

A Comprehensive, Practical Guide to Erdman
Therapy: A Safe, Low-Cost Physical Medicine
Approach That Can be Self-administered at
Home



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Introduction

Despite all the medical advances of the past century many chronic conditions still elude understanding and treatment. Our current medical understanding of the body is fragmented into separate body parts and systems, but many diseases and chronic conditions can benefit from a holistic, comprehensive approach. Before our medicine became so technologically oriented, people devised other strategies to treat persistent problems. Some of those treatments were not only effective but much safer than the drugs and surgery that are usually offered now.

If you have been longing and searching for a solution to your chronic health problems, such as insomnia, migraines, vision problems, depression, anxiety, poor digestion, chronic pain, etc. there may be a simple, practically free treatment you can do at home. If you have 'tried everything' without success, maybe Erdman therapy is the answer you are looking for.

It sounds too simple and totally harmless. Laughably simple. And yet, this therapy has the potential to relieve millions of sufferers from all kinds of conditions. Not only does it have enormous potential, it requires only simple, inexpensive materials you may already have and a bit of time; some patience and observation. You can administer it to your loved ones, or to yourself. Using Erdman cooling therapy, you may find the solution you've been seeking. You may safely help yourself in ways that your doctor or any system of medicine cannot. Use it to keep yourself healthy, or improve your health.

Some will find that knowledge of this circulatory deficiency provides not a 'cure', but a way to manage their health. Just as we might avoid certain foods, get regular exercise, practice meditation, get adequate rest, it is possible to further help yourself by monitoring your circulation, avoiding conditions that aggravate the problem, and applying the treatment when necessary.

When I first heard about Erdman therapy, it sounded ridiculous, even wacky. But it is grounded in simple laws of physics that make sense to anyone. Understanding or even believing in it is not necessary. It is simply a way of helping the body heal itself by giving it what it needs to do the job.

Do Erdman cooling treatments cure everything? Certainly not, and they are not for everyone. Most people (85%-90%) don't need cooling treatments - they are the lucky ones for whom standard treatments generally work well. They don't have chronic, unsolvable problems. For these folks, a cooling treatment could cause adverse reactions, though these reactions can quickly and easily be reversed.

Erdman therapy cooling treatments are for the 10-15% of the population who still struggle to feel truly well. By reason of genetics, trauma or bad luck, these people have subtly impaired circulation which affects their bodies' ability to function at its best. This was Erdman's important discovery.

There are many reasons for poor or less-than-good health, including poor diet, lack of sleep, sedentary lifestyle, overwork, chemical exposure, emotional stress, trauma and plain old bad luck. Some of these can be controlled or corrected. But what if you have 'done everything right' and still can't feel truly, vibrantly well? You may have had lots of treatments from various medical or alternative practitioners that don't seem to help much. It's quite possible you are in the segment of the population that have dilated arteries, and would benefit from cold applications.

For a small investment in your time and effort, and little expense, you may find a huge benefit and give yourself more control over your health.

What could Erdman Therapy help? Every cell in the body requires oxygen and nutrients. Certainly we can survive with suboptimal circulation, but thrive with better circulation. Erdman Therapy has been little-known, even in its heyday, but current users have so far reported clearer eyesight, better sleep, more buoyant mood, and a reduction in headaches. In the past it was reported to relieve menstrual cramps, digestive issues, diabetes, epilepsy and chronic pain. Frederick Erdman believed that every chronic condition, even phobias and psychiatric illnesses, were caused by poor circulation, even to the brain, that impaired function. This may sound far-fetched today but with patience, Erdman therapy can be helpful, and there is little to lose from trying it.

Caveat: Erdman Therapy is not as simple as it seems. It's more of a balancing act; like self-care for diabetics. The prevalent conditions of dilated people might better be thought of as symptoms of dilation; conditions caused or created by poor nutrition/lack of circulation to vital cells. Therefore you can use Erdman theory and therapy as a safe and empowering way to manage that circulatory deficit: if the dilation (or constriction) is managed, the other conditions caused by the deficit will abate.

ERDMAN THERAPY HISTORY

The principles of Erdman therapy were discovered by Frederick Erdman, born in 1874, after he healed himself of nearly twenty years of severe disability due to back pain. Previously, many of the therapies intended to help him had used heat on his back. Since his condition only worsened, he decided to try the opposite and apply cold to his spine. Almost immediately, his condition improved. Although Frederick never went to medical school, he studied medical subjects voraciously. He was granted a license to practice Drugless Therapy by the State of Pennsylvania. Working for over 70 years, Frederick Erdman went on to help many thousands of people until his death at age 95.

Frederick's son, Bill, changed his career choice from business to medicine after healing his own wounds received in the Battle of the Bulge in 1942 using his father's methods. He became Chair of Physical Medicine and Rehabilitation at University of Pennsylvania Medical School, and also the hospital's Medical Director from 1968-1978. At the same time, he also worked with his father at clinic established by the Frederick Erdman Association, an organization created with the participation of the Pew Family Foundation and the McClellan Foundation. Their families had benefited greatly from the treatment, and they enthusiastically supported it. This clinic had twelve treatment rooms, motel-like rooms for out-of-town patients to stay, and a classroom for education on healthy living. Previously, Frederick had treated and housed patients in his large house across the street.

Erdman Therapy became well-known among Christian missionaries and celebrities. Among famous patients were Billy Graham and Bob Hope. Trips were made to Florida, Georgia, Tennessee and California and Seattle to evaluate and treat patients. People who had great results with the treatment were eager to share it with others.

