

Hot, Hot, Hot Treatment

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Hot baths are a simple way to stimulate a fever at home, and can be used to treat upper and lower respiratory tract infections.

To treat viral infections by inducing a fever:

Drink a cup of hot ginger tea, take a hot bath (even better: drink the tea while in the bath), and afterwards wrap in dry blankets covered by a wool blanket if you have one. You can also place a hot water bottle over your abdomen for more heat.

Allow yourself to sweat heavily for as long as you can tolerate it. This may take several hours. Follow with a cool shower.

Be sure to hydrate throughout this process, and use an electrolyte replacement if sweating profusely.

Homemade Ginger Tea (tea bags are also fine): Grate or thinly slice ginger root (1 inch per cup). You don't have to peel the ginger.

Add ginger to a pot of cold water and bring to a boil over medium heat. Once boiling, reduce heat, cover, and allow to simmer for 15 minutes covered.

You can add 1 Tablespoon of honey for taste, and to help alleviate dry or sore mucous membranes or a cough.