

HOT FOMENTATION FOR FEVER

An excellent treatment begins immediately with the onset of fever, or one-half to two hours before if the fever onset is predictable – feeling chilled:

1. First take a purge: a very warm garlic water **enema** or 3 tablespoons with 1/4 cup lemon juice, or Cascara Sagrada, 4 capsules
2. Next, do two quick **very hot fomentations** of three minutes each to the low chest and abdomen.
3. A warm fomentation should be laid in the bed for the patient to lie upon and a **hot fomentation to the low chest and abdomen** for three minutes. Remove the hot fomentation to the chest and apply a **cold mitten friction (ice-cubes cold)** to the rest of the body, starting with the upper extremities, chest and abdomen proceeding to the lower extremities. Repeat this procedure.
4. Next, turn the patient and end the treatment with a **cold mitten friction to the back**.
5. Follow this phase of treatment with a **Rest** of 1 to 1½ hours.



The next portion of the treatment is **alternating hot and cold fomentations to spine**.

1. Apply a **hot fomentation to the spine** for about three minutes, then one-minute cold compresses. Repeat this hot fomentation to the spine three times;
2. Next, give a **hot foot bath** with alternating **hot and cold spray to the liver and spleen** area. The patient may stand in the hot foot bath in the shower while the hot and cold spray is being administered to the midsection. Give the hot spray at about 110 degrees and the cold spray at about 40 to 50 degrees. Continue the treatment for 10 to 20 minutes. The patient should be quite warm during this part of the treatment.
3. End this treatment with a **vigorous cold mitten friction** for five minutes while sitting in a bathtub, the water at about 70 to 80 degrees. One may substitute a cold mitten friction in bed for a debilitated patient, or a salt glow followed by a cool cleansing shower at about 90 to 94 degrees.
4. Let the patient **rest** in bed to react for one to one and a half hours.