WATER SOAKING
FOR ADHESIVE ARACHNOIDITIS

Water soaking is reported by many persons with AA to be a most positive treatment. Both lower body and/or foot soaking should be tried to see if relief and impairment may occur.

WHY DOES WATER SOAKING HELP? There are two beliefs as to why it helps:

1. Improve blood flow and bring oxygen to the disease site.
2. Extracts toxic substances and excess electricity from the body.

SYMPTOMS IMPROVE: Pain is reduced partially due to muscle relaxation. Physiologic functions such as leg extension may increase.

USE OF SALTS: Minerals (salts) in water is an age-old custom. Mineral salts have a positive electric charge and are believed to attract excess electricity and toxins that have a negative electric charge. Epsom salts in foot baths are recommended as this remedy is time-tested.

TYPES OF WATER SOAKING: Any will do such as pool, shower, foot soak, jacuzzi, bathtub. A hot towel soak may work.

TIME OF SOAKING: Whatever length of time it takes for relief and comfort to occur. Most persons soak 5 to 15 minutes. Excess time in water can weaken muscles and cause poor balance and coordination.

HOW OFTEN SHOULD YOU SOAK? No set limit. Some persons with AA soak daily and others as little as once a week or month.

MAJOR MESSAGE: Persons with AA should try water soaking in an attempt to improve their treatment protocol. Water soaking works best when it is an ancillary or add-on measure to a 4-component medical protocol.

This information is provided as a public service by "Arachnoiditis Hope" a project of the Tennant Foundation, 336 ½ S. Glendora Ave., West Covina, CA 91790.
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