Erdman Therapy began before the rise of pharmaceutical drugs, medical insurance, and sophisticated technology and tests for imaging or analyzing the patient. It relied on the doctors' skill and observations and was quite labor intensive, with the patient being treated two to four times a day. Needless to say, this simple, yet skillful treatment method was soon eclipsed by the country's love affair with technology and profitability. Frederick Erdman died in 1969, and his son, Bill, carried on his work but had many other responsibilities. He died at age 68, in 1989. In the later years, Bill's brother, Frank Erdman, an engineer, strived to perfect a machine he called the Erdman Indicator, that would read pulses and replace the need for skilled human hands. He was not successful in creating an efficient device; the Erdman Indicator took at least thirty minutes to determine the pulses. The Erdman clinic eventually closed, the employees dispersed and the therapy was no longer available there.

Fortunately, the knowledge and skill of the Erdmans' work remained with Lydia Kessler RN, who worked alongside them for almost 20 years, treating patients and managing the clinic. In 2016, she joyfully shared her expertise with us. Later, we learned that there were other people, in the Southeast, at least, who were still using Erdman Therapy and helping others use it too.

Erdman's great discovery was that people have different circulation types. Every function in the body depends on efficient and adequate blood flow. The majority of the population has normal circulation. The diameters of their arteries are the right size and the movement of blood is efficient.

However, there is a sizable minority (10% Erdman's estimation, in 1930 - 50, possibly higher now in our stressful times) whose deep abdominal arteries are dilated (too relaxed). These peoples' health problems often don't respond to usual and customary treatments. Their doctors may not understand how they can be helped, and the patient feels misunderstood. The dilation of the blood vessels causes the circulation to be insufficient for optimal health.

Frederick Erdman found that cold applications to the spinal area affected the diameter and muscular walls of the arteries. Cold causes materials to contract. Cooling the spinal area creates a series of nerve reactions which lead the deep dilated arteries to become toned and to move blood more efficiently. The circulatory system can then reach all areas and create an environment of healing throughout the body. Conversely, heat causes expansion, and Erdman used warming application for patients whose arteries were overly tight.

After treating people for 40 years, Frederick Erdman discerned that people in the dilated group generally had a stronger pulse in their left side, while the majority, with normal arterial tone had a stronger pulse on the right. Pulse analysis is a skill that takes much practice, and even so, it's difficult to accurately read your own pulses. We won't address it here.

Many years later, one of Erdman's patients and proteges, Dennis Cochrane, noticed that the temperature of his hands were often unequal; the left might be warmer, or sometimes the right would be warmer. He suspected that hand warmth would logically indicate better circulation and a stronger pulse. He and his daughter, Cathy, experimented with various thermometers, eventually determining that a dual differential thermocouple used in HVAC (made by Supco, model EM60, obtainable through www.amazon.com) worked well. It allows you to read the temperatures of both hands

at once, and is sturdy and very accurate. The thermocouple will reliably tell you when you are dilated. (Left hand temperature is higher than right hand temperature.) Below, there is more specific information about use of the thermocouple.

First we will address dilated conditions, where users are applying cold applications. Cold applications to the spine 'exercises' the arterial walls, causing them to gradually 'learn' to tighten. When your arteries are tightened up or toned, blood can circulate more efficiently and nourish all parts of your body more effectively. You might think of this as narrowing the ductwork in a house so that the heat from the furnace reaches all the rooms. Full healing cannot take place until the circulation is optimal.

Clues to dilation

Not everyone is a candidate for cold applications. But if you are, it can help you when nothing else has succeeded. Symptoms and common conditions of people with dilated arteries can include: long-standing low blood pressure (seen as a good sign by physicians); insomnia; depression; anxiety, hypersensitivity; sensitivity to heat; diabetes; multiple sclerosis; migraine; digestive issues; asthma; hyperactivity.

The table below was compiled by Lydia Kessler, who has over 40,000 hours of experience diagnosing and treating patients at the Erdman clinic.

Frequent Characteristics	Dilated/Low tone	Constricted/High arterial tone
Physical	pale	normal color
	cold hands/feet	warm hands/feet
	headaches, migraines	
	fatigued/low energy	energetic
	Chronic illness	
	Auto-immune disorders	
	low blood pressure (below 120)	normal blood pressure
	insomnia/restless sleep	normal sleep
	hypoglycemic/crave sugar/ can't miss a meal	robust, resilient
	numerous allergies, hypersensitivity	
Emotional/Mental	depression	confident
	confusion	assured
	hopelessness	optimistic
	continual seeker	satisfied, content
	dullness	clarity of mind
	struggling	well-functioning
	artistic, creative	

This chart might be quite discouraging. Who wouldn't like to be like the happy, confident, contented people in the constricted camp? Lydia has a theory that some of the greatest minds, leaders and original thinkers in history were people who were dilated: Michelangelo, Thomas Edison, Albert Einstein, Winston-Churchill. The creativity and restlessness that goes along with dilation drove them to reach farther, try harder and not give up. These qualities stand dilated people in good stead when using Erdman therapy.

Dilated people tend to know other dilated people, which is how Erdman therapy spread through the Christian missionary community in the mid-20th century. Also, sensitive, creative, adventurous folks tend to seek out others of the same ilk. Your friends may be able to share this journey with you, and you can support and encourage each other.

Quick Start Guide

Do you have some or a few of the symptoms under the Dilated column on page 4?
Have you tried medical or alternative therapies with disappointing results?

Test yourself. Try three swipes of witch hazel or alcohol on your spine, 5 minutes apart. Does it feel pleasant and comfortable? Did it evaporate, or is it still slightly damp?

Did you get a negative reaction of any kind? Then, Erdman cooling therapy is not for you.

If you have dilated symptoms, and the applications feel pleasant, with no negative side effects, and you are strongly motivated to feel better, then your endeavor will be easier and more successful if you purchase a dual thermometer. (page 10) They are an inexpensive tool that will lead the way to a better, healthier life. Possibly a small community could share one.

