



# Soaking Feet in Warm Water

By [MagicTCM.com](http://MagicTCM.com)

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# Soaking Feet in Warm Water

- **Spring**

Raise Yang & Relieve prostration.

- **Summer**

Eliminate dampness and summer heat.

- **Autumn**

Moisten lung & Lubricate intestine.

- **Winter**

Warm & Brighten Dan Tian.

✂TCM terms, Is it hard to understand?  
Let's go on.....



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# Soaking Feet in Warm Water

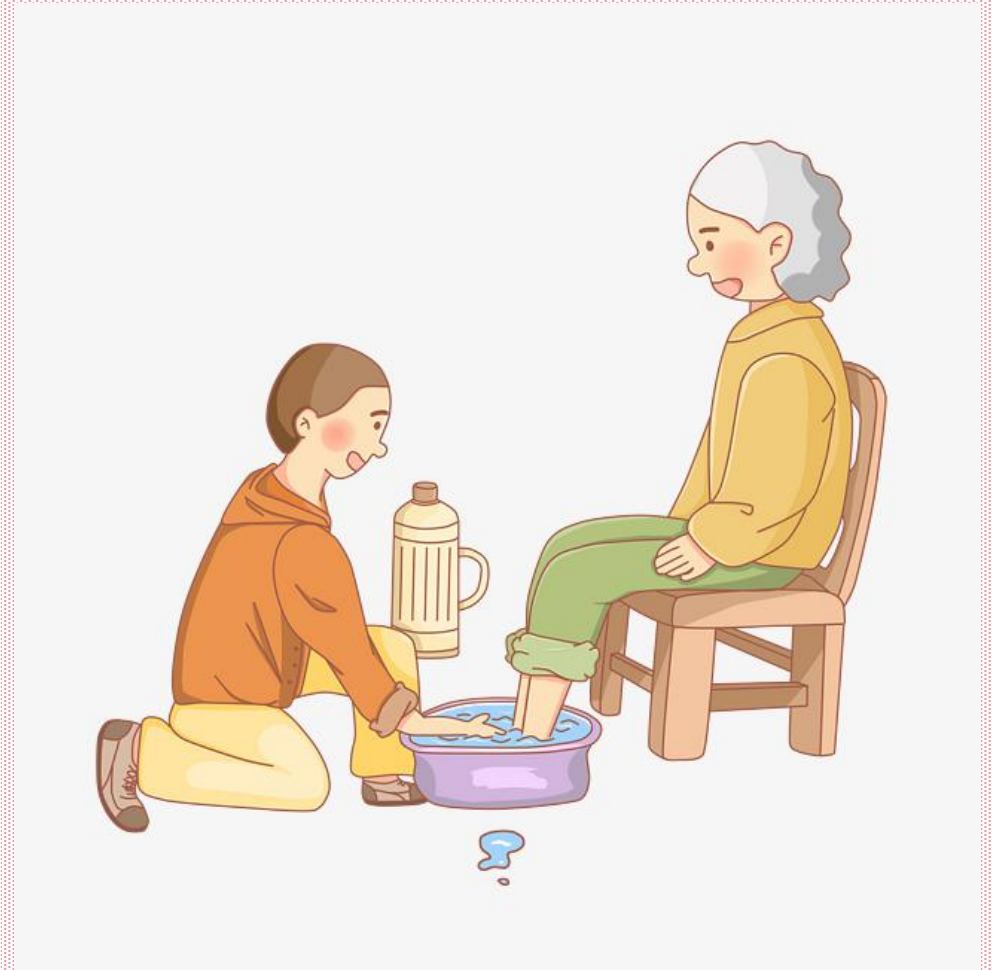
- One of the External Therapy of TCM

“富人吃药，穷人泡脚”

Means: Rich people take medicine & drugs, poor people soak their feet.

“热水泡脚，赛吃人参”

Means: Prefer soaking feet in warm water to taking ginseng.



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# Soaking Feet in Warm Water

- **Foot is the second heart**
- **Foot is the root of our body**

Soaking feet in warm water can greatly promote the blood circulation of whole body.

Soaking feet in warm water can stimulate the reflex zone on our feet to strengthen the organic function.



