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## Hot Foot Bath

**Indications:** Sinusitis, congestive headaches, pulmonary congestion, pelvic congestion, chill

**DO NOT DO** if patient has: peripheral vascular disease, loss of sensation of the feet, diabetes mellitus, loss of consciousness.

### WHAT IS NEEDED:

Chair

One Sheet

One wool blanket

Bucket or other container that both feet can fit into

One washcloth and one towel

Hot water and cold water

Warm room

One caring helper

### The procedure is very simple yet extremely effective:

1. The patient undresses, wraps up in the sheet, then the blanket, and sits in the chair.
2. The patient places both feet in the container filled with water as warm/hot as the patient can stand, or the patient places feet in a little bit of warm water and gradually more hotter water is added until the water temperature is about 110 F.
3. A cold washcloth is placed on the patient's head or neck.
4. The patient may also have a cup of tea to drink during the procedure. Yarrow tea is excellent.
5. The patient remains with his/her feet in the container for 20-30 minutes. If the water cools down (it often does), have a caring helper take out some of the cool water and replace it with very warm/hot water. Add the water in-between the patient's spread feet to avoid scalding the feet, or have the patient remove feet from the container while the new water is added.
6. At the end of the treatment, lift both feet out of the water and pour cold water briefly over feet, drying the feet thoroughly with a towel.
7. Hopefully, a lot of sweating will occur. This is very good. However, make sure that at the end of the treatment, when the patient stands and dresses, that he/she does not become chilled.
8. Allow the patient to rest for at least 15 minutes after the treatment.
9. Great to do before bed.



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