



# **Heal the Body**

## ***But I'm Not a Doctor!***

*Simple Natural Remedies*

Copyright © 2012 by Daniel and Kristina McFeeters

You are licensed to copy, modify, and distribute (non-commercially) the pages contained in this book. This work is licensed under the Creative Commons Attribution-NonCommercial-ShareAlike 3.0 United States License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-sa/3.0/us/>

# Heal the Body—But I'm not a doctor!

*Learn a few simple natural remedies using water, vegetables, and common herbs.*

## Hydrotherapy

### Hot Foot Bath

Uses: to relieve symptoms of headache, congestion, low-grade fever, pelvic congestion, or pain, etc.

Caution: Not for insulin dependent diabetics, or poor circulation in feet, or Buerger's disease

Materials needed:

- ✓ Comfortable chair
- ✓ Sheet
- ✓ Two warm blankets
- ✓ Clothes pins
- ✓ Large basin for feet
- ✓ Bowl with ice water and wash cloth for forehead
- ✓ Warm herb tea in a mug with a straw to drink
- ✓ Boiling water in a kettle
- ✓ Candy Thermometer
- ✓ Extra towels
- ✓ Hot pads
- ✓ Dipper

Place one blanket and one sheet on chair.

Have patient put loose-fitting comfortable pjs on and sit on sheet/blanket.

Wrap sheet/blanket around them and cover them with second warm blanket, securing with clothes pins.

Fill large basin with just enough warm water to cover patient's ankles.

Drape bottom of blanket and sheet over basin, so the warmth from the water helps to warm the patient.

Begin adding boiled water, ½ cup at a time (make sure patient lifts his feet out of the water, before you pour the boiling water in!)

Bring the water temperature just high enough that the patient can barely stand it.

Use candy thermometer to check the temperature of water. When it begins to cool after a minute or two, and the patient has become accustomed to the water temperature, add more hot water until the patient can just barely tolerate it.

Your goal is to slowly raise the temperature of the water from 100F up to 115-120F max.

After a few minutes, begin giving the patient sips of warm herb tea, and placing a cold wash cloth on their forehead.

Once they start sweating, set the timer for 5-30 minutes (depending on how well they tolerate it).

Continue adding hot water to maintain the water temperature, and make sure the cloth on their forehead stays cold.

When your time is completed, take the patient's feet out of the water, and pour the ice water over their feet, and dry off feet, legs, and thighs.

Have them change into dry bed clothes and warm socks and go to bed for at least 30 minutes.



## Fomentations

Uses: on the chest to relieve symptoms off congestion, sore throat, cough, etc  
on the neck, back, hips, or legs to help relieve minor pain in muscles, joints, etc.

### Warnings:

- If a person has heart trouble—keep a cold washcloth over their heart
- Not for skin lesions that need to stay dry

### Materials Needed:

- ✓ 2 towels for fomentations
- ✓ 4-6 more towels
- ✓ Sheets/Blanket
- ✓ Wool blanket 38in x 32 in (optional)
- ✓ Pillows
- ✓ Microwave OR large kettle on a stovetop.
- ✓ Bowl of ice water
- ✓ Wash cloth
- ✓ Plastic sheet or waterproof mattress protector to protect bed.
- ✓ Water or herb tea with straw for drinking

### Instructions:

Lay patient comfortably, making sure plastic sheet or waterproof mattress protector is under them to protect bed from getting wet. Use pillows to make sure their knees are comfortably bent, and their head and neck is supported.

Make sure the two towels for fomentations are thoroughly wet and wrung out so they are still damp.

Roll them into a log, folded so they will unroll to the right size of the area you want to cover.

Heat one fomentation towel for 5 minutes

Microwave: on high for 5 minutes

Kettle or steamer kettle: Boil 2-4 inches of water in kettle. Add one “log roll” towel. Cover kettle and cook for 5 minutes.

