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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How to Use a Footbath with Herbs

By Rudy Silva

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Recently I read a book by William L. Fischer called "Hidden Secrets of Super Perfect Health at Any Age", Book II, 1986. In chapter 10, The F-M Circulizer System, he discusses the use of an herbal footbath. After reading this chapter, I understood the importance of using herbs in a footbath to improve your health. It's a simple concept yet this is the first time I have read about this idea. This book was written in 1986 and Fischer claims this herbal footbath has been in use overseas since 1946!

When you use a footbath and heat the water, the veins in your feet start to dilate. Over a period of 20-30 minute, the warm water affects your entire vascular system and you get an improved circulation of blood throughout your body.

By adding herbs to hot water, the minerals from the herbs enter the soles of your feet and move into your blood stream. What this means is that you can introduce into your blood stream a variety of herbal chemicals into your body using the footbath. During the your footbath, these herbal chemical will be quickly circulated throughout your body and get used where there is a deficiency.

The herbal footbath can result in improved health provided you pick the herbs that are beneficial to your health. You can start by adding herbs that are high in minerals. Most people are deficient in alkaline minerals and have an acid body. Adding minerals into your body is a definite plus.

Here's how to prepare and use an herbal footbath.

– Buy these four herbs that are high in minerals — alfalfa herb, parsley, horsetail herb, kelp herb. Buy 1-2 oz of each. This might cost you \$10.00 or less

– Mix all 4 herbs

– Prepare an herbal infusion by boiling 2 – 3 cups of water. After boiling pull the water off the hot plate. Add 2 tablespoons of the mixed herbs. Let this mixture sit for 20 minutes. The longer you let this mixture sit the stronger the infusion will be.

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- After 20 minutes, start your footbath and press the heat button
- Strain the herbal infusion using a strainer and a cloth so that no herbal particles are included in the tea infusion
- Add the infusion into the footbath
- Place you feet into the footbath for 20–30 minutes.

Use the footbath every other day for 30 days before going to bed. Then take a 7–day rest before you use another herbal mixture. If you want to treat a specific ailment, find the herbal mixture and use it in your footbath. Use it every other day for 30 days.

I have been using the footbath with herbs rich in minerals for 3 weeks and here's what I noticed.

- Improved sleep
- Less pain in my shoulder joint
- More energy
- Eyes see clearer longer though out the day
- Warmer hands and feet

The footbath spa that I'm using is the Homedics model JetSpaUltra. I like this unit because it has a jet stream action and bubbling. It has a button for heat and a rotator to do manicuring. I don't use the manicuring but you might. My daughter of 8 years likes play with these rotating items. And, it is easy to fill and clean.

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<http://www.stop-constipation.com>

Natures Cold Remedies In Your Kitchen

By Simon Mitchell

During the winter it can be hard to escape that shivery feeling that happens when you get too cold. A good immediate remedy for this is to wrap yourself up in a duvet and stick a hairdryer up it, (making sure the air flow is not restricted) until you feel warmed up.

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Colds are the body's escape mechanism. When the whole system is overloaded it crashes. The body stresses out and the immune system drops its threshold. The nose releases toxic wastes in the form of mucous and the body often aches and feels exhausted. Pay attention to what your body is saying because an unchecked cold can become far more serious if you keep it buried.

If you are one of those people who can tell when you have a cold coming on, then it can be stopped, or at least minimised, in several ways. Firstly, rest is essential. There is no way your body will self-heal in a stressful situation. If you have to work, take it easy or delegate a bit more. Lemon juice, rose hips, parsley (not if you're pregnant) and fresh orange all contain vitamin C, so take them.

Some colds can actually be completely stopped dead by gently sniffing a mixture of lemon juice and warm water up your nose, if you are brave enough. Pumpkin seeds or sunflower seeds contain zinc which is important in cold prevention so take some of those. Otherwise its time to sweat those built up toxins right out through the skin. Start with a peppermint tea and take some garlic or garlic capsules. Then boil a large onion in milk for an hour, eat it, and drink the milk. Follow on with a steaming cup of lemon juice, honey, cinnamon and grated ginger which will stimulate circulation and sweating. Enjoy it in a mustard footbath which will also warm up the blood – use multiple and layered remedies and take them as an opportunity to treat yourself.

For a mustard footbath, take 1 tsp. yellow powder mustard and one of household soda (if you have hard water) and put them in a deep basin with some water as hot as you can stand. Keep your feet and lower legs in for about ten minutes, topping the bath up with fresh hot (not boiling) water. Dry off, put on thick socks and climb into a freshly warmed bed, the earlier the better.

Simon Mitchell
Nature's First Aid

<http://www.simonthescribe.co.uk/natkit.html>

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