What are alternating hot and cold showers?
An alternating hot and cold shower is a treatment that practically everyone can do. This form of hydrotherapy is cost effective and requires very little materials. This treatment involves an individual alternating between showering in hot and showering in cold water for 3 to 5 cycles (one cycle consisting of one hot and one cold shower). Though this may seem straightforward, some cautions do exist.

What are the health benefits of alternating hot and cold showers?
Many health benefits exist for this form of hydrotherapy treatment:
- Stimulates brain functioning
- Relieves fatigue
- Promotes immune system functioning
- Helps with digestion
- Removes toxins and wastes from the body
- Increases metabolism

What are some cautions I need to be aware of?
When conducting this treatment, individuals need to be cautious about water temperature. Water can burn or cause pain, and so, one should only put the hot water as hot as he or she can tolerate and put the cold water as cold as he or she can tolerate.

This form of hydrotherapy may not be appropriate for everybody. Alternating hot and cold showers should not be done in individuals who have compromised sensation, because it is important that an individual be able to feel differences in temperature. Also, if an individual has diabetes, vascular disease, or cancer relating to circulation, this treatment should be avoided as it may increase circulation and propagate disease.

How is this done?
**Procedure**
1. Start showering in hot water (the hot shower should be as hot as an individual can tolerate without causing burning or harm) for 2 to 2.5 minutes.
2. Switch to cold water (the cold shower should be as cold as an individual can tolerate without causing pain or harm) for 30 seconds.
3. Continue this pattern for hot and then cold shower for 3 to 5 cycles. After 5 cycles, there are only minimal benefits, so do not exceed 5 cycles.
4. Always end the shower with the cold shower. The treatment will encompass more benefits if it is ended on the cold.