

MEDICINAL PEAT BATH

What is it and when is it indicated?

The root word “hyper” means “high” or “above”, while the root word “thermia” means “temperature”. The premise of the hyperthermia treatment is to raise your body temperature above its normal level via an immersion bath, inducing a fever, concomitant with the application of a pulpy substance (peloid) called “peat”, which together can be therapeutic and beneficial for a number of conditions including **acne, arthritis pain, back pain, benign prostatic hypertrophy, bursitis, carpal tunnel syndrome, fibromyalgia, flu, fractures, acute gouty arthritis (toe), chronic gout, gynecological disorders, headaches, hematomas, hives, insomnia, lumbalgia, metabolic disorders, muscle tension, neurological disorders, obesity, orthopedic disorders, osteoarthritis, postoperative rehabilitation, premenstrual syndrome, prostatitis, psoriasis, rashes, rheumatoid arthritis, sciatica, skin care, sprains, strains, stress relief, trauma and viral infections.**

Medicinal peat is NOT peat moss, such as is used in gardening. Peat is a substance obtained from bogs on low- or highland moors that has been used extensively as a medicinal preparation in baths and as peloidal packs in Europe for centuries. Unique in its composition and containing many chemical constituents, peat can interact with organic and inorganic compounds in our skin. Peat has a micropore structure, lending it spongelike carrying capacity and an ability to maintain either hot or cold temperatures. Applied peat produces a gradient (gradual) rise or fall in temperature, which is especially desirable in a therapeutic bath.

Why and how does the treatment work?

Experiencing fever is part of our body’s natural defense mechanism. An induced, controlled fever seems to enhance our body’s ability to fend off infections, while increased body temperature is also directly lethal to many heat-sensitive viruses and bacteria. Immunologically, whole body hyperthermia has been demonstrated to increase Natural Killer Cell activity and the ratios of T-helper cells to T-suppressor cells have been shown to increase with repeated hyperthermia treatments.

Physiologically, with the external application of heat, heat conservation mechanisms are reversed while heat dissipation mechanisms are activated, such that with the flushing of the skin via vasodilation of peripheral blood vessels, sweating begins, releasing toxins to the surface of the body through the skin’s pores. Water is obviously useful in the removal of these toxins. The method of hyperthermic fever induction that is safest and uses water is called an immersion bath. The bath water temperature is monitored for the duration of the treatment and can be adjusted easily with the addition of, or draining of water as necessary.

The combination of effects from the bath plus the unique properties of the peloidal peat stimulate and act synergistically in a complex, non-specific manner on the physiological functions of the body including **the central nervous system, the autonomic nervous system, the musculoskeletal system, pulmonary and kidney hemodynamics, the endocrine system, the immune system, etc.** The result of the combined effects of the treatment on the body, especially in conjunction with other healthy diet and lifestyle modifications, results in the body’s improved capacity, adaptation and self-healing potential while having normalizing effects on the body’s systems and rhythms.

Who should not undergo this treatment?

Contraindications to hyperthermia are **serious illness or decreased vitality (elderly, very young children), pre-existing high fever, open wounds or active bleeding, diabetes, multiple sclerosis, acute high blood pressure, pregnancy or possible pregnancy, breast feeding, heart disease, arrhythmia, other cardiac diseases with cardiac deficiency, pulmonary deficiency, respiratory insufficiency, anemia, lupus and anxiety states. It is advised to consult with Dr. Takashima first.**

How do I prepare for my treatment?

For the 24 hours prior to your scheduled treatment, you should consume three, square meals (balanced in protein, complex carbohydrates and fat) and a vitamin shake. Do not consume a high sugar or refined carbohydrate bolus before your treatment. The treatment can be draining and you want to have some available energy stores. Inform you clinician if you have missed a meal during the day.

Should I bring my bathing suit?

Please bring whatever garments will help you to feel comfortable in the presence of the doctor and clinicians. Your attire should be loose fitting. Some choose not to bring a suit and that is acceptable also.