

Hemorrhaging

Hydrotherapy Treatment

General Treatment.— We should seek to excite contraction of the bleeding vessels and to balance the circulation by inducing a more copious circulation in organs or parts of the body remote from the bleeding part. **The application of ice or cold water to the bleeding parts, or as near them as possible, will contract the vessels, and the application of warmth to parts remote therefrom will promote an increase of blood in those parts.** A free current of air applied to the bleeding vessel will often cause the blood to coagulate in the part. As soon as the coagulum is formed in the vessel, the bleeding will cease. In endeavoring to control any form of hemorrhage, the patient should be kept as quiet as possible. His room should be kept cool and well aired. He should rest on a mattress without much covering, and subsist on simple, yet nourishing, food, and should drink freely of cold water or ice water, while the position of the body should be such that the flow of blood toward the bleeding part will be impeded. The after treatment should be such as will build up the constitution. **Copious hot enemas are very useful in stopping hemorrhage from any organ.** *The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick Without Medicine by M. G. Kellogg*

(Only use cayenne internally for life-saving emergencies. This is considered a poisonous stimulant and is not good for our health)

Cayenne is the most effective agents to stop hemorrhaging—both internally and externally.

Drop cayenne pepper directly into wound. Keep piling it up; this will stimulate the clotting factor. For really severe hemorrhaging, you may see a trickle of blood under the cayenne. Sprinkle a little more cayenne on the wound. Eventually it will stop it altogether.

For internal bleeding, whether from the vagina, the stomach or anywhere in the body, cayenne can be taken to stop it. Take ½-1 tsp. cayenne powder every hour until the bleeding stops. It is very effective taken with shepherd's purse.