

Instructions for soaking feet to increase blood circulation.

This method was shared with me by Dr Xuejian (James) Liu from Wodonga Chinese Medicine Clinic, who I see regularly for harmony, balance and good health.

1. Get a large bucket of water (20L size or more), fill with approximately 55-65% hot water (the temperature should be hot, but not boiling.)
2. Dip your feet in and out until the water cools down, or wet your feet with hands until the water cools down.
3. Once the water is tolerable, soak your feet fully immersed for 30 – 40 minutes. You will feel warm in the shoulder blade region in 15 to 30 minutes.
4. When the water cools down to much, take some out from the bucket and top it up with additional hot water.
5. This method will improve your circulation and boost your immune system, you can soak 7 times a week or less according to your conditions. Best time to soak is before bed wherever possible.