



HOME THERAPY

HOME VINEGAR PACK: MUCOUS AND PHLEGM

This is a home remedy for loosing thick mucous and phlegm. It is wonderful for the throat and glands.

PROCEDURE:

- ◆ Mix equal parts of apple cider vinegar with equal parts of water in a pot or other container.
- ◆ Warm it up on the stovetop or in the microwave.
- ◆ Soak a towel in the warm mixture.
- ◆ Wring out the towel and apply it to the chest/ throat area. Leave it on for five minutes.
- ◆ Remove and apply a cold towel (a towel that has been soaked in cold water). The towel should be as cold as you can tolerate. Put a layer of plastic over the cold towel. Put some warm clothes (wool is preferable) on top of the plastic to keep in the body heat. Keep the cold towel/ wool combination on for 5 minutes.
- ◆ Repeat 3 times.

INSTRUCTIONS:

- ◆ Always finish with the *cold* towel.
- ◆ Reheat the apple cider vinegar towel before each application.
- ◆ Do the front of your chest as well as the back.
- ◆ Repeat once a day.

