



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistiic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

YourBodyCanTalk2@Gmail.com

Thyroid Cold-Wrap Treatment

This age-old home remedy is used to increase blood flow to the thyroid and normalize its function. It can be done daily or as often as is necessary.

- Step 1:** Start with a cotton cloth (a pillowcase or an old t-shirt) about 1 yard long & 12 inches wide
- Step 2:** Soak your cloth strip in ice-cold water (at least 10 min)
- Step 3:** Cleanse skin thoroughly around throat
- Step 4:** Wring out cloth strip, fold it in half lengthwise and wrap around the throat
- Step 5:** Wrap a wool scarf around throat (on top of cloth strip)
- Step 6:** Get under the blankets and stay at rest until the cloth warms up (at least 30– 40 minutes)
- Step 7:** Remove wrappings. Proceed with a castor oil pack and any indicated essential oils desired

Repeat as needed