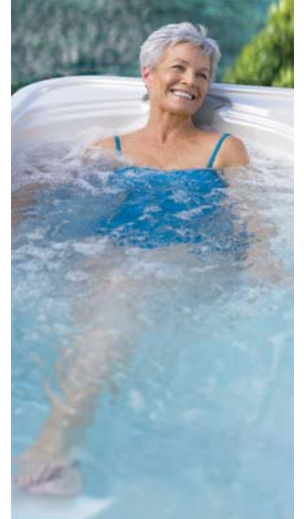


Natural Arthritis Relief

There are several factors at work with hot water therapy but the two that effect the body most are heat and buoyancy. Together, they create an experience that is both relaxing and healing. Immersion in hot water raises your body temperature and causes the blood vessels closest to the skin to dilate, which improves circulation through ease of blood flow. Because much of your body is made of water, when submerged, your body weight is reduced by approximately 90%! Imagine it as gravity relaxing with you while you float. Because of this change in hydrostatic pressure, the workload for your muscles (and heart) is greatly reduced. This also relieves much of the natural pressure in joints and muscles and leads to the release of tension from muscles and joints and the sensation of weightlessness.



Arthritis Relief

Hydrotherapy can relieve many types of arthritis. Arthritis, which most of us understand to be an inflammation of a joint or joints that results in chronic pain and swelling, is actually the name for a family of over a hundred separate diseases. By some estimates, one out of every three families has someone who suffers from this condition. Almost 50 million people in the United States suffer from some form of arthritis and the varying degrees of pain that come with it.

A recent study by the Arthritis Foundation found that of a sample group of over 380 people that had tried hot water therapy, (more specifically a hot tub) over 100 experienced one of the following: reduced pain, increased range of motion and reduced fatigue. 241 people, almost 2/3, experienced all three!

A publication of the Arthritis Foundation was quoted, "Regular sessions in [a] hot tub help keep joints moving. It restores and preserves strength and flexibility, and also protects your joints from further damage. Exercise can also improve a person's coordination, endurance, and the ability to perform daily tasks, and can lead to an enhanced sense of self-esteem and accomplishment." They went on to say, "A hot tub fulfills the need perfectly . . . **providing the warmth, massage, and buoyancy that is so necessary to the well-being of arthritis sufferers.** The buoyancy of the water supports and lessens stress on the joints and encourages freer movement. Water exercises may even act as a resistance to help build muscle strength."

National Arthritis Foundation (www.arthritis.org)