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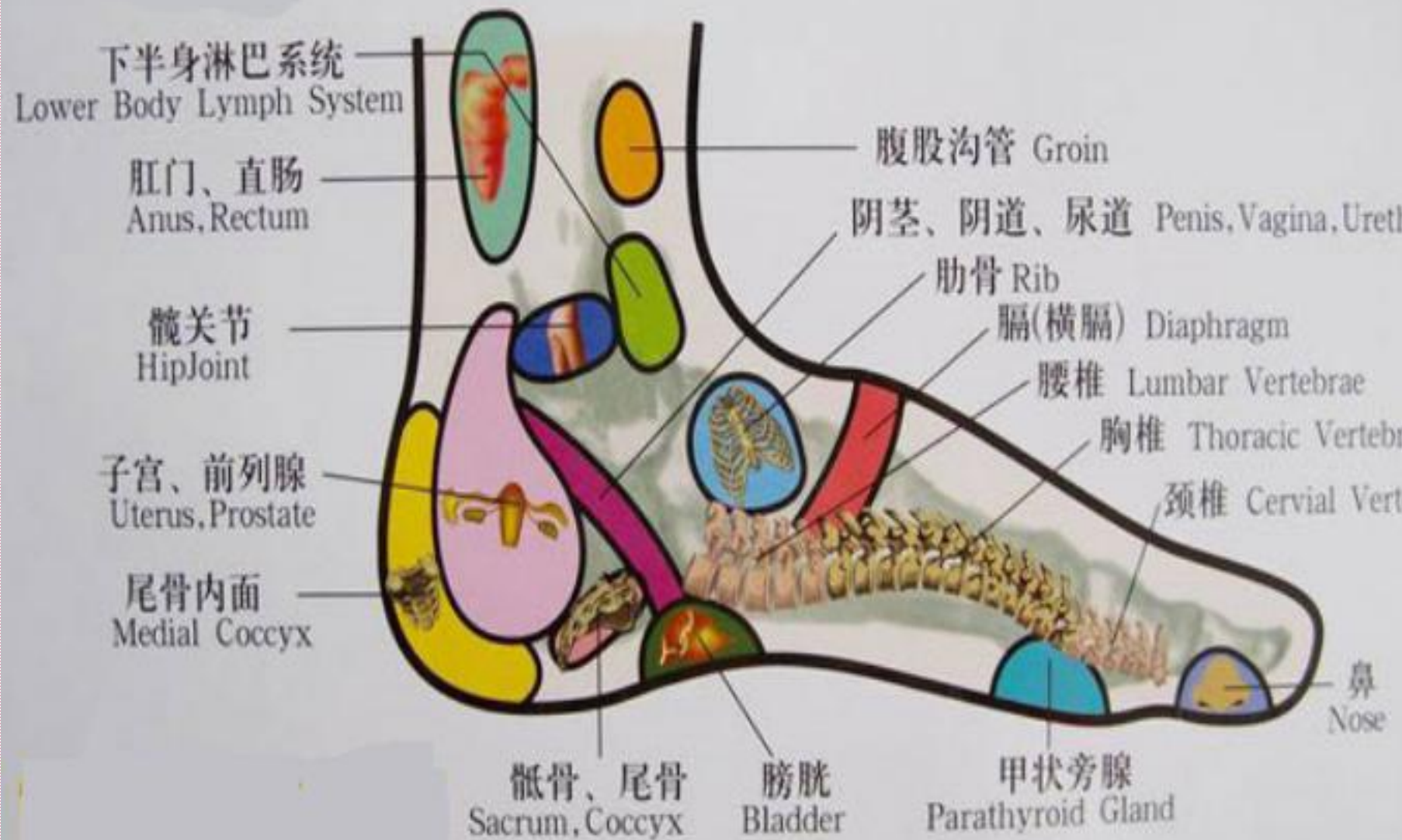
# Reflex Zone on Our Feet

