

## HEATING COMPRESS

The heating compress is very useful in relieving congestion, inflammation, and pain, and increasing circulation and white blood cell activity to an area to promote healing.

### USES:

1. Sore throat - to throat
2. Bronchitis - to chest
3. Nasal congestion - to chest
4. Laryngitis - to throat
5. Asthma - to chest
6. Pneumonia - to chest
7. Indigestion - to abdomen
8. Insomnia - to trunk
9. Arthritis - to joint
10. Tonsillitis - to throat
11. Colic - to abdomen
12. Cough - to chest

### ITEMS NEEDED:

1. Cotton material to cover the area (an old sheet is good) - 1 or 2 thicknesses dipped in cold water and wrung out.
2. Plastic to cover
3. Wool or many layers of flannel to cover
4. Safety pin

### PROCEDURE:

1. Pray
2. Explain procedure.
3. Make sure patient is warm.
4. Wet the cotton - wring it out well.
5. Apply compress.
6. Cover compress with plastic wrap
7. Wrap snugly with wool or many layers of flannel.
8. Secure by safety pins, or wool sweater. Take care that the compress is not so tight to interfere with circulation, respiration or joint movement.
9. Leave on for several hours or overnight.
10. When you remove the compress, rub the area quickly with a cold washcloth.
11. Reapply if needed.
12. Praise God for his helping hand.

### CAUTIONS:

1. Do not use a moist compress if the person is unable to warm it up (to young, aged, thin, feeble, or does not have enough heat to warm up a wet one).

### SPECIAL NOTES:

1. If moist cloth is used and the body does not have enough vital force to warm the cloth, this treatment will worsen their condition instead of helping it.
2. As the compress warms, the superficial blood vessels dilate. By bringing blood to the surface, deeper congestion is relieved.