



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (n)Holistic Health Care

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

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

[Facebook/YourBodyCanTalk](#) · YourBodyCanTalk2@Gmail.com · www.YourBodyCanTalk.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.