



# NATURAL HEALING THROUGH THE LAWS OF HEALTH

*“Knowing that if you have the faith of a mustard seed, your faith can move mountains”*

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## Hot Foot Bath

The hot foot bath is one of the most useful of all hydrotherapeutic measures. Perhaps if we had only one hydrotherapeutic measure available to us, we will certainly use the hot foot bath. It has many uses and is inexpensive and effective for: relief of headache, sore throat, congestion in the lungs or anywhere, aids in sweating, prevents or shortens a cold or influenza, warms a chilled person and relieves abnormal pain.

### **Some indications (warnings) for a hot footbath?**

- Shorting colds or influenza
- Headache
- Chest congestion
- Decreases internal congestion anywhere
- Stop nose bleeds
- Pelvic cramps
- Toothache
- Fatigue
- Nervous tension
- Fever

### **Some precautions for a hot footbath?**

Loss of sensation in extremities e.g. if someone is paralyzed, unconscious, diabetic or have poor circulation

### **What equipment will you need for a hot footbath?**

- Hot kettle
- Pitcher for ice water
- Bucket deep enough to cover feet 3 – 8 inches above the ankles
- Wash cloths
- Face towel
- Towel
- Blankets
- Sheets
- Bath thermometer useful
- Brown paper bag
- Plastic bag to protect floor

### **Steps for doing a hot footbath:**

1. Place plastic bag to protect the floor
2. Towel on top of the plastic bag
3. Place bucket with hot water on top of towel
4. Cover chair with blanket all the way to the floor so that it can cover the bucket
5. Add a sheet on top of the blanket
6. Fill container with ice water and two wash cloths and set near the work area
7. Get patient to sit
8. Explain treatment to patient
9. Before patient put feet in water, start with a prayer
10. Carefully place feet in cold water
11. Always have your hand at the side of the feet between the feet and the water
12. Ask patient if water is too hot... If too hot, add a little cold water
13. Wrap the sheet around the patient covering the bucket
14. Next wrap the blanket around the patient covering the blanket
15. Wait for patient to start sweating then add cold compress to the forehead
16. You can also add a cold compress to the neck
17. Let patient sit for 20 minutes
18. Give patient water to drink
19. Keep adding hot water to maintain temperature
20. Always place your hand to the side of the feet to test temperature yourself and mix the water
21. Ask patient if he/she is okay
22. Always check on the cold compress to keep it cold
23. To end – remove blanket then sheet
24. Raise the feet pointing up and pour cold water over feet

25. Dry the feet especially in between the cold
26. Let patient rest for 30 minutes to 1 hour
27. Note that if patient cannot sit for a long time, it may be done while lying down.

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