

Hydrotherapy: A Unique Path to Health

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Wednesday, 27 December 2017 12:22 -



A naturopathic physician in Scottsdale is treating patients using the power of heat, blankets and electric waves. Dr. Laura Glenn of [Rejuvena Health & Aesthetics](#) in Scottsdale is one of just a handful of healthcare providers in the Valley who offer "Constitutional Hydrotherapy."



"Constitutional Hydrotherapy" was developed and perfected by naturopathic physician Dr. O.G Carroll in the 1920's, but has recently been gaining popularity for its ability to tonify the immune system.

The treatment increases the delivery of oxygen, nutrients and immune system elements to the major internal organs of the body. At the same time it speeds up the removal of metabolic waste, inflammatory substances, and environmental toxins from the tissues.

"We have several patients undergoing hydrotherapy on a regular basis, and it's really amazing how effective this process has been to help with a variety of issues," said Dr. Laura Glenn of Rejuvena Health & Aesthetics. "The process is painless and actually very relaxing for the patient, who can benefit from the results almost immediately."

How it is applied: Hot towels are applied to the chest and abdomen in several layers. When the body and skin is sufficiently warm, the hot towels are replaced with a cold towel that is covered with layers of wool blanket. As the body warms the towel during this phase, low volt pulsed currents are typically applied to the back over areas where nerve roots leave the spine, stimulating function of different organs of the body. A dry phase with electrical stimulation to the abdomen and back area may follow.

The combined effect of the hot and cold towel applications (which dilate and constrict the blood vessels) plus the electric currents (which stimulate the muscles and nerves) enhances the healing capacity of the body in many conditions, and is used in conjunction with other therapies.

People may use "Constitutional Hydrotherapy" for a variety of reasons, including improving immune system function, boosting digestion, increasing kidney filtration, improving nutrition delivery to the tissues, and more.

As always, consult with your doctor before beginning any new medical treatments.