

Herbal Steam Bath

Vaginal steam baths are used to assist in the cleansing of the uterus in conjunction with the other Fertility Therapies for treatment of numerous female symptoms.

PLANTS

The most commonly used are:

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| - Marigold | - Damiana |
| - Oregano | - Red Clover |
| - Basil | - Dandelion |
| - Rosemary | - Yellow Dock |
| - Motherwort | - Squaw Vine |
| - St John's Wort | - Horsetail |
| - Chamomile | - Mexican Wormseed |

DIRECTIONS

- If using fresh plant, collect about 1 quart
- If using dry, collect about a cup
- In a large pot containing about a gallon of water, place the above plants. Crush the herbs into the water. Bring this to a soft boil for 5 minutes; then steep for 10 minutes with the lid on.
- With the pot under a slatted chair, lawn chair, etc... sit on the chair without underwear. Wear socks to keep your feet warm, draping fully with a blanket around your waist to the floor. Be careful not to allow any draft underneath you. Be sure you are enclosed by the blankets from the waist down, and something warm from the waist up.
- Sitting quietly over the pot of herbal steam for 20 minutes, meditate, read, enjoy and find pleasure in the herbal healing and your purpose of doing it. The heat should feel warming and pleasant, If it is too warm, remove the pot for a few minutes.
- After the vaginal steam bath, wrap yourself in the blanket allowing a time of rest and meditation for about 20 minutes or so. Be careful not to allow cool drafts and temperature changes.
- Depending upon the condition you are treating, vaginal steam baths are done prior to menses or just after. Expect changes in your vaginal discharge and menstruation; these are normal cleansing reactions.