Take towel out with hot pads or tongs, and put next towel in to cook for the next 5 min.

Cover patient chest or back (whatever area you are doing) with 2 or 3 towels (folded).

Lay hot fomentation towel on top, and cover with another folded towel or wool blanket. Make sure patient can feel the heat, but that it is not burning them. Add or remove towels as needed until heat is right.

Cover patient with a sheet and blanket to keep them warm.

After 4 min of heat, take fomentation off, and briskly rub the warmed area with the wash cloth dipped in ice water for 30 seconds.

Dry them off, cover them with the towels, and immediately put the second fomentation towel (fresh and hot) on them.

If a towel is too wet, replace it with a dry one so the water doesn't burn them.

Continue the process every 4 minutes until you have done 3-5 rotations of hot/cold.

Cover them with a dry sheet and blanket and allow them to rest for one hour.



## Half Bath

Helps to alleviate symptoms of headache, sickness, menstrual cramps, muscle/joint stiffness/pain, and to build the immune system and improve circulation.

Warnings: Not for hypertension, elderly, or obese –make sure they can get in and out of the tub easily.

Materials needed:

- ✓ Bathtub
- ✓ Bowl of ice water
- ✓ Wash Cloth
- ✓ Towel
- ✓ Water or herb tea (to drink)
- ✓ Thermometer for body temperature

Soak in warm bath water (between 101-108F, depending on patients age and ability to handle hot water), covering patient's legs, but not totally submerging their body.

Keep a towel or blanket on patient's upper body to keep them warm.

Use a folded towel or pillow to cushion patient's head.

After the first few minutes, keep a cold washcloth on their forehead to prevent over-heating. Drink water as needed.

Stay warm in the water for about 10-20 minutes, until sweating or your body temperature is 102F. (Use a thermometer regularly to make sure the temperature doesn't go up past 103)

If they start feeling dizzy or over-heated, drink water and cool them down immediately!

Drain tub and use washcloth and ice water to rub vigorously over each limb and over their stomach, back, face, neck, and head. Make sure to keep dipping the wash cloth back in the ice water to keep it cold. (If they can't handle this part, take a 30 second cold shower instead)

Immediately dry them off with the towel vigorously to get their blood circulation going.

Go to bed and rest for a least an hour (or better yet—overnight).

**Note:** To treat a flu, don't end in cold immediately. Instead, bundle in a warm blanket, rest for one hour, sweating and continuing fluids. After the hour is up, rinse with a cool shower or cold, change into dry clothes, and rest for at least another hour.



# A few herbs/oils and their medicinal uses....

## **Aloe Vera Leaf/Juice/Inner Fillet**

Use externally to aid in the healing of burns and cuts, and to help skin irritations.  
Use internally to help relieve canker sores, stomach ulcers, and intestine walls.

## **Catnip Leaf**

Use internally as a tea to calm nerves and settle stomach.

## **Chaparral Leaf**

Use externally as a tea or poultice for insect and spider bites, fungus, infection, and as a blood purifier.

## **Chamomile Leaf/Flower**

Use internally as a tea to lower fever, calm nerves, and aid in relaxation before bed.

## **Dandelion Leaf**

Use internally as a tea to build immune system, and aid in internal healing.

## **Echinecea Leaf**

Use internally as a tea to build immune system and fight colds.  
Use externally as a poultice to aid in healing.

## **Licorice Root**

Use internally in small doses as a tea for inflammation, internal healing, and immune system builder. Provides a natural sweet flavor to the tea, so best combined with other herbs. Not for long-term use.

## **Milk Thistle Seed**

Use internally as a tea for liver health, digestive system health, inflammation, and healing.

## **Mullein Leaf**

Use internally as a tea for respiratory sickness. Works as a natural bronchial dilator.

## **Nettle Leaf**

Use internally as a tea to build immune system and healing.