Or simply follow the following instructions, without a thermometer, and see what happens. This protocol was successfully used for 34 migraine patients in the study; 85% of them reported at least 50% reduction in symptoms following treatment. More than half of those between ages 16 - 45 got 90%-100% control, proving the approach quite effective.

GENERAL INSTRUCTIONS FOR PEOPLE WITH LOW VASOMOTOR TONE,

Avoid getting your back overheated. Likewise, avoid exposure to excessive cold as well.
Dress comfortably but also:

- 1) Avoid hot showers and baths, saunas, etc.; use warm, not hot, water when bathing.
- 2) Avoid long hot car drives; use an air cushion to keep your back away from the hot seat. On extra hot days, put a small freezer pack between the car seat and the cushion about the level of the belt line to keep the middle of your back cool. Do NOT use heated car seats.
- 3) A hot water bottle for your feet is acceptable but not on your back.
- 4) Avoid friction or rubbing (as in massage) on the back.
- 5) Develop an awareness of overheating your back and simply do what is necessary to avoid it.

SPECIFIC INSTRUCTIONS FOR APPLYING COOLING APPLICATIONS

Witch hazel is used as a cooling agent because it provides a greater cooling stimulus than water; it evaporates faster, is not usually irritating even when used a lot; and, it is not as cold as ice. Ice is too severe a stimulus for most persons.
Cover the back between applications to keep warm. A cardigan or buttoned shirt put on backwards works well.

Apply as directed from base of neck to the cleft of the buttocks directly over the spinal column:

- 1) 10 times (with about one minute between applications to allow for evaporation) morning, noon, and evening; or, 15 times morning and evening for the first week, then...
- 2) 10 times morning and evening during the second week, then, ...
- 3) 10 times morning OR evening for the third week, then ...
- 4) evaluate your progress. If you are tolerating the cold and continuing to get better continue using 10 to 15 applications a day until reaching a plateau. Then use 2 or 3 daily as necessary just keep "in tune." Many people need nothing more at that point unless some stress occurs whereafter they may need to re-initiate the program.

A few persons will only need a few cold applications to obtain relief; most, however, will need more. Because the treatment is corrective, the applications should be stopped when correction is suspected. The witch hazel will cease to evaporate when correction has occurred and it will feel uncomfortably cold after the point of correction.

IF YOUR BLOOD PRESSURE RISES EXCESSIVELY (to more than 160/100) OR IF THE

Use of Thermometers

If you are dealing with long-standing problems, you might benefit from the guidance of a thermometer. There are many brands of dual thermometers available, for a variety of prices. We started with the Supco, which costs about \$60. Other, less expensive brands are Leaton, Actpe, or Saitec. For our purposes, they probably all work adequately and in much the same way.

We (Lydia and the author) found that the best way to determine dilation or constriction is to take temperatures at various times of the day, at first. You will see a pattern. There are times of day when you may always be dilated, such as first thing in the morning, and then become the temperature become more balanced after eating breakfast.

If you see large differences between the sides (greater than 2 degrees F) consistently, over a week or more, then you should treat yourself. If the left hand is warmer, you would use cooling applications. If the right hand is higher, you would apply heat. This will be discussed further on.

It's possible that you will become constricted, and yet your symptoms have not yet improved. Be patient. The body takes time to heal itself. There is a point when you will feel a distinct shift in mood, to more buoyant, optimistic and cheerful.

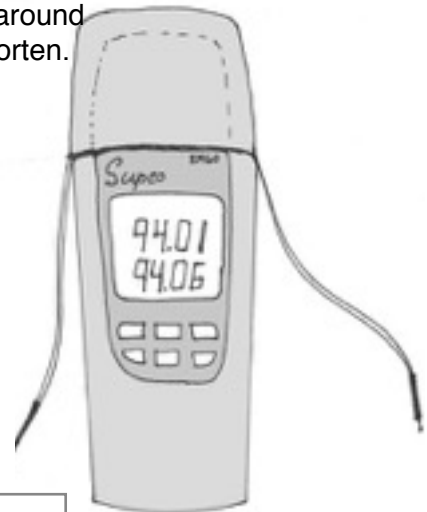
Set-up: The Supco EM60 comes with two sensors attached to long cords. When you receive the unit, plug in the two yellow connectors AFTER you wind the cords around each of them to make them shorter. If you like, you can drill a small hole in each side of the cap for the cords to pass through, or just let them come out of the bottom of the cap.

After sitting calmly for a few minutes, in a relaxed state, grasp the two sensors at the end of the cords between thumb and forefinger, one in each hand. On the EM60, the bottom number shows the right hand temperature. To be considered constricted, the right hand temperature should be at least .5 (5/10ths) of a degree (Fahrenheit) higher. If it is not, then the person can assume to be dilated. For example, if the right hand reading is 85.7, and the left hand reading is 94.3, that would be considered extremely dilated.

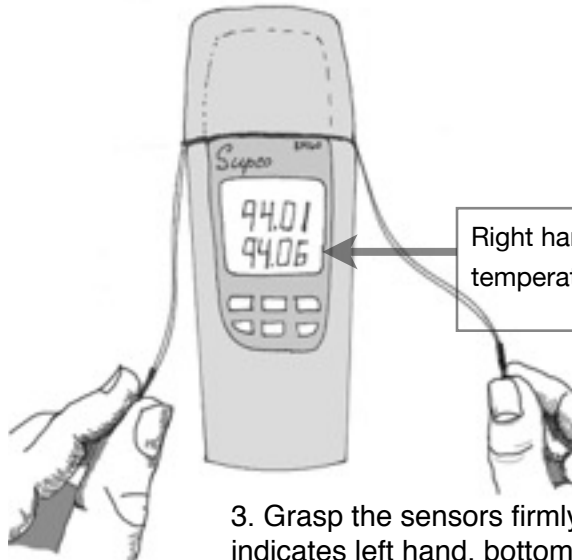
1. As it comes out of the box.



