

Flotation Therapy: Rejuvenating the Body in a Body of Water

***World Congress on Advanced Integrative Rejuvenology
OCT 19, 2006 Gulf Shores, Alabama USA***

***Professor R. H. Brian Costello
PhD FCP (Lond) Dip FAB Med Psych FAAIM FACFE MACE***

Hypothermia Avoidance

Mild Hypothermia

This results in symptoms such as shivering, numb hands and other extremities and reduced manual dexterity. Complex skills such as skiing become more difficult, the victim may also feel tired and may argue and become uncooperative. The beginnings of hypothermia are notoriously difficult for the victim to spot themselves, they will often be strongly denied.

Difficulty in performing tasks such as fastening up clothing, putting on gloves, a hat etc. or taking them out of a rucksack may result in the victim getting irritated and ending up not bothering, which of course will make them get even colder. A fall in core temperature of only 1°C can slow reaction times and impair judgment.

Moderate Hypothermia

This occurs when the core temperature falls below 35°C and results in violent shivering and a loss in muscular coordination. Walking becomes laborious and difficult with frequent stumbles and the victim may fall over.

Most dangerous of all at this stage is perhaps the loss of ability to make rational decisions. There may be a desire to lay down in the snow and sleep, to discard a rucksack (that probably contains food and clothing) rather than carry it, and even to remove clothing due to an unawareness of the cold. Mountaineers may fail to fasten safety harnesses and other basic simple safety procedures may be ignored with possibly fatal results.

Below 32°C (89.6°F) shivering stops as there is no energy left to keep it going, this causes the temperature to drop even further and more rapidly. The victim eventually unable to walk will curl up on the ground completely unaware of others, unconsciousness comes at around 30°C (86°F).