# More herbs/oils and their medicinal uses....

## **Pau D'Arco Inner Bark**

Use internally as a tea to build immune system and fight colds. May also help with inflammation.

## **Peppermint Leaf**

Use internally as a tea to help with digestive problems, nausea, and build the immune system. Provides a natural flavor to other herbs to make them more palatable. One drop of peppermint essential oil, rubbed on the forehead and temples can help relieve symptoms of a mild headache.

## **Plantain Leaf**

Use externally as a tea or poultice for wound healing.

## **Psyllium Husk**

Use internally to help relieve constipation.

Use externally in a poultice to hold it together in a “dough”

## **Raspberry Leaf**

Use internally as a tea to help boost the health of female organs and aid in hormone regulation.

## **Red Clover Leaf/flower**

Use internally as a tea to fight inflammation. It is good for heart health, stomach health, and boosts the immune system.

## **Rose Hips**

High source of vitamin C. Use internally as a tea.

## **Spearmint Leaf**

Use internally as a tea to calm the digestive system and boost the immune system.

## **Tea Tree Oil**

Use externally on bug bites and poison ivy to relieve itching. Also can help soothe bruises and other minor irritations.

## **Eucalyptus Oil**

Use externally to help relieve congestion and sinus drainage. 10-20 drops in a kettle of boiling water, breathing the steam for 20 minutes will soothe a cough and aid in breathing.

Note: This list is not exhaustive and is not intended to replace your doctor. Always check with your doctor before using internally if you are on medication or pregnant.



## Cold Season Tea *(yummy!)*

BRING to boil in 2qt-4qt kettle:  
1/2 c. dried Pau D'Arco (inner bark)  
3-4 T. licorice root  
2 qt. water

SIMMER with lid on for 10 minutes.

TURN off burner, then add:  
1/2 c. dried nettle leaves  
1/2 c. dried peppermint leaves

STIR and replace lid on kettle.  
STEEP for 10 more minutes.  
STRAIN into a jug.  
POUR a little into the bottom of seven 1-qt. containers.  
FILL the rest of each container with water.  
REFRIGERATE or serve immediately.  
KEEPS one week in refrigerator.  
SERVE warm or cold.

YEILD: 7 quarts tea.

## Herbal Tea

BOIL in small kettle:  
1 c. water

ADD and let steep for 15-30 minutes:  
1 t. dried herb leaves

Strain out herb and drink. OR you can put the herb to steep or simmer in a tea ball or coffee filter and you won't need to strain it.

NOTE:

For powder: steep for 15 min.  
For bark/root/seeds: simmer on low boil for 20 min.  
For Pau D'Arco bark, simmer 10 min, shut off and let sit 10 min.

## Herbal Poultice

POUR in small kettle:  
1/2 c. dried herb leaves

SET ASIDE for later:  
1-3 T. psyllium seed husk (preferably powder, but larger pieces work too)

COVER herbs with twice as much water.  
BRING to a boil covered pan.  
SHUT OFF heat and let sit for 20 minutes.  
ADD psyllium seed husk and quickly stir for about 30 seconds.  
ADD more psyllium if needed. (Should be a slightly sticky dough)  
ROLL out between two pieces of plastic wrap, to about 3/4 inch thick.  
REFRIGERATE or use immediately.  
KEEPS one week in refrigerator, if well sealed by the plastic wrap so it doesn't dry out.  
CUT pieces as needed.

## Charcoal Poultice

1/4 c. charcoal powder  
1/4 c. psyllium husk or husk powder  
1 1/3 c. warm water.

MIX together well.  
ADD water and mix quickly—it sets up fast!  
Roll it out with a rolling pin between to pieces of plastic wrap, to about 3/4 inch thick.  
REFRIGERATE or use immediately.  
KEEPS one week in refrigerator, if well sealed by the plastic wrap so it doesn't dry out.  
CUT pieces as needed. FREEZE extra if necessary.