2. Cords wound around connectors to shorten.



Right hand temperature



3. Grasp the sensors firmly to test. Top number indicates left hand, bottom number is right hand.

Some caveats: The thermometers accurately indicate dilation (bad) by showing the left hand to be warmer than the right. But there are some things that can make a right hand be temporarily warmer, which could mislead you. Physical exertion, even walking, or mental/emotional excitement can give a thermometer reading that seems to show that the blood vessels are constricted. It's important to be calm and at rest, both physically and mentally when you test yourself with the thermometer. Undoubtedly, the same applies to testing the pulses. Thermometers have proven to be accurate indicators of constriction but only when trapped intestinal gas doesn't exist and a person has been calm for a few minutes.

Because the thermometers are extremely sensitive, test yourself when your hands are equal temperatures - not after fetching something from the fridge, or handling a hot cup of coffee!

DOING COLD APPLICATIONS

Where to do it: Down the spine from the base of the neck (C6 - the bump at the top of the spine) to the tip of the coccyx (tailbone) or as close as possible, along the bumps (spinous processes) of the spine.

It is definitely possible to self-treat if you are flexible. A longer applicator stick makes this easier to reach all spinal areas. Treat as much of the line as you can. It can be more pleasant and possibly takes effect more quickly if someone else can treat you. The treater will be more effective if their intent is calm and caring. Agitating conversation should be avoided.

Position: Lying on either side, if possible. Keep warmly covered between applications, so only the spine is chilled. If side-lying is not comfortable, sitting facing the back of a chair is an option. If you are too pressed for time to be still, cold applications can still be done under your shirt while moving around.



Where to apply cold, from the base of the neck to tailbone



One way to self-administer. A longer handled applicator would let you do it all from the bottom.

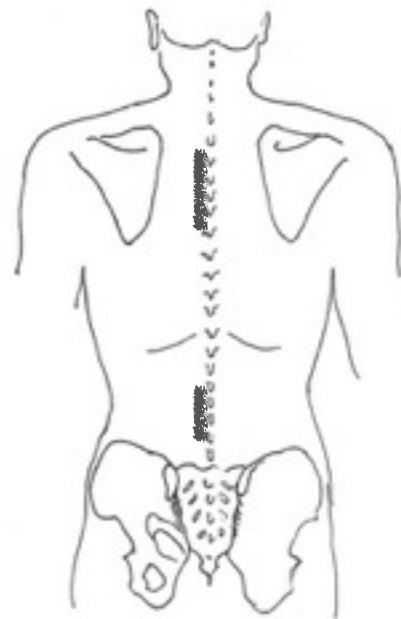
The Role of Intestinal Gas

No, we're not just talking about flatulence. The digestion process produces gases, which are generally re-absorbed within the intestines. These gases affect circulation, and can give misleading thermometer or pulse readings. If you have many symptoms of dilation, but a higher Right temperature, apply some cold along the spine, by the left shoulder and over the left hip. (3 Swipes in each place, with at least a minute in between.)

This causes the valve between the small and large intestine to open, and helps the gas move along. Then you can re-test and get a more accurate reading.

Why is this? This concept was difficult for me, until I understood that there is a relatively constant amount of blood in the body, but a continually changing amount of gas. The blood of the deep abdominal arteries 'competes' for space with the intestinal gas. If there is more gas in the intestines, the blood gets less space; the arteries are somewhat compressed, mimicking constriction.

Cold applications here are also useful if you are having abdominal bloating or discomfort after eating something that disagrees with you.



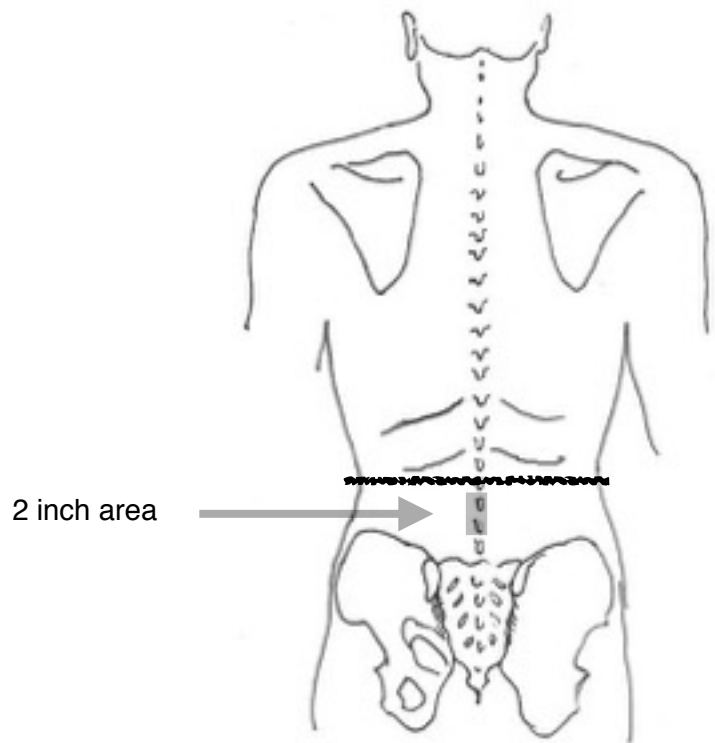
This information, and the page that follows are advanced information. Don't let it intimidate you! Most people will not need this. It is included for the sake of completeness.

