

# HOT FOOT-BATH

— *HELP BOOST YOUR IMMUNE SYSTEM* —

## HOW IT WORKS:

Having your feet soak in hot water opens up blood vessels in your feet so that excess blood from other parts in the body can flow down. This stimulates white blood cell activity. These cells are the superheroes of your body that fight off any viruses. It also relieves congestion in blood vessels in the brain (headaches), lungs, and pelvic organs.

## WHAT YOU NEED:

- 1 chair
- 1 large bucket or deep dishpan.
- 1 basin of cold water for the cold compress on the head (add ice to cold water if available to make it extra cold).
- 2 washcloths for the cold compress on the head.
- 1 tea kettle or pitcher of hot water ranging between 100-115° F.
- 1 glass of water and a drinking straw (straw is optional).
- 1 towel or bath mat to place under bucket to absorb spills and prevent person from putting feet on a cold floor after the treatment.
- 2 large towels
- 1 sheet
- 1 blanket



## HOW TO DO THE TREATMENT

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1. Place a blanket over a chair.
2. Put a plastic sheet on the floor. Cover with a dry towel or bathmat. Place the bucket or dishpan on top of that.
3. Test the water's temperature with your elbow or wrist to make sure that it isn't going to burn the person getting the treatment.
4. Let the person sit down and put his feet in the water.
5. Wrap them in a blanket, avoiding the neck and head.
6. Wrap a big sheet around them, also covering exposed legs and the bucket. Remember to leave the head and neck exposed.
7. Tuck in a towel around the lower neck and shoulders to prevent any heat loss.
8. When sweating occurs, lay a cold, wet washcloth on the forehead. You can also wipe perspiration from the face if desired.
9. Let them sit in this position for about 15-20 minutes.
10. Once the time is up, lift their feet out of the water and let them point their toes upward. Quickly pour cold water over the feet to end the treatment.
11. Remove the bucket and put the feet on a dry towel. Pat feet dry.
12. Ask them to put their socks on immediately to prevent feet from getting chilly.
13. Let them rest for 20-30 minutes.
14. If they continue to sweat, a cool shower can stabilize their temperature to end the treatment.

## TIPS

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1. Make sure that the person gets to drink plenty of water during the treatment. Since they are wrapped up you will have to help them with this. This is where a straw comes in handy.
2. You can add more hot water to the bucket to keep a consistent temperature. Remember, when you add more hot water, place your hand in between the water that you're pouring and the person's feet to prevent the person from getting burned.