



HOME THERAPY

HYDRO THERAPY: THROAT REMEDY

This remedy is very useful for sore throats and swollen glands. It will relieve some of the pain in the swollen glands and draw fresh blood to the area and pump out some of the congestion in the glands.

PROCEDURE:

- ◆ Place a hand on the skin of the throat to check relative temperature. See heat dependent instructions below.
- ◆ Take a face cloth and run it under cold tap water (not ice water).
- ◆ Ring it out so that it is damp, but not dripping.

INSTRUCTIONS:

- ◆ **If the throat is *not* warm**, you have to put a warm cloth or towel on the throat for 3-5 minutes to get some blood there. Then place the cold cloth on as below.
- ◆ **If the throat is warm**, wrap the cold face cloth around the front of the base of one ear, right under the chin overlying the throat and up to the other ear. Immediately cover with a wool scarf. The wool will trap the heat in and let the cloth heat up. If you don't use the wool, it will have a chilling effect on the body.
- ◆ Make sure that it is comfortable and keep the cloth on for about 2 hours. For the first 5-10 minutes it will feel quite cool, but will heat as the body transfers heat from the congestion to the cold cloth. After 20-30 minutes it will feel so nice you won't want to take it off!
- ◆ Apply glandular ointment to the outside of the neck if recommended.



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