



Creation Guide to Thermotherapy for Hormone Health

Please note the shower heat temperatures for the blitz need to have a minimum of 10° difference but the more apparent the better!

Symptom	Area of body to be applied	Shower blitz duration and temperature
Anxiety, irritability, mood swings, stress	Kidney Back of neck	Alternate hot and cold blitz up to 10 times (start with 1 blast for 10 seconds each and increase up to 1 minute for each blast dependant on how you feel) *, **, ***
Breast tenderness/feeling of lumpiness/mastitis	Armpit and breasts	Alternative hot and cold blitz for 20 seconds each x 3 daily *, **, ***
Constipation	Liver/abdomen/base of spine	Alternate hot & cold blitz for up to 1 minute each daily *, **, ***
General detox, post failed assisted conception	Thymus/torso front and back	20 -30 seconds cold at the end of shower daily *, **, ***
Endometriosis ☺	Womb area and liver	Alternate hot (up to 1 minute) cold for 30 seconds Alternate up to 5 times *, **, ***
Fatigue	Head/thymus/liver/kidneys	Cold blast for up to 1 minute @ end of shower, *, **, ***
Headaches/Foggy head	Back of neck	Hot and cold alternative blitz x 5 daily. when acute do as you feel able *, **, ***
Hot flush/night sweats, insomnia	Liver/back of neck or knee to toes or elbow to fingers	Daily 20 -30 seconds cold at the end of shower . When flushing or unable to sleep place a hand or foot in cold water for 20-60 seconds, *, **, ***
Immune boost	Thymus/kidneys/liver	Cold blast for up to 1 minute at the end of shower daily , **, ***
Menstruation pain, ovulation pain/pcos, premenstrual ☺	Kidneys/liver/womb area/waist to pubic area	Alternate hot (up to 1 minute) cold for 10-45 seconds Alternate up to 10 times *, **, ***
Oedema/fluid retention	Back and front of legs	Place feet/legs in bucket of cold water for up to 5 minutes or alternate hot and cold blitz over legs for up to 1 minute x 10 times *, **, ***
Urinary tract/bladder cystitis/frequent urination ☺	Kidneys/liver/womb area/waist to pubic area (abdomen front and back)	Alternate hot (up to 1 minute) cold for 10-45 seconds Alternate up to 10 times *, **, *** Do not use if you have a temperature
General well being	Thymus/liver/kidneys	Alternate hot & cold up to 1 minute each blitz *, **, ***. Repeat up to 10 times, finish with cold blitz. Repeat daily
Weight gain/slimming	Torso front and back	20 -30 seconds cold at the end of shower daily *, **, ***

* Castor oil pack may also be suitable, ** epsom salt bath suitable, ***dry skin brushing also recommended ☺ Not suitable during womb bleed

Disclaimer: Thermotherapy is not suitable during pregnancy, heart issues/pacemakers, stroke victims, post recent surgery, during an acute illness or those on any form of orthodox medication. If you are uncertain please obtain professional guidance from your GP or a health professional BEFORE attempting any of the above