DYNAMISM & KNEIPPISM

Dr. Erin Madigan-Fleck NMD, LMC, LEI
DYNAMISM

Refers to the theories and philosophies that explain the forces in the universe in terms of force or energy.
More importantly, it involves theories that seek to identify and explain the phenomena of nature by action or force..... namely vitalism.
Is a school of scientific thought—dating from Aristotle, attempts to explain the nature of life as resulting from a vital force to living organisms — different from all other forces found outside living things.
This force is held to control form and development and to direct the activities of the organism.
The philosophy proposes that there is an intelligent energy source or some non-material force or inborn power makes us alive and coordinates all functions of life.
That we are self healing and self regulating organisms – In which health and adaptation of health and wellness may originate inside us and through nature itself.
This inborn innate intelligence sustains every vital aspect of life in your body: including growth, healing, cellular function, reproduction, immune system, breathing, balance, heart beat, etc.
KNEIPPIST
Father Sebastian Kneipp (1821-1897) was the most famous physician known to have proven the water cures. Kneippism or Kneipp therapy is a system for overall health and wellness and involves many aspects of natural healing, but primarily focuses on hydrotherapeutics.
Kneipp’s own health experience became his life’s work— he had contracted tuberculosis while studying in Munich, Germany.

He used herbs both internally and externally along with his water cure applications.
His protocols recommend a simple nourishing diet, fresh air, exercise, and emotional and spiritual order in life.... which later became the basis of what is known as naturopathic medicine.

Kneippism, is regularly integrated in traditional esthetic technique – through water applications, herbs, aromatherapy, hydrosols and thermoregulation.
KNEIPPISTM MODALITIES

- **WRAPS** – wet or dry cloths, varying temperatures
- **WASHINGS** – friction rubs with cloths & water
- **AFFUSIONS** – baths with submerged hose massage
- **BATHS** – partial soaking of body parts or full bath with herbs
• **PHYTOTHERAPY** – botanicals administered in lozenges, teas, ointments, and juices.

• **EXERCISE** – long walks, barefoot walks, walking on stones placed in water.

• **HELIOTHERAPY** - sunbathing

• **NUTRITION** - Highly nutrient dense foods
PROPERTIES OF WATER
Thermo Regulatory Hydrotherapy or TRHT

- Represents the acute temperature fluctuation and alternating applications of water.

- Many health benefits arise when the core temperature of the body is reduced and the skin’s surface is cooled, particularly in body hydrotherapy.
One primary observation is that the hypothalamus gland is stimulated by the body’s cold receptors.

The hypothalamus in turn sends a message to the pituitary gland to release a certain number of hormones into the circulation.

This in turn affects the thyroid, which produces thyroxine. Thyroxine increases oxygen consumption.
The immune system is also stimulated by cold and causes an increase in white blood cells; especially T cells and CD4 T lymphocytes that are specifically designed to combat viruses.

Cold water also affects the clotting factor and viscosity of the blood – the formation of blood clots in the lungs; heart and brain are less likely.
General Conditioning - Influence on the automatic nervous system; improves general state of well-being and overall homeostasis.

Consensual & Automatic Response - Parts of the body distal to the treatment area have the potential to react in the same way as the part being treated.
Localized Reaction – Therapy applied causes a localized reaction via thermoregulation and herbal stimulus or sedation.

Segmental Response - An automatic reflex from the skin, called the cuti-visceral reflex, can influence internal organs.
Immune System Response - Alternating treatments and therapies strengthen the immune system.

Psychological Response - Temperature and aroma stimuli have a direct influence on the central nervous system via the olfactory system.
Kneippism in aesthetic treatment may be performed with the use of “golden spoons”, beauty globes or roller instruments made from gemstones, metals, clay, or glass filled with cryogenic liquid to keep the instrument cold.
• These devices work on the skin by the use of alternating cold and warm stimulus.

• The alternation of temperatures instigates cell metabolism and increased circulation through stimuli.

• The application of warmth - dry warmed towels, steamed towels or “hot and cold hammer” or other warming instrument encourages blood flow and oxygenation.
• The application of cold encourages contraction, and attends to vasio distensions.

• Stimulation & circulation encourages blood flow, lymphatic activity and detoxification.

• The application of warmth may offer a soothing, relaxing massage alternative.
These instruments also offer a “natural” option for penetration of products without the use of electrical apparatus.

This may especially be advantageous for clients who are unable to receive electronic stimulus because of heart or circulatory conditions.
• Stainless steel rollers are hygienic, do not rust and may be sanitized easily without damage to the surface plate roller.

• All cooling devices are filled with a biological coolant, and are kept in a freezer until just before its use.