

Heal Your Inner Hippo for FREE by Getting Wet

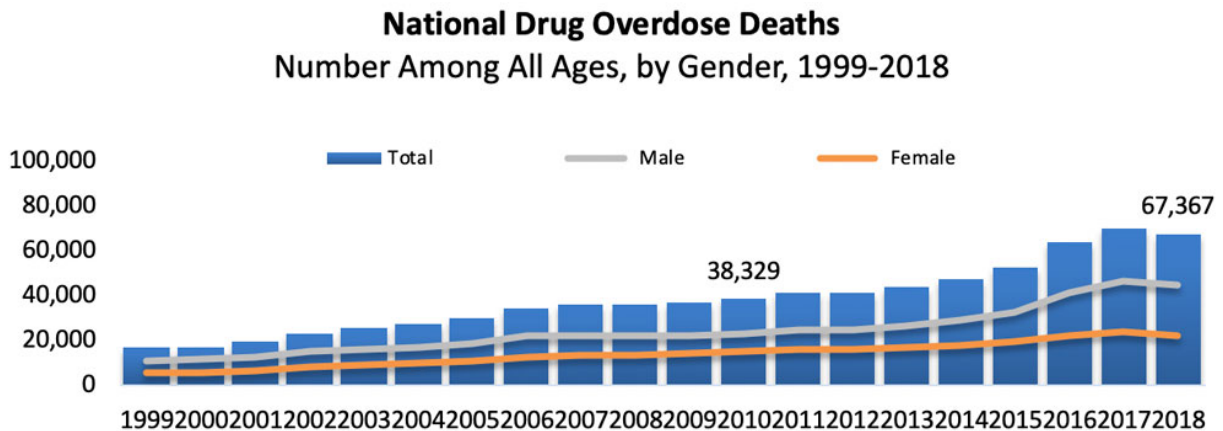
Hey Craig

A lot of us are trying to figure out how to deal with this COVID situation, but I think it's important to not miss the forest for the trees.

Let me explain.

When you get sick, it's usually because there are toxins and morbid matter your body is trying to get rid of through an inflammatory response.

What's frightening is we are now burning in a crisis of chronic inflammation due to poor lifestyle choices and are trying to put out this fire with gasoline through overmedication.



Total national costs are have reached \$50 billion as result of adverse effects from pharmaceuticals.

If you could even slightly strengthen your body's natural mechanisms for healing itself without relying on toxic pharmaceuticals, you'd enjoy a better quality of life and staunch the hemorrhaging of money from paying all those medical bills.

Let me tell you how you can treat and prevent most illnesses with nothing but some cold water and a towel.

Long story short, I used to manage a family medicine clinic in Oregon and would get frequent colds.

Drugs like Tylenol and Advil suppressed the symptoms but didn't address the root of the problem.

I'm an active, high-energy guy (the doctors nicknamed me "Bird Dog") and wanted a bullet proof immune system.

So, I talked to a buddy of mine who was a licensed Naturopathic Physician and he recommended something called hydrotherapy.

It's the science of using hot and cold water on the body to increase circulation.

By moving more amounts of lymphatic fluid and blood, you increase and accelerate the amount of metabolic waste being removed from the tissue area.

This surges the amount of oxygen and nutrients reaching all your organs.

SYSTEM/ORGAN	COLD		
	PRIMARY	SECONDARY	HOT
Skin			
• Blood vessels	Constriction	Dilation	Dilation
• Respiration	Decreased	Increased	Increased
• Heat loss	Decreased	Increased	Increased
Blood vessels	Constriction	Dilation	Dilation (constriction if intense)
Heart	Rate increased	Rate decreased	First decreased, then increased
Nerves	Numbed		Excited
Muscles	Volume decreased		Volume increased
Respiration	Slowed and deepened		Rate increased
Stomach	Motility and HCl increased		Motility and HCl decreased

HCl, hydrochloride.

Modified from Kellogg JH. Rational hydrotherapy, ed 4, Battle Creek, MI: Modern Medicine, 1923:721-722.

What's really cool about all this: Since your body is a system, affecting one area in it will have an effect on everything.

Even after understanding the science behind it, I was initially reluctant to give "water cure" a try.

But when I heard that the founder of modern hydrotherapy, Vincent Priessnitz, treated around 45,000 patients and only 45 of them (.1%) died during outbreaks of the diseases such as smallpox and syphilis which caused much higher mortality rates at the time...

I decided to make the plunge.

Since using hydrotherapy, my immunity has never been better and I never had to take any over-the-counter medications.

Look, hydrotherapy requires a bit of effort and initial discomfort.

So if you're the type of person whose approach to health is to pop an expensive synthetic pill in your mouth, *side-effects be damned*, so you can continue living a life of inhaling cannabis, hamburgers, and Netflix (in that order)...

Then "water cure" is probably not for you.

If, however, you want a natural, low-cost habit to put as much possible distance between you and type 2 diabetes, cholesterol issues, hypertension, asthma...

And pretty much EVERY health issue out there except open wounds and pregnancies...

Then check out the attachment with instructions on how to do hydrotherapy at home.

References

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