

Liver Kidney Wrap

The liver and kidneys are the main elimination organs of the body. One's state of health is intricately linked to the ability of these organs to function properly and at full capacity. The Liver Kidney Wrap is the use of contrast therapy (the application of alternating hot and cold) over the liver and kidney region.

The contrast therapy provides for a rhythmical activity of both the superficial blood vessels in the region as well as the deeper blood vessels, including the visceral blood vessels (blood vessels to the liver and kidneys themselves). This rhythmical pattern of dilation (expansion) and vasoconstriction (contraction) of the blood vessels provides for an increased blood supply to the area, bringing increased oxygen, an increased number of leukocytes (a white blood cell that fights infection), and nutrients to these vital organs.

The rhythmical and repeated dilation and contraction of the blood vessels to the liver and kidneys also provides a flushing effect to the organs, similar to flushing the radiator of your car. This flushing increases the effective removal of carbon dioxide, nitrogen-based waste products and other toxins from the liver and kidneys, encouraging improved normal functioning and better tissue formation.

Indications:

High blood pressure: A blood pressure of one hundred forty (systolic pressure) over ninety (diastolic pressure) or greater that occurs repeatedly over time. Typically written as 140/90.

General toning of the liver and kidneys so they will function more optimally.

Enhancing and assisting waste removal: Increased elimination of nitrogen-based toxins and metabolites, inflammatory substances and toxins from the body to help establish chemical homeostasis (stability) in the body.

Contraindications:

Tendency to hemorrhage: A hemorrhage or hemorrhaging is when there is bleeding from a ruptured blood vessel, either internally or on the surface of the body. The term hemorrhage implies a significant amount of bleeding.

Advanced cirrhosis of the liver: Cirrhosis of the liver is a chronic disease of the liver where normal liver cells are gradually replaced by scar tissue. The liver becomes less flexible and eventually, in advanced cirrhosis the liver tissue is hardened and stiff. With the increasing loss of normal liver cells, liver functions are gradually lost. Advanced cirrhosis noticeably affects the brain (known as hepatic encephalopathy) and the person experiences confusion, usually dramatic, and eventually coma. In advanced cirrhosis the person may also develop fluid over the abdomen (called ascites).

Portal (liver) hypertension: High blood pressure in the veins of the portal system in the liver.

Supplies needed:

Three towels—either three bath towels or two bath towels and one good sized hand towel or two fomentation pads for the hot applications and one towel for cold applications.

A method of heating the towel for hot applications (microwave, electric skillet or pot on stove).

A piece of plastic or a rubber sheet or a plastic trash bag to put under the person's torso.

An additional towel or piece of wool to keep the hot application hot while on patient.

A couple of wash cloths to be held in reserve.

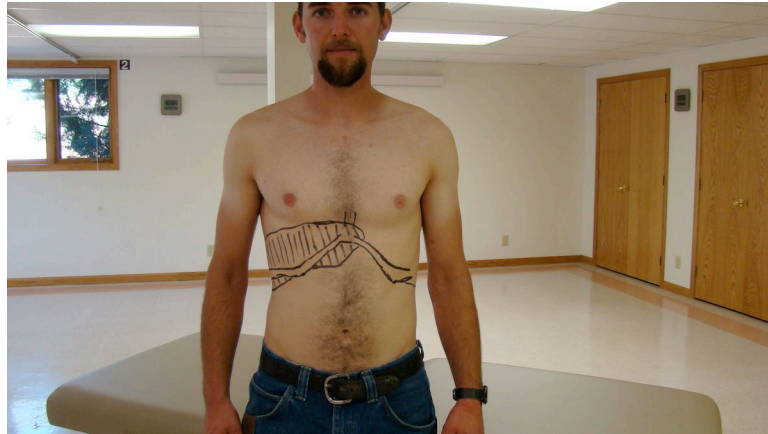
How to Use:

Step 1: Have person lie on their left side. Place a pillow under their head as needed. Remember to put the moisture barrier (plastic sheet or plastic trash bag or rubber sheet) down on the table before the person lies down. The purpose of the plastic is to protect the bed or table from getting wet during the treatment.

