

INFLAMMATION (CONGESTION) OF:

(quick reference)

Head & throat: apply cold compress to inflamed part and heat to back of neck

Pleura/lungs/heart: apply cold to chest and heat to spine between the shoulders

Stomach/liver spleen: apply cold or cool applications over the part and apply heat to spine just below the shoulder blades

Bowel/kidneys/genital organs: apply cold to the inflamed part and heat to the middle and lower part of the back

The above will stop hemorrhage with application of ice to part and heat to spine

ICE APPLICATIONS:

Increase blood flow to breast/warm hands: ice between the shoulders

Prevent cold feet/painful menstruation/piles/constipation/cholera/chronic diarrhea/spermatorrhea/bladder diseases: apply ice to lower portion of the spine

Epilepsy/St. Yitus' Dance/diabetes/paralysis: ice applied the whole length of the spine