

COLD SHEET TREATMENT

The cold sheet treatment is a powerful hydrotherapy procedure that was enhanced and brought to the public's attention by the late Dr. John Christopher, and popularized by Dr. Richard Schulze. The cold sheet treatment can be a vital tool in assisting the detoxification process. This is a very strong procedure that pushes and draws body toxins from the skin.

Your skin is the largest eliminative organ your body has. Actually, it is the largest organ you have! To stay healthy you must eliminate as much waste through your skin as you do your lungs, kidneys, and bowels every day. Your skin has been referred to as your *third kidney* and must eliminate throughout the day, every day. There are many mechanisms used by the body to purge toxins from the skin when this organ becomes sluggish or blocked. One of these mechanisms is sweating through *fevers* (from diaphoresis) in cold/flu-like symptoms.

We can also assist this process manually by exercising; using circulatory, liver and lymphatic herbal formulas; eating raw foods; fasting; wet or dry skin brushing; saunas; and cold sheet treatments. The cold sheet treatment is such a strong and oftentimes enervating procedure that Dr. Morse does not recommend it in highly debilitated conditions, such as advanced cancer. "The value of this treatment, at this level, goes without saying. However, the risk of too much enervation to an individual who has very little energy to begin with is too risky." (Dr. Morse)

The following is a basic "cold sheet treatment" that anyone can do at home with the assistance of a mate or friend.



#1: Dr. Morse suggests a raw food diet for a few days before you start this procedure. This will clean the putrefying animal matter from the bowels. You may wish to give yourself an enema the night you start your treatment. Dr. Richard Schulze recommends a garlic implant after this. This would have to be done with a rectal syringe. Dr. Schulze recommends "putting eight to ten large cloves into a blender with 50% apple cider vinegar and 50% distilled water." This can be very strong on raw food eaters, but certainly can be used by most toxic individuals. The healthier you

are, the more sensitive you get towards pungent foods.

#2: Prior to starting this treatment, place an all-white, double cotton sheet in a bucket of ice water. You will need this sheet as soon as you step out of the bath.

Start drawing yourself an extremely hot bath - as hot as you can stand it without burning or hurting the skin. Place one ounce of dry mustard inside a cotton sack or bag. In another clean cotton bag, place one ounce of ground Ginger Root. If you want to "kick it up

another notch," fill and add another cotton bag with Cayenne Pepper. It is recommended to try the cold sheet treatment without the pepper first.

Place these cotton sacks of herbs into the water and allow them to filter throughout the hot water. You must place Non-Petroleum Jelly (by Alba Botanica) on all your sensitive body parts including genitals and nipples. You will want to stay in the hot water at least ten to fifteen minutes. *You are manually stimulating diaphoresis (or sweating) by creating a fever through heat.*

You may also drink a hot herbal tea made from Yarrow or Ginger Root to increase this process and to maintain hydration. These herbs, especially Yarrow, create diaphoresis or sweating. As the heat begins to dilate or open the skin, coupled with the diaphoretic properties of the herbs, you will begin to sweat. This also stimulates the blood and lymphatic systems, *increasing circulation and elimination* through the skin.

Drink as much tea as possible. If you feel faint, place a cool washcloth over your forehead or over the back of your neck. It is advisable to have tincture of Lobelia on hand in case of body spasms. Dr. Morse personally suggests not letting it go that far.



#3: Enter the tub and try to cover your whole body, except your head, with water. This is very stimulating and dilating, especially if the Cayenne Pepper is added. Stay in the water as long as you can possibly stand it. Push the water around some. As you exit the water, have your assistant wrap the frozen cotton sheet (from the freezer or ice water) around you. Believe me, you will not feel the cold. *You're so hot you will enjoy the sensation.* The mixture of the hot body and the cold sheet creates a further drawing action on the skin pulling out more toxins.

#4: Remaining inside the frozen sheet, you are now going directly to bed. Now is the time to rest and sleep the night away. You will want to put some plastic or waterproof material on your bed so it won't get wet. Put a cotton sheet over that. Have your assistant place another cotton sheet over you as well as a cotton or wool blanket. Wrap yourself like a cocoon. A "garlic paste" may be applied to the bottom of the feet for further stimulation, immune response, and anti-parasitic properties.



In the morning, examine the sheet that was wrapped around you. You will see some of the toxicity that is stored within you. You will want to shower and clean your skin well. Dry skin brushing would be beneficial at this time. You should continue on a raw food diet, eating mainly fresh fruits, juices, and distilled or R/O water. Make sure your bowels are moving well.

There are many natural therapies you can use to assist in the detoxification process. Be patient. The body loves to respond, but it has a mind of its own. The single most important issue is what you eat. Have fun with your journey into vibrant health! It's your journey alone. You know your body better than anyone. Listen to it. Be intuitive and don't push yourself too far. Health will come if you're persistent. You will be amazed at how deeply and how quickly you can achieve good health. From there, vitality is just around the corner! Take it a day at a time until healthy living is your new lifestyle.

"If you or the person you are working with is very weak, I prefer to build the energy in these clients before I purge them with this procedure. *You can detoxify too fast.* When you go on a 100% raw food diet and take high quality herbal formulas, this can be a very powerful process by itself."

~Dr. Robert Morse