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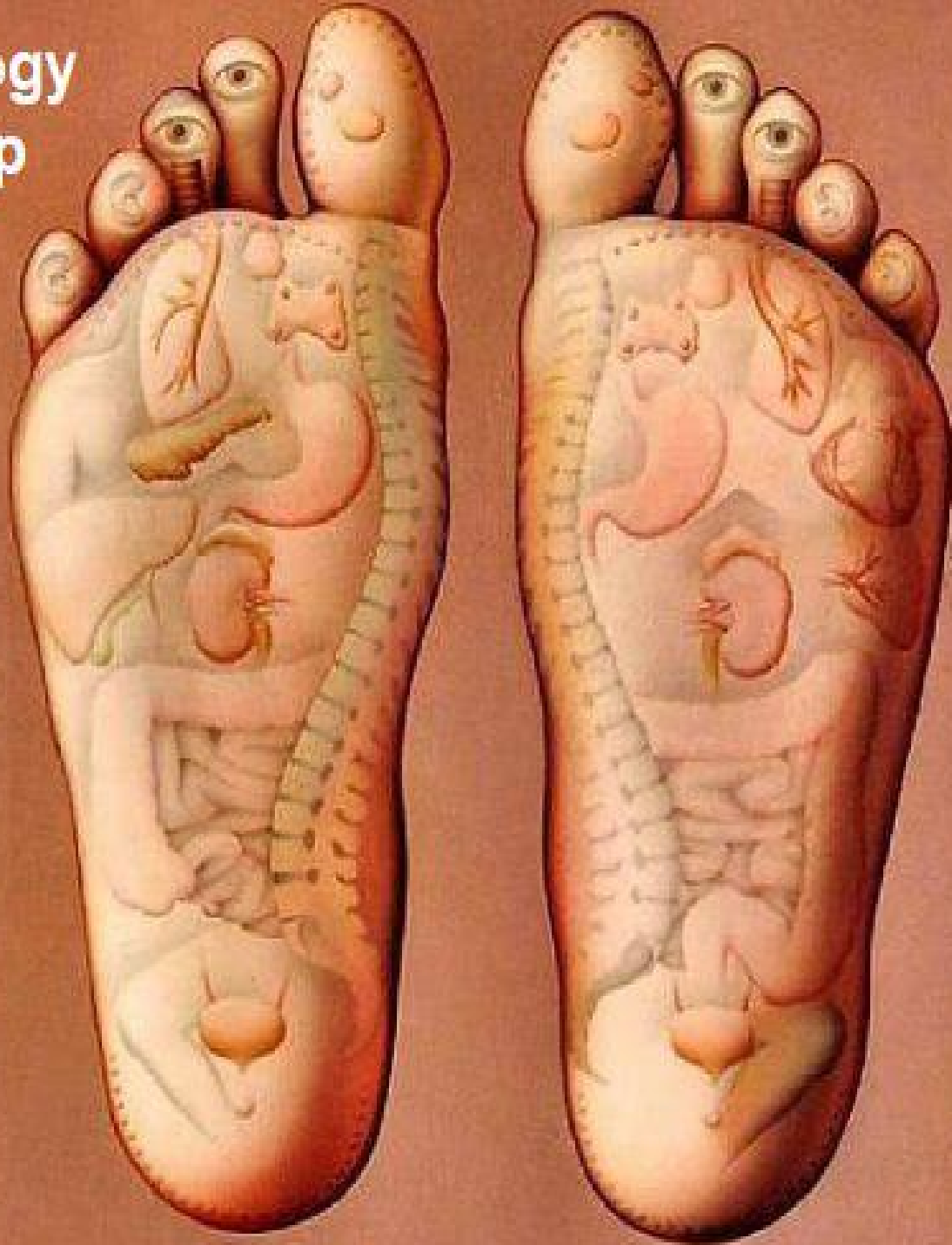
# Reflex Zone on Our Feet



# ***Reflex Zone on Our feet***

By [MagicTCM.com](http://MagicTCM.com)

## **Reflexology Foot Map**





# Reflex Zone on Our Feet

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# Soaking Feet in Warm Water

## 1. Benefits

- Alleviates fatigue and insomnia.
  - Regulates Endocrine systems.
  - Improves blood circulation, metabolism and detoxification.
  - Stimulates the meridians, acupoints and reflex zone on feet to strengthen organic function in order to prevent and treat diseases.
  - Increases the absorption for herbs getting into the blood circulation system.
    - ✧ we can add substance and herbs in the water.
- Some of external therapy steam the herb water onto skin to treat menstrual and weight disorders.



# Soaking Feet in Warm Water

## 2. Bucket

- Non toxic & safe
- Height: > 20 cm (Cover ankle at least)
- 15cm above the ankle is even better.
- Best Height- Deep wood bucket as picture, it can cover all small legs

Wood has good insulation and is Natural, nontoxic,



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# Soaking Feet in Warm Water

## 2.Container



❖ You don't have to wait until all the fancy equipments are prepared. Start tonight by just using a basin or a **container**. If you like it, and then you can invest in it.

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# Soaking Feet in Warm Water

## 3. Water Temperature

- 38°C - 45°C.
- Temperature can be different from people to people.
- Key - Warm enough but no burning sensation
- You can start from lower temperature, and then increase it slowly by adding hot water.
- If the water cools down, you can add some hot water to increase or to maintain the temperature.





