

Modified Cold Sheet Treatment

Dr. Christopher's booklet *The Cold Sheet Treatment* outlines a wonderful protocol to use when dealing with severe or chronic illness. The end of the booklet gives a protocol for a modified Cold Sheet Treatment. We use this modified version anytime our children are sick. Like any other protocol we have found ways to make it our own. My parents were very good at doing this treatment for me as a child, and I am grateful to have it in my toolbelt to use for my children.

Before starting this modified treatment or "hot bath/cold shower" (as we call it), I gather everything I need to complete the protocol and have it ready.

- Warm raspberry/catnip/spearmint tea (with a straw); a cup of tea for me
- Cup of water (with a straw); my water bottle
- Clean, warm pajamas – including socks (no matter the season)
- Oil of Garlic, Sensei, X-Ceptic
- Epson salts, essential oils, yarrow flowers (if desired)
- Hand towels
- Cup to use in the bathtub
- Bath pillow
- Bath toys and books to read to the children (if they are young)
- I pull down their bed and get blankets and pillows ready on the couch

I start the bath by drawing pleasantly warm water and having the child get into the tub. I get the hand towels wet and wrap them around the child's shoulders. This keeps them warm and helps build the fever (building a fever in this way is beneficial as explained in the *Cold Sheet Treatment*).

I use a cup to pour water over the towels on the child's shoulders to keep them wet during the bath (so I don't have to take the towels on and off during the procedure). Once the child is in the bathtub I gradually add warmer water until it is toasty but not scalding. We have a little tea party together, both drinking our tea. I use the toys to distract them and read books aloud to keep their minds occupied while they drink tea and start sweating. Some of my children start sweating quickly, others take a while. I stay with them the entire time. We talk about the immune system while they are in the bath – and how the heat is helping to activate their "immune soldiers" to take care of the sickness.

I know the therapy is working when they start getting little beads of sweat on their upper lip, forehead, and cheeks. We stay in the bath as long as they are able – it varies each time. They have to finish their tea and water and be sweating profusely before we start letting the water out of the tub.

Toward the end of the bath, I start talking them through the cold shower. I tell them why we are doing a cold shower – to close their pores and keep their "immune soldiers" working. I let them know they can scream or cry if they need to and that I have a towel ready to wrap them up as soon as the shower is done. We do the cold shower before they have a chance to cool off – I keep

them as warm as possible by pouring water from a cup over them as the bath drains. We do a thorough (but quick!) cold shower and I wrap them in a towel, snuggle them up and tell them they are strong, brave, and that I am so proud of them!

I dress them in their warm pajamas right there in the steamy bathroom, and rub Garlic oil, X-Septic and Sensei on the bottom of their feet. I also rub it on their chest and back if they have a cough or respiratory issue.

At this point we assess how they are feeling and decide whether they are going straight to bed or to the couch to snuggle under blankets and watch a movie. If they end up on the couch, they also get another cup of tea.

Now that my kids are a little older, they know how to do this protocol on their own. They even prepare the entire procedure for me when I am sick!

When we teach our children to work with a fever instead of against it, they will heal more quickly and will be able to support their immune system as it works to keep them healthy.

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