# Grocery Store Home Remedies

## Onion / Cabbage

Helps to stop bleeding and bruising and reduces swelling and pain in minor cuts, bruises, and sprains. Onion on the chest can help alleviate the symptoms of a cough or congestion.

## Potato, raw (with skin)--grated or sliced

Helps with reducing pain and swelling in minor burns  
Can help reduce inflammation

## Garlic

Is known to naturally be anti-fungal, antibiotic, and anti-inflammatory. It also naturally thins the blood, and can help in lowering cholesterol and blood pressure. Be careful about using it with other medication and consult your doctor before using as a supplement.

### Steamed Garlic

6 cloves garlic, still in the skin  
Small kettle with boiling water under a steamer basket.

Throw the garlic cloves into the steamer basket with boiling water, place the lid on, and steam for 4 minutes, until soft. The garlic will pop right out of the skins into your mouth. Should be soft and tasty—much less garlic breath than from eating raw garlic, and still lots of nutrition. Serve immediately.

## Lemon

Naturally high in Vitamin C, it aids the body in cleansing, and has some anti-inflammatory properties

### Lemon-aid Plus+

1 lemon  
4 garlic cloves  
½ c. water

PEEL yellow part of lemon rind off—leaving the white part still there.

CUT lemon in half and remove seeds.

PEEL garlic cloves.

BLEND all ingredients together until VERY smooth, adding more water if necessary.

ADD more water to equal one quart.

REFRIGERATE or serve immediately.

Drink a cup 1-3 times a day, 30 minutes before mealtime. Boost your immune system and your energy levels!





## Resources for Natural Remedies

Books by Dr. Agatha Thrash:

- *Home Remedies*
- *Natural Remedies*
- *More Natural Remedies*
- *Rx: Charcoal*

For information on obtaining these books, contact:

Uchee Pines Institute, 30 Uchee Pines Rd #1 Seale, AL 36875 Phone: (334) 855-4781

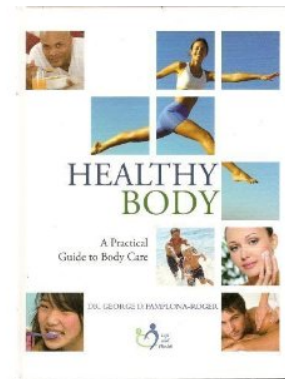
Another excellent resource is *10 Essential Herbs* by *Lalitha Thomas*.

You should be able to find this book on Amazon.com.

## Books from *Home Health Education Services*

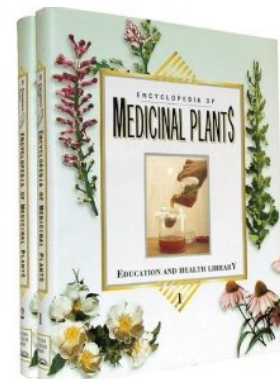
### Healthy Body

HEALTHY BODY showcases the extraordinary worth of the human body, explaining the function of each body part and each organ and offering valuable advice for keeping it healthy and in shape. HEALTHY BODY is a compendium of preventive medicine written for those who wish to take good care of their bodies; a veritable maintenance manual for the most complex and efficient machine of all. How to care for our bodies. Natural treatments for a variety of body parts and organs. How to prevent disease. How to achieve the ultimate in body beauty. The major attacks endured by the body. What can be done with it. The body's history and destiny. 330 pages in one volume, hardcover.



### Encyclopedia of Medicinal Plants

This is a complete, up-to-date, and scientific encyclopedia, based on rigorous botanical, pharmaceutical, and chemical research. More than 470 plants are botanically described and classified by diseases. Numerous natural treatments are explained with clear illustrations and simple language. Numerous charts that describe the most frequent disorders and the plants that possess the active principles to correct them. 795 pages in two volumes, hardcover.



For More Information, Write to:

### Home Health Education Service

PO Box 1147

Decatur, GA 30031-1147