# Soaking Feet in Warm Water

## 4. Time Control (15-30 minutes)

- Too short- Can't get a satisfied therapeutic outcome.
- Too long- might upload your heart and cause discomfort.
- Slightly body sweating is a sign for a **stop**.
- Please stop soaking if you feel dizziness, short of breath or oppression in the chest.
- Reduce the socking time for
  - Pregnancy women
  - Weak people/Elders
  - People with cardiovarsular disease



# Soaking Feet in Warm Water

## 5.Reduce Soaking Time For Following 8 Conditions

- I. Pregnancy and menstrual women
- II. Severe bleeding disorders
- III. Cardiovascular diseases
- IV. Diabetes
- V. Kidney failure, heart failure, heart infarction, Hepatic Necrosis
- VI. Acute infectious diseases, acute poisoning, like injury, bone fracture, burns,
- VII. Anger, grief, exultation or nervousness, Soaking feet is just like a sport condition that can consume the energy.
- VIII. Injury, blister, acne, inflammation, pus, edema, varicose vein on the feet.



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# Soaking Feet in Warm Water

## 6.How Often

➤ Pure-warm-water soaking--Every days is ok.

➤ Add-herb soaking

For health people - Once every 2-3 days.

For old folk, - Once a week.



# Soaking Feet in Warm Water

## 7. Contraindications

- High fever
- Overfull or excessive hunger.
- Excessive fatigue, anger, joy, grief and tension.  
They need a rest, soaking feet is just like a passive sport that takes energy.
- Within 30 minutes after eating.  
It can reduce the blood supplement for digestion
- Severe heart, kidney and liver diseases.
- Severe bleeding disorders.
- Severe injury, skin disorders and infections on feet.





# Soaking Feet in Warm Water

## 8.Cautions

- Watch for fainting - Severe heart diseases or low blood pressure
- Watch for scalding injury - Diabetic person.  
Pay attention to the temperature of water.
- Watch for infection - Beriberi.
- Babies don't need to soak feet.



# Soaking Feet in Warm Water

## 9.Keep warm

- In case of catching a cold, do not expose legs in cold air, keep the part above the water covered, especially in winter time and AC room.
- First thing after feet soaking is to dry your feet with a towel and put on socks ASAP. Cooling down in cold air or AC naturally will take the heat away. That makes the feet even colder and reduces the outcome you want.
- Remember drinking some warm water after feet soaking, in order to compensate the body fluid loss from sweating. This is very important for elderly, because their physical reaction is slower than young person.





# Soaking Feet In Warm Water

## 10.Important points 1/4

- You have to stop soaking once you feel warm with red face or slightly sweating on whole body.
- Never make a profuse sweating.
- During the soaking period, **stop drinking cold water & taking cold food**. Please drink more warm water, have a good rest. The deficiency heat on the head and sore throat will disappear.



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# Soaking Feet In Warm Water

## 10.Important Points 2/4

- For the people with a lot of muscle pain or joint pain, you can add some Ai Cao (Artemisia argyi /mugwort /worm wood, as picture), 2-3 times a week.
- If you have a cold-damp body, you'd better stop drinking cold water & taking cold food. And, you are suggested to drink a cup of Ginger-jujube soup before feet soaking.
  - ※Cold-damp body--Joint pain, back pain, repeated mouth ulcer, running nose, cough with white phlegm, abdominal pain, diarrhea, eczema, psoriasis, vitiligo. sneeze in the morning.....

Ai Cao (Worm wood)



# Soaking Feet In Warm Water

## Ginger-Jujube Soup

### 1.Main Ingridents:

Ginger:10 grams

Jujube: 4-8 pieces(by size).

Gouji Berry: 20 pieces

Brown sugar:

### 2.Other:

Hua Jiao(Peper): 8 Pieces





# Soaking Feet In Warm Water

## Ginger-Jujube Soup

### 3.Cooking method

- a) Rinse the dirt off ginger, Jujube & Gouji berry with cool water.
- b) Slice the ginger & Jujubes into pieces.
- c) Put ginger and jujubes in to a ceramic pot. Stainless pot is ok too. Add 3-cup water, and cover the pot.
- d) Boil them with military fire first.
- e) Once it's boiled, add brown sugar and then turn fire down to low heat to simmer for 30 minutes until the water is half gone. Please keep pot covered during cooking.
- f) Add Gouji berry in at the last 5 minutes.
- g) Enjoy the soup, eat the residue if you like.



