GINGER COMPRESS

Use a ginger compress for:
- digestive disorders
- menstrual irregularities and uterine and ovarian cysts
- lower back pain and weariness

How it works
A ginger compress is a macrobiotic remedy placed on the skin to stimulate blood flow, thereby warming the area and relieving pain.

How it is made
A ginger compress is made by soaking a towel in hot ginger water and placing it on the skin.

Safety precautions
A hot compress may burn the skin, so caution should be on areas of numbness.
Also be careful with the frail and elderly and apply a gentler dosage as it may make them tired and giddy.

Frequency of use
For tiredness, chills, or lower back pain - apply compress to the lower back / kidney area for ten successive days. Follow this with ten days break, then reapply for a further ten days.
For digestive disorders - apply to lower abdomen when needed.
For menstrual disorders – apply to lower abdomen when needed.

Materials
- Two towels: one small towel (but large enough to cover the affected area) and one larger towel to cover the compress
- Muslin bag (cheesecloth or cotton cloth can be used instead)
- Large saucepan with lid
- 1-2 litres of water
- Fresh Ginger Root
- One litre of ginger water requires about 100 -140 gm of grated ginger. (Because fresh ginger varies in strength, quantity may vary.) If fresh ginger root in unavailable, use about 1 tablespoon of ginger powder per litre of water.

Method
Bring water to a boil in a covered pot.
Grate fresh ginger root.
Wrap the grated ginger or ginger powder in the bag.
Close the bag tightly. If you do not have a bag, put the ginger in the middle of 2-3 layers of cheesecloth or a damp cotton cloth. Fold the corners to make a little bag, and close this bag with string or rubber bands. To allow the water to permeate the ginger, do not fold the cloth too tightly.
When water boils, reduce the heat to a gentle simmer. NOTE: when preparing ginger water, apply*in*g a ginger compress or reheating ginger water, ensure that the water does not come to a full boil. Boiling destroys the ginger's active ingredients.
Let the water simmer for 5 minutes. The liquid will start to look yellowish and give off a strong ginger smell. If this does not happen, squeeze the bag against the pot once or twice with a pair of chopsticks or a wooden fork or spoon. Turn off the heat after about five minutes and remove the pot from the stove.
Hold the ends of the small towel out of the water and immerse the middle into the hot ginger water. When the towel has absorbed the ginger water remove it from the pan and twist the ends to squeeze out excess water.
Shake the towel to remove the steam and heat.
Ensure that the towel is not too hot by testing it on your own skin. (If it is too hot, shake again and retest.) When the temperature is comfortable, wrap the compress gently around the area to be treated.

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Cover with a dry towel and leave until the compress cools.
Repeat the process several times (to a maximum of 5 repetitions) until the skin becomes quite pink.
To ensure potency, the ginger water should only be reheated and reused on the day after it was made. It should then be discarded and a fresh batch prepared.