Another option for cold placement

Sometimes you don't need cold all the way. There is a two-inch area near the waist (over L3-4) that re-dilates first. You can test yourself there with cold. To find it, locate the narrowest part of the waist. Or, if it's difficult because you haven't much of a waist, find the top of the hip bones. The Erdman 2-inch area is below that, along the spine.

Placement is important! If your swipes are too low, they won't have any effect.

If the applications feel too cold, or fails to evaporate, then you don't need cold. When you have been applying cold for some time, and you notice that it isn't evaporating as it was, or feels unpleasantly cold, you know that you are now constricted, and should stop the applications.



Making an applicator: What you will need

- An applicator (like a big Q-tip) You can make them using wooden coffee stirrers, or a chopstick, wound with cotton at the end. If you are treating yourself, 7.5 inches/9cm long stirrers work well, and longer, such as a wooden chopstick, is even better.
 - Good quality cotton. The best comes in a roll. Don't use the wadding from pill bottles.
 - witch hazel or other evaporating liquid, such as diluted rubbing alcohol
- Or, long handled metal spoons and cool (not ice!) water. Use the back of the spoon.

Experiment to see what works best for you. It takes practice to make really good applicators, where the cotton stays tightly on the stick. Moistening the end first helps with this. The same applicator can be used for a long time for each person, even if it looks grubby.



Witch Hazel
Cotton ball
Wooden stick



Unroll the cotton



moisten the stick



Twirl the cotton onto the stick.



Pinch off the excess



tighten the end

Getting it right

If the cold treatment is not having the desired effect (increasing hand temperature on the right side), even though you have clear symptoms of dilation and the cold still feels comfortable, you're doing something incorrectly. The treatment needs improving.

Here are options to improve the treatment:

For cold applications:

a) it feels too cold and uncomfortable. (Often the case with fragile patients, fevers, young children, highly irritable nervous systems.)

Solutions: Warm the witch hazel on the applicator briefly in your hand before applying. Or, gently warm the the container of witch hazel on a warmed plate. NOT on the stove or in the microwave!! Keep the spine covered up between applications and keep the rest of the body warm. Place a warm water bottle at your feet can be helpful particularly if you have a headache.

b) Cold applications are not producing constriction despite plenty of swipes, 10 - 15 at a time, with at least a minute in between. This is a particular problem in hot, humid climates or seasons.

Solutions: Chill the witch hazel in the refrigerator or freezer. Add a small amount of alcohol to it to make it more evaporative. When using, place the container on a cold pack. Put an ice cube in the container. Sit near a fan to increase the evaporation. Do more sessions per day.

With proper treatment, the body approaches homeostasis, balance within its systems. The following are signs of this balance:

- a rapid pulse (tachycardia) becomes slower (more normal)
- an irregular pulse becomes more regular (more normal)
- slow pulse (bradycardia) becomes faster (more normal)
- headaches lessen
- a tense patient becomes relaxed
- a cold patient becomes warm

A sugar-free diet is helpful in maintaining constriction.

If the treatment produces a temperature/pulse increase on the right, but it doesn't last and you are not improving, it could be that you are undoing the treatment accidentally with heat.

Dilated people should AVOID exposure to heat on the back or abdomen, including all of the following:

- very hot car seats in summer (use a mesh seat cover that allows air between you and seat)
- using heated car seats in cold weather
- hot baths, hot showers, steam rooms, saunas, jacuzzis
- heating pads
- sun on your back
- back braces, thick wide belts,
- overheating in general, wearing clothes or boots that don't breathe
- massage or friction on your back; hot stone treatments

Even if you decide not to do cold applications, avoiding heat will be helpful if you are dilated. There are sources of overheating that we don't even think about, especially in summer weather.

Even though there are many people who obviously could benefit from Erdman's cooling therapy, it can entail a lifetime of balancing, some might even call it struggle. But those who desperately need it are already searching and struggling - with their chronic health problems. Although following these guidelines might mean sacrificing some of your favorite things, enjoying the benefits of great health and joyous optimism makes the choice worthwhile.

Frequently Asked Questions

What is witch hazel and where do I get it?

Despite its name, there's nothing magical about witch hazel, a mildly astringent liquid made from the extract of the small tree (*Hamamelis virginiana*), known as witch hazel, native to North America. Its common name is probably derived from the fact that the tree flowers in late winter, well before the leaves erupt. A bottle of witch hazel can be purchased at most drugstores very inexpensively. If you are unable to obtain it, you can use diluted rubbing (isopropyl) alcohol or even ethyl alcohol found in alcoholic drinks such as vodka. Cold water has also been used successfully.

When should I stop? How long do I need to do this? The first cold treatments act quickly. You will probably see a change within one to two weeks. Stop treating and enjoy the improvements. You might stay tightened up for a long time, or you may find yourself needing more. Later, there will be less dramatic improvement from the cold treatment, and it could take longer.

Cold applications generally feel comfortable to those dilated people who need them. If you have any adverse effects from your very first treatment, unusual pain or symptoms, cold applications are not for you. Your arteries already have normal tone. You can reverse the effects immediately with heat, for example, taking a hot bath or shower, sitting in a hot car or with the sun on your back, or using hot air from a hair dryer on your spine.

After about 5 - 14 days of cold applications, you may get a back ache or headache that feels like a band around your head. These irritations will be different than your usual symptoms. They are signs that you have gone a little too far. At the same time, you will probably feel better in other ways. Your arteries have tightened. You can counteract the back pain or headache with a WARM (not hot) water bottle between your shoulder blades. The irritations will recede and disappear eventually.

The irritations of overly tightened arteries are various, and hard to predict. You might experience abdominal pain due to gas production. This can be eased by massaging briefly over your left hip, which opens the valve between the small and large intestine. Alternatively, you could simply warm this area with your hand for a minute.