Step 2: Fold a bath towel in half, and then into quarters or thirds. You will be using the towel to cover the bottom two ribs down to approximately two inches below the ribs so the liver and kidneys will both be covered by the towel.

You will find that folding the towel first in half and then the same direction again into thirds gives you a longer towel than folding the towel in half and then folding in quarters the other direction. So depending on how thin or heavy the person is who is receiving the treatment will determine which way you fold the towel so the length of the folded towel better matches up to what is needed for the treatment.

The liver is located on the front side of the body on the right hand side, and is tucked up under the bottom couple of front ribs on the right. The liver will not be palpable below the ribs unless it is enlarged for some reason.

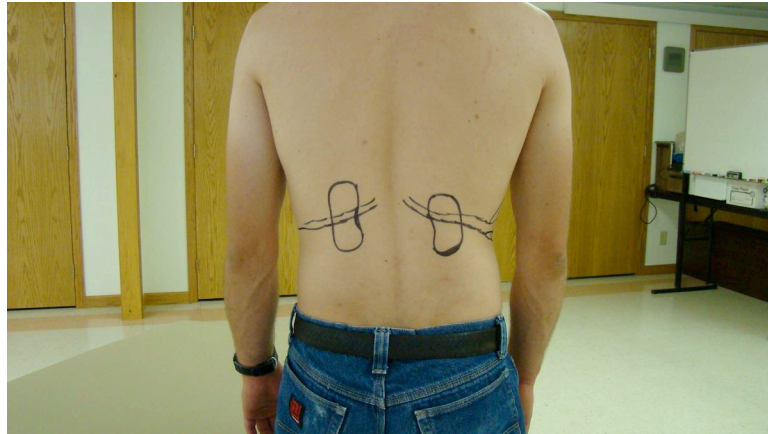


The bottom rib is outlined on both sides of the model's front side. The location of the liver is indicated with the striped section behind the bottom rib.



The liver extends around on the right side behind the bottom rib.

You have 2 kidneys, one on each side of your spine, about an inch and a half from the spine. The upper half of the kidneys tuck up under the lower ribs. The kidneys are about 4 inches long. The right kidney is a little lower than the left kidney, though you probably will not be able to tell.



The bottom rib in back is marked on both sides and the position of the kidneys is indicated in relationship to both the spine and the bottom rib.



Here is another view, with more contrast, showing the location of the kidneys in relationship with the bottom rib on each side.

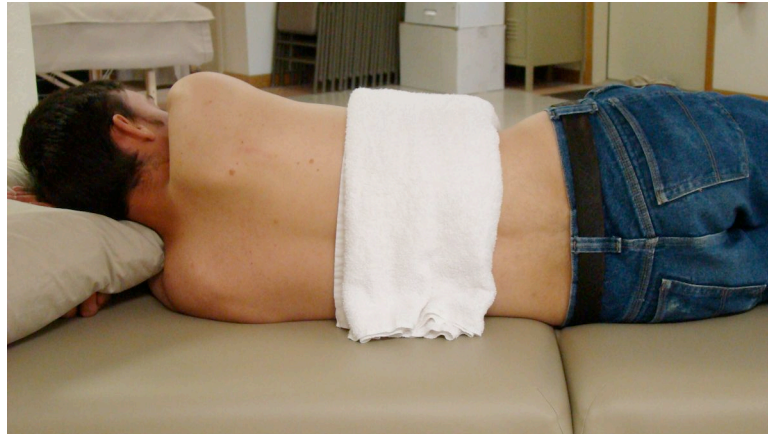
Step 3: Dip the folded towel into your container of hot water. Allow it to get thoroughly wet. Then lift out and wring out the towel.

Step 4: Touch the edge of the hot towel lightly against the person's back and ask them how the temperature is. If they say it is too hot, then grab the towel, keeping it folded, by one end and swing it back and forth a couple of times like you are using it to fan something. Then grab the other end and let go of the end you have been holding and fan it again. Then re-test against the person's back.

