



WATER SOAKING TREATMENT FOR AA AND OTHER SPINAL CANAL INFLAMMATORY DISORDERS (SCID)

There is no medical treatment older than water soaking. It is legend and still works. Recall “mineral hot springs” and “Epsom Salts”. AA and other SCID’s are particularly helped by water soaking – so much so that we consider it an essential treatment.

WHY WATER SOAKING WORKS

This has been a mystery until recent times. It is known that damaged or “dead” nerves won’t conduct the body’s natural electric currents, so electricity backs up and is trapped or retained in body tissues. Result – more inflammation and pain – “all over”. Electricity has a negative charge – water tends to be a positive charge, so it pulls out electricity and reduces inflammation and pain. If the water contains a mineral it is even more effective in pulling out electricity and reducing pain and inflammation. That is why mineral hot baths and Epsom Salts are effective.

Problem with SCID: The lumbar-sacral spinal canal is loaded with nerve roots. They constantly conduct electric currents that go from the spinal cord to such organs as the legs, feet, bladder, sex organs, and intestine. Any damage, by any cause, to the spinal canal nerve roots causes a backup of electricity which is painful and produces even more inflammation which is the basic cause of “disease progression”. To prevent disease progression daily water soaking can be most helpful.

Types of Water Soaking: You don’t have to have a jacuzzi or pool to do water soaking. A bathtub is great but most of us take showers. When you shower, keep the water as hot as you can stand and massage and stretch your back muscles as the hot water runs over your back. Soaking for 10 to 15 minutes in a jacuzzi, pool, or bathtub is preferable, but hot showers morning and night is about as good.

Minerals in Water: Don’t forget old “Epsom Salts”. The body normally excretes its excess electricity into the air mainly through nerve ends in the hands, head, and feet. Foot soaking particularly with Epsom Salts or other herbal salts is an age-old remedy that attracts the electric currents that travel down the sciatic and other leg nerves.

Hot Towel Soak: Another soaking technique is a warm, water-soaked towel or other wrap placed over the lower back for 5-10 minutes.



Water soaking isn’t
an “all wet” idea.

Go
soak it!



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