When your arteries tighten up, your body will gradually become more resilient. With normal tone, your health and well-being will improve dramatically, including your sleep, digestion, appetite, wound healing, mood and pain levels. However, it can take time (months, maybe years) to repair years of sub-optimal function, and patience and vigilance is required. If you check yourself regularly with the thermometers, you will notice when things are beginning to go back to 'usual', and know it is time to re-start the cold applications. Without the thermometers, feeling a bit down, low energy, disrupted sleep or craving sugar would be good indicators that you are no longer constricted

What happens next?

With luck and good self-care, you will stay tightened up, and your body will begin to heal itself. However, many things can cause you to re-dilate, such as surgery, trauma, novocaine, stress, low blood-sugar episodes, or over-heating.

What Class 1 (arteries overly dilated) people should Avoid:

Heat - hot baths or showers (warm is ok), heating pads, electric blankets, hair dryers, hot car seats in summer, and heated car seats; long or deep massage to the back; overheating while carrying a backpack that rubs on your back, for example.

Vitamin B12 should be avoided by people in Class 1. Vitamin B1 (100-200 mg/daily) can aid constriction. B Complex Vitamins can be taken safely once you are constricted because the B12 is balanced by the other components. Also recommended to keep your constriction: exercise, brisk walking, physical movement, stretching. If you begin to lose that healthy feeling, start sleeping poorly or other symptoms return, or new ones occur, check your temperatures/pulses.

If my circulation was this poor, wouldn't I be dead? Or have gangrene?

Think of this like a house, with heating ducts that are too large, or an underpowered furnace. Some rooms are a comfortable temperature, but one or two may be always chilly in the winter. The warm air gets dissipated in the ducts; enough reaches the room to keep your plumbing from freezing, but it's not comfortable to be there. Your circulation is working well enough to keep you alive, but not at your best.

How did I get dilated in the first place? Why am I dilated?

Dilation seems to run in families, but also many life events can cause it. Trauma, surgery, anesthetics, antibiotics, too much heat, or friction on the back can all cause dilation. We don't know why.

Do I have to do swipes? Why can't I just lie on an ice pack?

Extreme cold, such as ice, is too harsh. This will drive the blood into the already dilated abdominal arteries. The intermittent cold of swiping gives the arteries exercise as they contract and relax.

The heart is on the left, so isn't it natural that the left arm would have more circulation than the right? Actually, the heart is closer to the middle of your chest. But, still, it's a good question. blood leaves the left ventricle of the heart, full of oxygen, it goes to the ascending aorta. The first large 'exit' for that blood is the artery that supplies blood to both your head/ brain (right carotid artery) and your right arm (right subclavian artery). After that comes the vessels for the left side of the head and brain and the left arm. So normally, the right pulse is a bit stronger than the left, indicating slightly more circulation and hence a higher temperature.

How long do I have to do this?

That depends on your age, your condition, and how motivated you are. When you see the positive changes, you will likely be motivated to continue.

The first time, you may see improvement in one to two weeks. But this change can be fragile. Your circulatory system hasn't stabilized yet. It's not uncommon to go through several cycles of tightened up (good) and dilated (not good), and it may take many more days in the third or fourth round than it did in the first. Healing will occur over months and even years.

However, once you experience the positive benefits, you will probably be happy to do the applications if or when you begin to slip back into your old, sub-optimal state of health. Healing long-standing dysfunction takes time, and it is important to be patient with the process.

Using Erdman therapy is somewhat of a balancing act, but you always have the ability to re-treat yourself, and the benefits of normal arterial tone are great!

The body systems heal in this order: vasomotor nerves; the digestive system; the musculoskeletal system, and finally, the nervous system (brain and spinal cord). It takes time and requires patience but you will probably see benefits even before full healing is achieved.

Is it safe?

The effects of cold applications are immediately reversible by applying heat. Not only that, we frequently apply heat (hot baths, showers, sunbathing, hair dryers, back rubs etc. etc.) without ever asking if it is negatively affecting our health. If you are in the dilated 10+%, these heating conditions are not beneficial, and may be harming your health without your knowledge, even though they feel good temporarily.

The medical community is unaware of circulatory differences, and many pharmaceuticals and recommended therapies are vasodilators, which are injurious to the already dilated.

Certain foods and substances have properties that cause the arterial walls to dilate or constrict. The following are included for your information only, and are definitely NOT recommended!

Vasoconstrictors: amphetamines, antihistamines. Stimulants, for example caffeine, nicotine, methamphetamines, ephedrine, cocaine, MDMA (ecstasy). Also noise exposure, adrenaline.

Vasodilators - alcohol, capsaicin (chili, hot peppers), amyl nitrite, many popular medications

Will Erdman therapy cure cancer, Parkinson's, Alzheimers, etc. etc.?

Erdman therapy doesn't cure anything. However, your body functions much better when all parts are getting a generous blood supply. Blood delivers life-giving oxygen and nutrients, and carries away waste products. Improved sleep that results from constriction is essential to the body's repair processes.

How do I reverse a cold treatment?

If your arteries are not dilated, using cold will cause them to become tighter/more constricted and you will not feel well. There are many different reactions so it's not possible to predict exactly what you would feel. You can reverse the effects of the cold applications by doing any of the things that dilated people should avoid - hot baths or shower; massage to the back; essentially, making the central part of your body (back and abdomen) very warm, for about 10-12 minutes every 2 - 3 hours until the symptoms are relieved.

Now my right hand temperature is higher, but I don't feel better yet.

Remember that true healing takes time and patience, and also sometimes discomfort. Look for progress, not perfection.

I went too far, and now my right hand temperature is more than 3 degrees higher. My old symptoms are returning. What should I do?

