



# Mardian Natural Medicine

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## Pelvic Hydrotherapy Treatment

### Introduction

Pelvic Hydrotherapy is used to increase blood and lymph flow into and out of the pelvic region. By increasing circulation to the pelvis, the body is able to remove waste products and provide more nutrition and support to the area. Pelvic hydrotherapy is indicated in benign prostatic hypertrophy (BPH), prostatitis, bladder infections, prostate cancer, fibroids, endometriosis, or any other type of pelvic condition.

### Materials Needed

- 2 large plastic bins/hydrotherapy tubs
- or
- A shower with a moveable spray nozzle
- Hot water
- Cold water

### Directions

- fill one hydrotherapy tub with hot water (40C or warmer) and one with cold water (30C or colder)
- sit in **hot** water (as warm as you can tolerate) with knees bent and pelvic area submerged for **3 minutes**
- or
- spray pelvic area with hot water for 3 minutes, concentrating on the front and back areas equally
- then sit in the **cold** water or spray the pelvic area with cold water for **30 seconds**
- repeat this **3 X**
- end the treatment with a cold spray to the pelvic area for 5-10 seconds
- do this twice daily