



The Hot Foot Bath

by Agatha Thrash, M.D.

We've been taught to expect drugs to *counteract* nature's efforts within a few minutes. If nature tries to quickly eliminate toxins through diarrhea, the drug causes paralysis of the bowel; if nature tries to elevate body heat to activate the immune mechanism, the drug stimulates the mechanism for dissipating heat, reducing the fever; if nature tries to clear the respiratory tract by coughing, medication suppresses the brain's cough center to stop it.

Hot foot baths may be used to relieve pain in many body parts, such as headaches, pain in the chest, abdomen, pelvis, or skeletal system.

But true remedies for disease work to stimulate and assist our bodies *in the same direction* they were designed to function, rather than opposing them.

Nature's process for fighting disease include: increased immune response, increased amount of white blood cells to eat germs and foreign matter, and an increased cleansing flow of blood, both to and from the affected part. Nature also eliminates toxins, wastes, and foreign substances through the lungs, kidneys, skin, and bowel, and keeps the brain informed about the situation through sensations of pain, discomfort, itching, or congestion.

A True Remedy

A most versatile and helpful true remedy is the hot foot bath, which reduces fever by increasing the number of circulating white blood cells. These help remove the toxins that caused the fever, restoring the body's thermostat to normal.

Hot foot baths may be used to relieve pain in many body parts, such as headaches, pain in the chest, abdomen, pelvis, or skeletal system. They can also combat colds, head congestion, and congestion of pelvic organs in menstrual difficulties. Totally blocked nasal passages can be unblocked in about five minutes.

Sore throats can be nipped in the bud if treated with hot foot baths early, and bronchitis or coughs can be similarly averted. Pregnant women, who should not be treated with drugs except in life-threatening situations, often get relief from ordinary pelvic infections with simple hot foot baths. Simply avoiding cold feet will go far toward protecting expectant mothers from pelvic and upper respiratory tract infections.

During treatment (and for several hours after) the white blood cells become more active and more capable of ridding the body of germs and toxic matter. As the body's temperature goes up the brain's temperature control mechanism changes gears, and the person who starts out with a fever ends up with a normal temperature. *It rarely fails.*

By cooperating with nature we discover many simple solutions the Lord has given us to help our bodies recover from, and to assist in fighting off, all sorts of diseases.



*Dr. Agatha Thrash cofounded Uchee Pines Institute. She has written a book entitled, **Natural Remedies**, which can be ordered by calling (706) 323-9194*