

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Ginger Tea Pack

By Robert McCandless, M.H.

Vancouver, Canada



A Ginger tea pack is a simple home treatment for **congestion** in any part of the body - particularly dry cough with **thick, sticky phlegm** in lungs or sinuses. It may help with stiff, sore muscles or swollen lymph glands. It is cheap, (probably under \$5 for the ginger) and takes 2-3 hours. It is easy if you have a friend to help you. Evening before bed is best, so you can rest deeply.

What you will need:

- a big piece of fresh **ginger root**
- **a grater**
- a big **pot**
- a **stove**
- a **sink**
- **3 medium bath towels**
- **2 large bath towels**
- a **bed, blankets, & pillow**

How to do it:

1. Fill big **pot** with water.
2. Bring water to a **boil**, turn heat to low.
3. **Grate** the ginger, put it in the pot.
4. **Simmer** on low for 2 hours with **lid** on.
5. Keep pot on low heat. Put folded towel on top of pot to keep it warm.
6. Put big bath towel on bed & smaller towel on pillow (to catch drips).
7. Patient may drink some hot herbal tea or ginger tea.
8. Have "patient" lie on the towels on the **bed**.
9. Keep patient **comfortably warm** with blankets.
10. Hold both ends of towel & **twist** it into a spiral shape.
11. **Dip** middle of towel into ginger tea without your hands touching the hot tea.
12. **Twist** towel until it doesn't drip.
13. Carefully open hot towel & lay it on patient's chest (sinus or wherever).
14. Towel should be **hot but not scalding**.
15. Cover wet towel with big fuzzy bath towel to **keep the heat in**.
16. **Leave hot towel on approx. 5 minutes** or until it is no longer hot.
17. Dip another towel in cold water from cold tap. Wring out so it doesn't drip.
18. Remove first wet towel, **apply cold towel for approx. 1 minute**.
19. Remove cold towel, apply freshly dipped hot ginger towel.
20. **Alternate 5 min hot, 1 min cold**, until all hot tea is gone.
21. Cover patient comfortably & let them sleep.

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

What you may expect:

Relief from pain and congestion, easier breathing in lung and sinus areas. Some people have coughed up loosened phlegm the next day, others have had runny noses for a week or more. **Increased energy and vitality** are common results.

© Copyright 2010 Herbal Legacy. All rights reserved. No reposting or reproduction of any kind without written consent is allowed.