

Cold Sheet Treatment

Dr. Christopher's Herbal Legacy – herballegacy.com

When a cold has advanced into a severe, chronic condition, or when you have no success with the first simple remedies, the Cold Sheet Treatment program is the next step you want to take. It successfully blends hydrotherapy with herbal therapy to clean out the body of its poisons and toxins. It works to break up systematic congestion, such as viral infections and pneumonias, which prevents normal bodily function through the use of hot water and diaphoretic herbs. It is a very safe healing modality because it works with the body instead of against it. (For more detailed information see *Dr. John R. Christopher Herbal Home Health Care*)

To do this program properly, you should have at least two people. This treatment takes time and is best to do in the evening so your patient can sleep through the night after the treatment. It is wise to make all your preparations before you proceed with the Cold Sheet Treatment.

Preparation Items:

- 10-15 cloves, fresh garlic
- 8 oz. Diaphoretic herb (yarrow, peppermint, elder flowers, catnip, ginger)
- 1 oz. cayenne pepper
- 1 oz. dry mustard powder
- 1 oz. ginger powder
- 16 oz. apple cider vinegar
- 1 gallon distilled water
- 1 gallon fruit juice
- 1 oz. olive oil
- 4 oz. petroleum jelly
- Gauze or cotton strips
- 2 large cotton socks
- Natural sponge
- Enema bucket or back
- Rectal syringe
- Towels
- Bucket or ice chest
- Safety pins
- Plastic or rubber sheet for bed
- Cotton sheet bedding
- Several natural fiber blankets (wool, cotton, linen or silk)
- 1 double cotton sheet
- Cayenne extract (in case of shock)
- Pots or pans (stainless steel, glass or corning ware)
- Strainer
- Measuring cup

Cold Sheet Treatment Preparations:

Iced Sheet

Take a large double sheet and soak in ice water.

Diaphoretic Tea

Prepare a gallon of diaphoretic tea. This can be any good sweating herb, preferably yarrow. But it can also be blessed thistle, chamomile, pleurisy root, boneset, thyme, Hyssop, garden sage, catnip, spearmint, or any other good, diaphoretic herb.

For one gallon:

1 cup of diaphoretic herb

1 gallon distilled water

Preparation: Pour boiling water over herbs, cover, allow to steep (not boil) in a warm place 30 minutes. Strain and sweeten with honey if desired. Keep warm until used.

Garlic Paste

To prepare a garlic paste for an adult, use 1 part garlic and 1 part petroleum jelly.

Reduce the amount of garlic for a child or small infant to 1 part garlic to 3 parts petroleum jelly. For an adult, you will want about 1 cup of paste.

Crush or finely grate peeled garlic cloves. Blend with an equal amount of petroleum jelly.

Hot Bath

Fill a hot tub of hot water. Add to the water, according to your tolerance, one or all of the following diaphoretic herbs, ginger being the most mild, then dry mustard, with cayenne as the most stimulant. Use 1 ounce of each herb.

Bed with Plastic

Prepare a bed by placing a rubber or plastic sheet over the mattress, with a cotton sheet over it. Have several natural blankets on hand, such as wool or cotton.

Enema

4 tablespoons catnip, sage, or red raspberry cut or powdered herb

1 quart distilled water

Preparation: Bring distilled water to a boil and pour over cut herb. Steep for 30 minutes. Strain the herb and set in refrigerator until tea is cool. Pour tea into enema bucket or bag. Lubricate the end of the enema hose to be inserted into the rectum.

Garlic Injection

1 cup apple cider vinegar

1 cup distilled water

3 or more cloves of garlic

Preparation: Combine vinegar and water. Grate, squeeze through garlic press, or puree in blender 3 cloves of garlic until finely crushed. Blend in water and vinegar mixture. Put mixture into syringe and check flow. If flow is loose, add additional crushed garlic. Continue adding as much garlic as you can, making sure the mixture flows from syringe without clogging.

Cold Sheet Treatment:

Step One: Cleansing Enema

Give the patient an enema using catnip, sage, red raspberry or some other herb, but preferably catnip. You will want to administer this enema cold.

Important Note: Do not use enemas except in the case of emergencies.

Step Two: Garlic Injection

In herbology an injection is never a needle; it is a syringe type application into an already existing orifice of the body, i.e. the rectum, ears, or nose. Insert the prepared injection into the rectum with a syringe. Use the full pint for an adult and less for a child. Have your patient retain the injection for as long as possible before voiding.

Step Three: Hydrotherapy

After the patient has voided the garlic injection, help him or her into a hot bath prepared with diaphoretic herbs. Have the water as hot as your patient can possibly tolerate. Cayenne, dry mustard, and ginger will increase the perspiring of the patient by opening the pores wide.