If they indicate the temperature is ok now, then, starting on the person's front side, place the towel at the mid-point of his or her front side at the level of the bottom ribs. The person should be laying on their left side so their right side will be toward the ceiling. After positioning one end of the folded towel at the mid-point of the front of their body, lay the towel down across their right side of the body and across their back. The folded towel may or may not touch the table or bed depending on the size of the towel and the girth of the person. What is important is that it covers the kidneys on their back.



The person receiving the treatment is lying on his left side and the hot moist towel reaches on his front to the mid-point. It wraps across his right side



and across the kidneys on his back.

Step 5: Cover the towel with either a piece of wool or a dry towel. Covering the towel holds in the heat and directs it down to the body rather than allowing it to dissipate into the air. Leave the hot moist towel on for three minutes. Set a kitchen timer for three minutes or watch the clock.

Addendum: If you are using fomentation pads or wool pads instead of a cotton bath towel, you will need to place a dry towel over the skin before applying the hot fomentation pad or wool pad as they are usually hotter than the hot moist towels.

Step 6: During the three minutes the hot moist towel is on the client, prepare the cold moist towel by folding it and dipping it into the container of cold water. When it is thoroughly wet, lift out of the water and wring it out.

Step 7: At the end of three minutes, remove the cover and the hot moist towel and put the cold moist towel on in its place. Leave the cold moist towel on for thirty seconds. Whether using a fomentation pad with dry towel under it or a hot, moist towel directly on the skin, the cold moist towel needed to be applied directly on the skin.

Step 8: You have completed one cycle. Repeat for five more cycles for a total of six cycles.

Step 9: Finish with some cold friction rub over the same area (use the cold moist towel and rub it briskly over the skin) at the end of the last cold application. Cold friction rub the area for ten to twenty seconds. Then wipe the area dry with a dry towel. You are now done.

Addendum 1: Sometimes people feel heat faster over bony areas than over fleshy areas. If this happens, briefly remove the hot application and take a dry wash cloth that has been folded several times in one direction and place over the area of localized hotness.

The area will most likely be over a rib. Then re-apply the hot application. The folded wash cloth will prevent the bony area from feeling excessively hot. Then remember to use the washcloth again with the next hot cycle.

Addendum 2: If the entire area begins feeling “too hot” to the person during one of the cycles, pick up the hot towel, hold it by one end and wave it in the air (fan it) a couple of times, then re-apply. Fanning it in the air cools it down quickly. Don't fan it too much as you will lose too much of the heat. You can also lift the hot towel off and open a clean, dry towel and lay across the whole area and then put the hot towel back in place over the dry towel.

Addendum 3: It is important that you do not apply the hot and cold over the left front side of the body. The pancreas and stomach are located on the left front side. You could cause some very caustic bio-chemicals to be released if you do this treatment over the left side. Since the liver has not been flushed by the hydrotherapy yet, you could end up quite sick if those bio-chemicals get released at this time. Do just the right front area (liver) and across the back (kidneys). So you are wrapping the towel just three-quarters of the way around their middle, wrapping around the right side of their body.

Addendum 4: If the person will be receiving this treatment frequently, or if the person has problems with dry skin, extra sensitive skin, or difficulty with the heat, a very thin layer of Vaseline® (mineral oil jelly) can be spread over the skin for added protection before you start the treatment.

Special Note: Some practitioners, when doing hydrotherapy, routinely will use four or five minutes of heat and one minute of cold for treatments rather than three minutes of heat and thirty seconds of cold. When treating the liver, this is one time when you absolutely cannot use the longer heat.

The liver is extremely vascular and heat of longer than three minutes duration over the liver can cause sufficient congestion in the liver that the cold application will not relieve it. You can end up with the person having a worse condition of his liver than before the treatment.

It is vitally important that you **ONLY** use three minutes of heat. It is also important that you do not shorten the time for the heat to less than three minutes. The rule is three minutes of heat and thirty seconds of cold. Do not vary from these times with this treatment.