



Comfort in a Bottle

Treatment for hormonal health problems doesn't have to be expensive or come in fancy packaging. Many effective home remedies have been handed down to us by generations of resourceful women who lived before the age of modern pharmaceuticals. One of our favorite tools is a true classic...

The Hot Water Bottle

Once you use a hot water bottle, you won't know how you got along without it. It applies soothing heat therapy conveniently to any part of the body. When you heat a body part, your system sends more blood to that area. Local circulation increases, so your blood delivers more nutrients to the surrounding tissues. The blood and lymph vessels expand to help relieve congestion, tension, and stuck energy. The surrounding muscle fibers warm, loosen, and... ahhhh... relax.

These physiological responses to heat also cause your body to release endorphins, the body's own "feel good" pain reliever. So while you bring healing to the area where you directly apply the hot water bottle, you also induce a state of deep relaxation for your whole body. Studies show that this "relaxation response" creates the best internal conditions for your body to heal itself naturally.

Directions:

- Fill a hot water bottle with warm to hot water from your sink (not boiling water).
- Sit or lie comfortably and apply heat to desired area.
- Wrap in a towel if initial heat feels too intense.
- Enjoy for at least 30 minutes.
- Hot water bottle will stay warm for up to 2 hours.

Suggested Uses:

- Chest: relieves congestion, improves circulation in key area of lymphatic system, opens heart energy.
- Abdomen: improves digestion, relieves constipation, triggers deep relaxation, deepens sleep, relieves anxiety.
- Lower abdomen: pain relief for menstrual cramps, improves circulation to ovaries and uterus*; when used with castor oil pack helps to shrink fibroids and reduce PMS.
- Lower back: relieves aches and pains, warms kidneys and adrenal glands that are cold/deficient due to fatigue and burnout, triggers relaxation.
- Hips/Butt: relieves aches and pains, especially healing for women because our bodies store memories and emotions related to feminine experience in this area.
- Feet: warms and relaxes hard-working feet, creates groundedness and continued abdominal healing as it draws circulation and energy from upper to lower body.

*If you are pregnant, consult your midwife or doctor before applying heat directly to your uterus.