

The Ginger Compress

Ingredients & Utensils Needed For The Ginger Compress

- Ginger root (select plump knobs with smooth skin)
- One gallon of water
- Enameled pot
- One “protection” cloth (thin cotton cloth, no thicker than a bed sheet)
- One “ginger bag” or thin cotton cloth that you can wrap the grated ginger in and tie into a small pouch
- Three medium-size terry cloth or other cotton hand towels
- One large bath towel
- One special stainless steel ginger grater or any grater that will finely grate ginger
- Rubber gloves

Optional: one portable gas table top burner to use at the bedside (or you can prepare at the kitchen stove and go back and forth between the kitchen and wherever you are giving the compress).

Advance Preparation

Prepare a quiet room or space where you will be giving the compress, preferably a bedroom or room where the person receiving the compress can comfortably lie down. If you are using a portable gas burner, it is preferable to have the receiver of the compress lying close to or on the floor on comfortable bedding. You may want to have the receiver lie down and relax while you are preparing the compress. Perhaps some soft, quiet music would be beneficial, too.

Preparing The Compress

1. Put one gallon of water in an enameled pot and heat to almost boiling.
2. While the water is heating, grate enough fresh ginger root to have 1/2 cup. It is not necessary to peel the ginger.
3. Place grated ginger in the “ginger bag” and tie it so that none of the ginger pulp will fall out of the bag once it is placed in the water. Place the tied ginger bag with the ginger in it in the pot of almost boiling hot water. **DO NOT ALLOW THE WATER TO COME TO A BOIL AS THIS COULD DESTROY THE IMPORTANT ENZYMES IN THE GINGER THAT ARE PART OF THE EFFECTIVENESS OF THE GINGER COMPRESS.**
4. Wearing heavy duty rubber gloves, gently squeeze the ginger in the bag so that more of its juice is released through the bag into the hot water. The water will turn a milky color. Once you have squeezed all of the juice from the ginger within the bag, retrieve the ginger bag from the water.
5. Fold each of the three hand towels into thirds, lengthwise. Carefully place two of these towels into the ginger water, submerging them so that they become completely soaked. (Folding the towels before putting them into the ginger water will save your having to fold them after taking them out of the hot ginger water when they will be hot and wet, which is very difficult and inconvenient). Set the third dry hand towel nearby to be placed in the water later.
6. While the two towels in the ginger water are soaking, place the thin “protection cloth” over the bare skin of the recipient. This cloth protects the skin from being scorched which would prevent the ginger

compress from having any effect.

7. With rubber gloves on, remove one of the folded towels from the ginger water and wring it out into the pot so that it is not dripping wet. Straighten it out (but leave it folded into thirds) and place it over the protection cloth on the skin of the recipient. **Make sure that it is not too hot for the recipient before covering it with the large bath towel which will keep the heat from evaporating too quickly.**
8. Next, again with rubber gloves on, wring out the second towel in the ginger water. Remove the large bath towel from over the recipient and place this second hot towel over the first one, replacing the large bath towel over both of them.
9. Take the third folded hand towel that you previously set aside and place it into the ginger water, letting it soak like the first two towels did.
10. When the recipient can say that the first wet towel that was placed on the skin is cool, remove the large bath towel and flip the two wet towels on the recipient over so that the second towel is on the bottom and the first towel on top. Remove the towel on top and take the third towel out of the hot ginger water, wringing it out before placing it over the other wet towel remaining on the recipient's skin. Cover both towels with the large bath towel.
11. Place the wet towel that you removed from the recipient back into the hot ginger water.
12. Repeat this process again two or three times until you have given a steady application of towels for about twenty minutes.

The benefit of this method over all other ginger compress methods is that you are able to keep a hot ginger towel on the recipient's skin steadily without losing time and with minimum interruption of heat on the recipient's skin.

When finished, the recipient's skin under the compress should have turned a nice pink or reddish color, showing that increased circulation has been brought into the area. If the skin does not change color after a twenty-minute compress, it could be for the following reasons:

1. Your ginger water was not hot enough.
2. You let the towels cool off too much before placing them on the recipient.
3. You did not use enough grated ginger (1/2 cup grated ginger to 1 gallon of water)
4. The recipient may have weak circulation or weakened function of the body's ability to produce red blood cells.

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