Charcoal poultice prepared and placed over abdomen
- ▶ Afebrile for the first time

Clay

- ▶ Use similarly to charcoal
- ▶ Use in radiation emergencies
- ▶ Do not use metal or put in touch with plastic once wet



Poultices



My Own Protocol

- ▶ Assess for symptoms—source of illness?
- ▶ Rest (at the first sign of illness)
- ▶ Hydrate—water, teas
- ▶ Hydrotherapy
- ▶ Sunshine
- ▶ Compresses—onion, charcoal, heat
- ▶ Supplements
 - Turmeric, Vit D, Vit C, Charcoal, Oregano and other EO
 - Olive leaf extract, Echinacea, Goldenseal, Elderberry, Ginger