

HOT FOOT BATH

The hot foot bath is a versatile and simple home remedy useful in treating many common ailments.

What Does It Do?

- relieves congestive headaches
- prevents or shortens a cold or flu
- reduces respiratory congestion
- relieves menstrual cramps
- stops nose bleeds
- relieves sore throats
- relaxes feet after a long day
- produces general warming of the body
- promotes relaxation

How Does It Work?

The hot foot bath produces dilation of the blood vessels in the feet and entire skin surface that decongests the internal organs and the head. In addition, the hot foot bath promotes increased production of white blood cells that help fight infection.

What Equipment Will I Need?

- foot tub, large basin, trash can or even the bath tub
- pitcher of hot water or other hot water source
- sheet and wool blanket
- pitcher of ice water
- one or two towels
- washcloth for head compress
- optional: dry mustard or powdered horseradish for use with congestive headaches

What Is The Procedure?

- Place one or two blankets so that they completely cover a straight chair
- Cover that blankets completely with a sheet
- Place a towel on floor in front of the chair to protect it from water
- Fill the tub with water approximately 100-110 degrees to a depth of 3-8 inches above the ankles. Adding 1 tsp. of dried mustard or horseradish per gallon of water will help relieve a congestive headache.
- Have the patient completely undress and then sit in the chair with their feet in the tub. Wrap them up snugly in the blankets.
- Apply cold washcloth to the forehead and change every 2-3 minutes.
- Continue the treatment for at least 20-30 minutes up to an hour.
- Make sure to give the patient cold water to sip on when sweating begins.