

Points to Remember When Applying Medicinal Botanicals

- ❖ Create conditions such that the body can listen
 - Proper conditions of warmth:
 - ◆ The patient must be comfortably warm
 - ◆ Perspiring interferes with the response as the body is then cooling
 - ◆ Coldness of the feet are an indication that the body is too cool.
 - Quiet, non-intrusive environment needed (e.g. no light shining in patient's eyes, no tapes, radio or TV)
 - Allow rest periods of ½ to 1 hour after treatments.
 - Wrap the whole body including head and shoulders before, during and after treatments
- ❖ Obtain plants of excellent quality (i.e. organic or obtained from uncontaminated, natural areas) harvested, dried and stored properly
- ❖ A rhythm must be used if a series of treatments is given (e.g. each evening for seven days, or Monday, Wednesday and Friday). Rhythmically taper treatments after illness process ends.
- ❖ Learn to know the plants you are using and have a clear picture of what you are trying to accomplish when you give treatment. Use respect for your materials. Dispose of used medicinal botanicals and teas in compost
- ❖ Listen to your patient; adjust any lengths of treatment and evaluate his/her response. The treatment is a kind of question which receives an answer. Treat the process as a conversation.
- ❖ Use only natural fibers for wraps, beddings and especially inner clothing since these “breathe” much better than synthetics do.
- ❖ In general, therapies using cold water are not recommended.