

WATER TREADING

North East Natural Health Centre Cooking Corner

WATER TREADING

— Home Remedies —

Water Treading:

This is a simple treatment and has many therapeutic applications. Use it any day of the year for the following conditions: Varicose veins, weak ankles, insomnia, general weakness, poor circulation, aching feet, chilblains, exhaustion, nervousness and catarrhal conditions. It is very stimulating and energising, increases body tone and builds resistance.

Steep approximately 25g herb salt in 500ml boiling water until it has cooled. Place this into a bath tub and top up with enough extra cold water to cover the ankles or calves. Stand in the tub and hold on to a stationary handle and walk in place for up to five minutes.

Consider: Mud muscle, pain and inflam bath soak, plain Epsom salts