

## **Wet sheet wrap for stimulating immune system.**

### Supplies

- 1 twin or double flat sheet (not flannel)
- 1 double-sized or larger wool blanket (must be wool)
- Extra blanket of cotton or wool to wrap around feet
- Hand Towel to tuck around neck
- 2 pillows (one for head and one under knees)
- Ice water with straw for drinking

### Procedure

You will need to lay for 45-75 minutes. Empty your bladder before you start. Lay wool blanket and pillows on couch or bed, so that you will lay in the middle and be wrapped burrito style. Get sheet wet in cold water. Wring out thoroughly. Remove clothes and wrap in wet sheet from shoulders to feet. Have someone help to wrap you in blanket after you lie down (so that your arms can be tucked in). You want the sheet to cover you thoroughly – the wool will be very irritating if it is touching bare skin. Wrap blanket from each side and make sure that you are covered thoroughly with no gaps. Tuck blanket around shoulders and feet. Tuck towel around neck, under chin, to keep heat in. Add extra blanket around feet. Have someone place pillow under your knees and head for comfort. Listening to music (instrumental or classical is best) or a low-stress book on tape is helpful to keep you from getting restless. Do not watch TV during this time as it causes your immune system to be suppressed. Have someone available to give you sips of water every 5-10 minutes. The sheet should be thoroughly warmed and even dry in areas before you finish. 45-75 minutes.

You may do this once every day or every 2 days as needed for stimulating your immune system.