

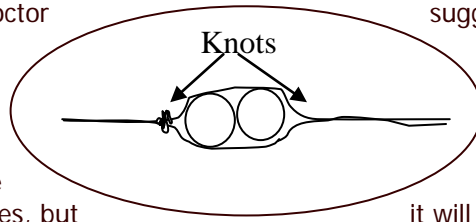
HOME REMEDY TREATMENT PAGE

Still-point inducer (SPI)-This is the inexpensive version of Upledgers Stillpoint Inducer-

Take two tennis balls and put them in a stocking leg. Put them inside in the middle and knot the stocking, locking the balls in tightly next to each other.

(I used to put them in a sock, but a doctor you handles and makes it easier to

Still-point inducer point- Lie on you don't hurt your back. Feel the around to the back of your head balls on that "line" in the middle of the take 15 seconds, it may take 15 minutes, but



suggested a stocking leg and it's great, it gives move.)

the floor or bed with your knees bent so top of your ears and follow that line (basically behind your eyeballs). Put the back of your head and lay on it. It may it will relax the muscles all down your spine.

If you want the full treatment, it takes awhile, but after the above release, you can put the SPI at the base of your head with your spine between the balls. Rest there until you feel the area relax. Then you can move it down just a little to between the next vertebrae and rest on it till it relaxes. Work your way down your spine.

NOTE- If an area hurts, don't do there first. Remember the CranioSacral Therapy philosophy; work with the body, not against it. Do the area farthest away from the painful area first, and work your way towards it. By the time you get to the painful area, it should already have started to relax and be less painful. Also helpful are Miracle Balls, available at most big book stores. They are softer.

Bath-

This is a great all-purpose treatment for after therapies, strains, sprains, muscle aches, even headaches. Put 4 cups each baking soda and Epsom salts and 3 tablespoons ginger (fresh or dried) in a warm bath and soak 20 minutes.

Poultice-

This is a great general-purpose poultice for pain relief and local infections. It's fabulously soothing to ear infections. Activated charcoal (you can find it in capsules at drug stores and health stores), and ground flax seed. You can get it at Sprouts. If you have a coffee grinder, you can get just the amount of flax that you need from the bulk dept. and grind it at home.)

NOTE- Typically, the rule is, if an area is hot and/or swollen, do not apply heat, only cold. This poultice is an exception. If the area is hot or swollen and infected, treat it with the garlic in the poultice, then ICE it for 20 minutes after removing poultice.

Small poultice (ie- for ear infections, small areas) 1 ½ tablespoons

Large poultice (ie- to cover knee, or chest, etc.) 3 tablespoons

If using minced garlic in the poultice for an infection- ¼- ½ teaspoon per small poultice
½- 1 teaspoon per large poultice

These amounts are just guidelines, adjust as necessary.

Take equal amounts of activated charcoal (you will have to pour it out of the capsules), ground flax seed, and water. Pour hot water over powder and mix until thickened, a minute or so. Spread in the middle of a paper towel about ¼" thick. Sprinkle fresh (not canned or powdered) garlic, minced fine, over the mixture. Fold the edges over the mixture to cover it so it won't leak out and apply poultice packet on affected area as soon as it is cool enough. It should feel hot, but not unbearable. You can keep it warm for longer by putting a heating pad over it.

NOTE- Do not reuse the poultice, and do not reheat in the microwave; the charcoal sparks. Just make a new poultice if you need one. Use for 20-30 minutes, then toss.