If you have a tendency to be dilated, just wait. Stop applying cold. Take less Vitamin B1. Monitor your temperatures. Frederick Erdman perfected his therapy by experimenting on himself. You will need to do this, too, to find what works best for you. Encourage yourself that your health is gradually improving.

Is it safe for infants, children, elderly people?

You will be guided by the results. For babies, or people who are in a fragile state, the witch hazel or other cooling application can be warmed slightly in the hand before applying. If the condition worsens, stop the applications. Infants and children are very adept at letting you whether they are enjoying something or not.

Is it safe for pregnant women?

The Erdman clinic near Philadelphia treated many pregnant women with difficult pregnancies and helped them carry their babies full-term. As always, be guided by the response to the treatment. A positive response means that it is helping. If your symptoms or problems get worse, then you should not have cooling applications now.

Use of Warming treatments

Up to this point, the Erdman information herein has been all about the cooling treatments for people with arterial dilation. After all, this is the fragment of the population who find it hardest to get help and may be actually desperate enough to be willing to embark on an unfamiliar, unknown and maybe even absurd-sounding therapy. What's more, with the cooling therapy is relatively easy to self-treat. However, the Erdman warming treatments are also valuable and can provide gentle, yet powerful drug-free help that is effective and even amazing, when given to the people who need it. If the wrong treatment is given i.e. a constricting (cooling) treatment to someone already constricted, the effects can be quite negative.

Since this is intended to be a comprehensible, and comprehensive, manual for Erdman therapy, some information about the warming treatments for use on overly vasoconstricted patients is included. Their right hand temperature will be higher than the left by at least 3 degrees Fahrenheit

Keep in mind that unlike dilated people, for the overly constricted, heat is beneficial and helps to dilate their blood vessels. While dilated people should avoid B12 vitamin, it aids in dilation and is recommended for the constricted.

The stated purpose of warming treatments is to relax muscles, thereby easing blood flow to imbalanced areas. The congested, spasmodic muscles are barriers to proper circulation.

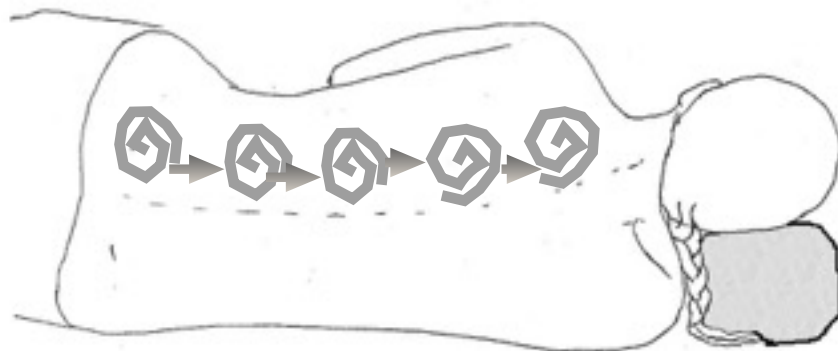
In the Erdman clinic, treatments, whether warming or cooling, would be given two to four times a day, for up to a week. Patients who were on cold treatment did extra applications on their own. The warming treatments are challenging to self-administer; their goal is to relax the tissue and one cannot relax into the treatment and administer it to oneself at the same time. But if you have a willing helper, it can be done. Frederick Erdman made himself a long wooden paddle, padded with foam rubber with which to self-massage his back.

Dennis also says, "I see so many people who need this therapy, but also know that if they embark on it, it will be a lifetime of struggle (to maintain wellness)". This is true, but also we should note that people who are desperate for healing have already experienced plenty of struggle without significant success, and just may consider Erdman therapy a worthwhile struggle.

Options for applying heat/warming:

- Warm compresses
- Simply the warmth of the hand, placed appropriately.
- Cover area with plastic film (keeps the heat in)
- Warm water bottle (not too hot!)
- Gentle massage with soft, warm hands; through clothing. No lubricants.

Patient should be covered and kept warm. Illustration is without cover, for clarity. Begin with patient lying on Right side. Begin above the left hip and work your way to the base of the neck. Keep away from the neck. Move the skin and underlying tissue gently with a flat hand in a circular motion, with no sliding or friction. Spend about 3-4 seconds in each place. Moving toward the head, pick up your hand and replace in the next position, without sliding. When you are between the shoulder blades, position the patient's arm forward to move the shoulder blade out of the way. At the top of the shoulder, return your hand to the hip area and repeat. Spend about 15 minutes on each side, having the patient turn onto the left side for treating the right side.



Different parts of the spine affect different parts of the body, because of the nerve distribution. The lower third (from top of sacrum to tip of coccyx) of the spine affects the legs, the hips, the pelvic region and lowest part of the abdomen; the middle third, from T10 - L5 controls abdominal and pelvic circulation and circulation of the legs. The upper third (T2 - T9) controls blood supply to head, thorax, arms and upper abdomen.

In Frederick Erdman's book, "Control of the Circulation", published in 1926 and 1956, he gives many anecdotes of people who regained their health and recovered from difficult conditions using the Erdman treatments. Indeed, he claims so many diverse successes that it may be hard to credit, as we are used to the idea that some of these conditions are intractable or impossible to overcome.

However, applying his theory of ischemia of the brain resulting in poor cerebral nutrition and oxygen starvation there, it is not hard to believe that such deficits could be expressed as psychoses, phobias, other psychiatric illnesses, tremors, back pain, sciatica, functional disturbances of internal organs, arthritis, allergies, headaches, sinus congestion, bronchitis, colitis, vertigo, persistent hiccoughs, insomnia, varicose veins, even vasomotor ataxia. This is only a short list of the conditions in which Erdman witnessed improvement or even complete healing in his nearly seventy years

So, even though Erdman Therapy may seem fantastical, the premise of this paper is that it is well worth a dedicated try. Many people are seeking answers from the healthcare community, or have been moved to take their and their family's health into their own hands through nutritional supplements, diet, exercise, herbal preparations, alternative modality providers of whom the list is very long.