Step Four: Diaphoretic tea

Do not give cold drinks. Instead, give them cups of hot diaphoretic tea, such as yarrow or another type. You will want to stay with only one type of tea. Have your patient drink as much as possible. This will keep the patient from a dry fever. You should give them a cup to drink about every 10 to 15 minutes.

Your patient may get lightheaded and feel like fainting. If so, place a cold towel or washcloth on their forehead. Leave the patient in the hot bath as long as possible, at least 45 minutes (may reduce for a small infant). You will know when to get a child out when perspiration starts to bead up on the face. At this point, give them 10 to 15 more minutes.

When your patient is ready to leave the tub, you will need to lift him or her out, as they will be unable to support themselves. Fainting can occur when you pull the patient out of the bath. Keep a cayenne tincture on hand in case your patient goes into shock.

Step Five: Cold Sheet Therapy

After you have helped the patient out of the bath, wrap the large double cotton sheet,

dripping wet from being soaked in ice-cold water, around the standing patient. With just the head and the feet protruding, pin the sheet down the side. Help your patient into the prepared bed that has been covered with plastic and with a cotton sheet. Then place dry cotton sheet covers over the patient while they are still wrapped in the cold sheet. Add additional natural fiber blankets over the top of the sheet for warmth and to continue the sweating routine.

Step Six: Garlic Paste

With your patient lying down in bed, thoroughly massage their feet from the ankles down with olive oil. Allow as much of this oil to be absorbed into the skin as possible, covering the soles, sides, and entire foot area. After you have massaged each foot, prepare a strip of cotton that is wide enough to cover the bottom of the foot with ½ inch of the garlic paste. When this is done, place the strip of cotton with the paste on the sole of the foot, then take a roll of two-inch gauze and gently wrap the foot to secure the strip of garlic to the foot. With this in place, gently pull over the foot and gauze bandage a large white cotton wool sock to hold everything in place.

Do not allow the paste to get up on the sides or on top of the foot. Put it only on the sole.

Put the bandaged feet back under the cold, wet sheet and pin the bottom of the sheet together so that the patient will be in a wet sack. You will want to use a large double sheet instead of small because it will allow your patient to roll or turn around without being too closely confined.

Step Seven: Sound Sleep

In most cases, your patient will sleep soundly all night in the cold sheet. You do not have to worry about them wanting to get up to urinate because of the large amount of tea they drank. While the body is in the cold, wet sheet, the subconscious mind will build an artificial fever to warm the body. From this incubation process, the patient's body will use the fluid from the ingested teas and accumulated moisture from their bath to warm the outside of their wet body. While this is being done the body breaks loose old toxins, drugs and medicines, mucus and poisons which have accumulated and carries them out of the body through the sweating process. Your patient will lie all night in a deep sleep, sweating out the poisons of their body.

When your patient wakes in the morning, they will be refreshed and invigorated from having such a thorough cleanse. The large, white sheet, which was wrapped around your patient, will no longer be wet. In addition, it should no longer be white. It will often be stained with toxic residue secreted out of the body during the night.

Step Eight: Sponge Bath

After your patient awakes out of the deep sleep, take them out of the bed and sponge them down thoroughly with a warm mixture of 1 part apple cider vinegar and 1 part distilled water. You will probably want 1 quart of solution, so use approximately 1 pint of each. This removes any remaining toxic residue from the outer layers of the skin. It is very important that you do not leave toxic residue on the skin.

Put fresh clothing on the patient and fresh bedding on the bed. Now you will want your patient to go back to bed and relax for a while to regain their strength.

Step Nine: Juice Therapy

Your patient should by this time have a desire for something to drink or to eat. This is a critical moment for your patient; what they eat will either retain or cause them to lose their health. They may even have cravings from the past. They may desire a steak, a full meal, processed beverages, ice cream, or other junk food. Do not respond to these desires. Instead give your patient fresh fruit or vegetable juices (juices from Dr. N.W. Walker's Fresh Vegetable and Fruit Juices or Wheat Grass drink in School of Natural Healing, pp. 610-614), or bottled fresh grape juice, apple juice, etc, with no additives. Each mouthful of juice should be swished or chewed thoroughly to mix it with the saliva for good assimilation. In addition, chewing your juice will prevent an unpleasant sugar reaction if your patient is hypoglycemic or diabetic.

Do not mix the patients juices. If a different juice is desired, wait at least one half hour before using a different one. After a few hours, if your patient is very hungry, let them have a little ripe fresh fruit, but it must be chewed to a liquid before swallowing.

During the day it is good for your patient to have as much distilled water as desired and some good herb teas. It is best to keep your patient on juice therapy for one to two days to allow thorough cleansing of the digestive organs before going into the Mucusless diet.