Here we have a concept that is simple in the extreme, based on basic laws of nature (heat causes expansion/cold causes contraction). It requires very inexpensive tools, non-toxic substances, time, observation and patience. There is no financial incentive involved. Your doctor has never heard of it, and is unlikely to take it seriously. There is no multi-billion dollar industry behind Erdman Therapy to advertise it and persuade you or your physician to try it. You can decide for yourself. Maybe here you will find the answer, take up the balancing act and be able to live a

Disclaimer

The information contained herein is educational and does not constitute, nor is a substitute for, medical advice. Erdman therapy is not intended to cure or treat any disease or condition. It helps your body create conditions whereby it can heal itself. Consult your doctor or other competent medical professionals if you have any health or medical questions, or if you believe that you might require medical treatment of any kind.

Experiences of people using Erdman Therapy (cooling and warming)

Lydia - Lydia Kessler, RN, who later became the manager and head nurse at the Frederick Erdman Association clinic in Haverford, PA, was treated by Frederick Erdman in 1962. Prior to this she had suffered a back strain from lifting, an injury common in the nursing field. Lydia had had the standard treatment for back pain; intensive heat. She became so weak that she could not stand or even sit up for more than a minute. From her hospital bed, Lydia begged her sister to look after her two children, fearing complete disablement. Numerous tests were run, including spinal taps and brain scans; all were negative. An open-minded physician put cold on her back and referred her to the Erdman clinic. She was so impressed with the success of the treatment that Lydia left her hospital job to work at the clinic and soon developed excellent skill in evaluating patients. As a perk for her job, she was treated once a month, and her circulatory system has stayed toned up (with occasional treatments) ever since. Her excellent health, energy and agility and sharp mind at 87 are a testament to the benefits of the treatment.

Hypersensitivity - Underweight 64 year old female, numerous food allergies and negative reactions to many foods. Persistent eye condition. Sleep difficulties. 3 weeks of cold applications and sleep improved, digestion became more robust. Now does cold applications 3 times/week, after workout sessions.

Vision improvement - 42 year old man with poor cloudy vision. Vision becomes clear with cold application.

Forty year old healthy man, incorrectly given cold treatment experienced stomach pain, foot pain. When cold is not the right treatment, adverse reactions occur. These can quickly be reversed with heat i.e. a hot bath or shower.

A sixty-eight year old woman was tested with cold treatment. It was not appropriate for her, and she immediately experienced dizziness and nausea.

Diabetic Wound Healing

Patient, insulin-dependent 63 year old male, hospitalized with severely infected wound of left hand at base of thumb. Bone was involved. Antibiotics were not effective, and amputation was discussed.

On being evaluated by Erdman practitioner as having low vasomotor tone, cold applications were applied several times a day. Within 12 hours, the wound appearance improved. The next day, the patient was discharged from hospital. Cold applications continued until the wound was completely healed 6 weeks later. Debridement of the wound was never necessary.

Leg Ulcer Healing

Male patient in his 40s had had a draining varicose leg ulcer for two years. He was found to have low vasomotor tone only in the intestinal area, and was given warming treatment to upper and lower spinal area, with cold applications to L3-4 (the 2" area - see page 14) only. The wound healed and closed over completely in five weeks.

Menstrual Cramps

Fifteen year old - after 15 applications of cold applications to the spine was completely relieved of menstrual cramps and able to return to school. Hot water bottles and heating pads should NOT be given for menstrual cramps!

Vertigo

A healthy male, age 89, began to suffer from mild to moderate vertigo, a serious problem that can lead to falls and fractures. Epley maneuver was not effective for him and the prescribed medication cause sleepiness. He had always had adequate vasomotor tone, so cold applications were not appropriate. Warming treatment was given to T2-5 (along the spine between the shoulder blades) twice a day, then decreasing to once a day. He achieved complete relief from his vertigo.

Renewed Vigor at age 87

As Lydia began to use the thermometers, she found that she was again suffering from dilation, or low vasomotor tone. She had attributed the bout of shingles and her flagging energy to 'old age' but once she knew she was dilated she began applying cold again. About 9 weeks later, she noted improved energy, less fatigue when standing; that the joint pain in her hands was almost gone; her sleep and mood had improved; her skin looked healthier, with very little eczema; and her outlook was more optimistic. She recommends testing oneself weekly with the thermometer to stay ahead of potential problems.

Sixty-two year old female diabetic, using cold. "I haven't seen a change in my blood sugar or neuropathy yet, but I can say that I'm sleeping better and experiencing an improved sense of general well-being. Mental health, motivation, sense of ability to accomplish things - all these are so important, and that I can attribute to the Erdman therapy."

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Phone conversations and meetings with Lydia Kessler, RN, of Charlottesville, VA from November 2015 - September 2016. Lydia had over 40,000 hours of experience treating patients at the Erdman Clinic in Havertown, PA and also traveled around the country evaluating patients for referral to the clinic. Without her patience, optimism and good humor this manual would not have been possible. Lydia never failed to be encouraging as I struggled to understand, apply and interpret Erdman therapy.

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Phone conversations with Dennis Cochrane (July 26, 2016) and communications from Dennis Cochrane to Lydia Kessler.

Phone conversation with Bob Voorhees, (Aug. 27, 2016) who introduced Dennis Cochrane to Erdman Therapy.

Email communications with Dr. Wesley Ulrich, author of ‘*Migraine Treatment Using a Physical Medicine Approach*’ Used with permission

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