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# Soaking Feet In Warm Water

## Ginger-Jujube Soup

### 4. Action:

- a) Warms middle, disperses cold, stops vomiting, unblocks meridians, drains dampness, eliminates inflammation.
- b) Dilates blood vessels, warm whole body, strengthens heart.
- c) Promotes digestion, protects gastric mucosa, reduces stomach ulcer.
- d) Benefit gall bladder, reduce pain, anti-bacteria & flu. Prevents URI (Upper respiratory infection).

### 5. Indications:

- a) Good for rheumatic arthritis, chronic lower back pain.
- b) It can be used long-term.



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# Soaking Feet In Warm Water

## 10.Important points 3/4

- If you are weak, I would suggest you to drink some Jujube - Gui yuan soup before feet soaking in order to restore the primary Qi.

## Jujube- Guiyuan Soup

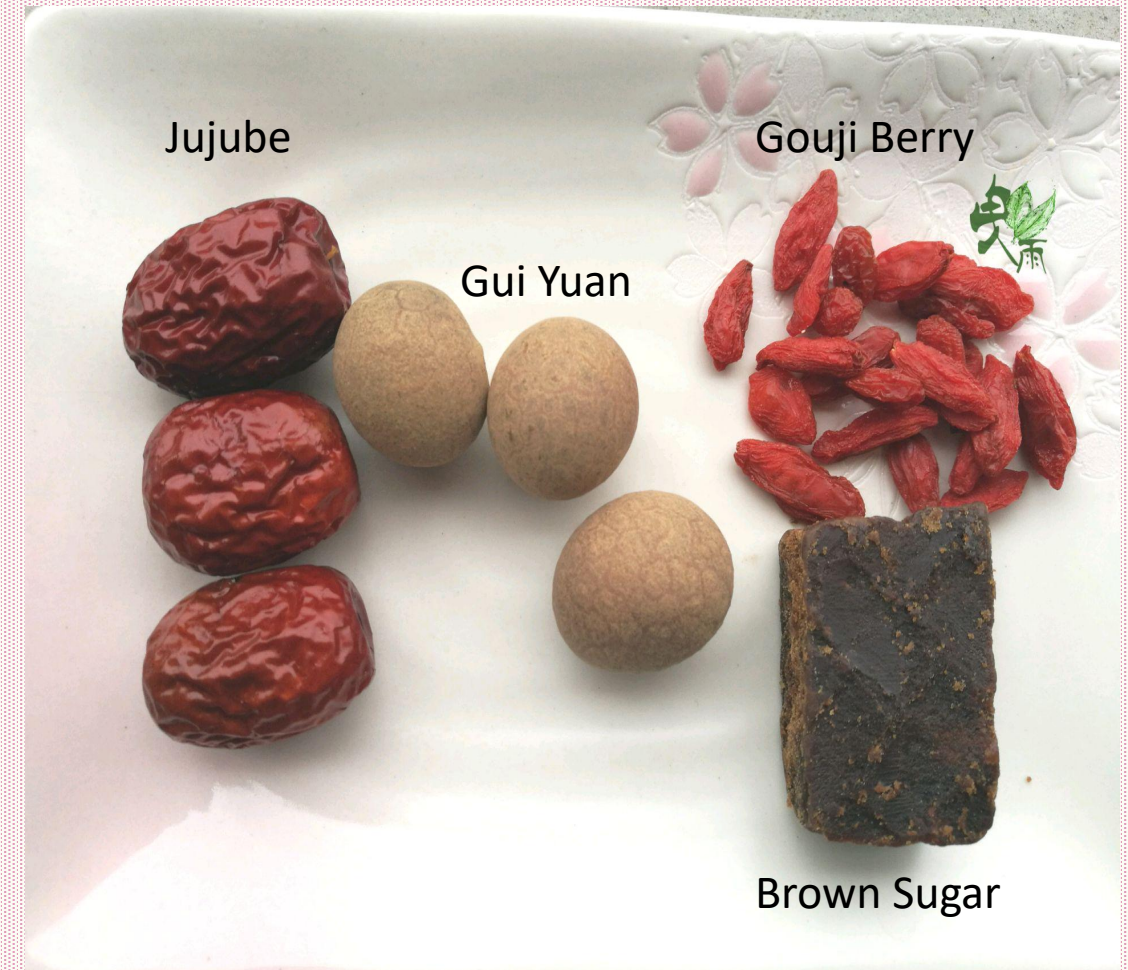
### Ingredients:

Jujube 3 - Get rid of seeds in the middle

Gui yuan(Longan/ dragon eyes): 3 (Pulp only)

Gouji Berry: 20 pieces.

Red/brown sugar(or crystal sugar).

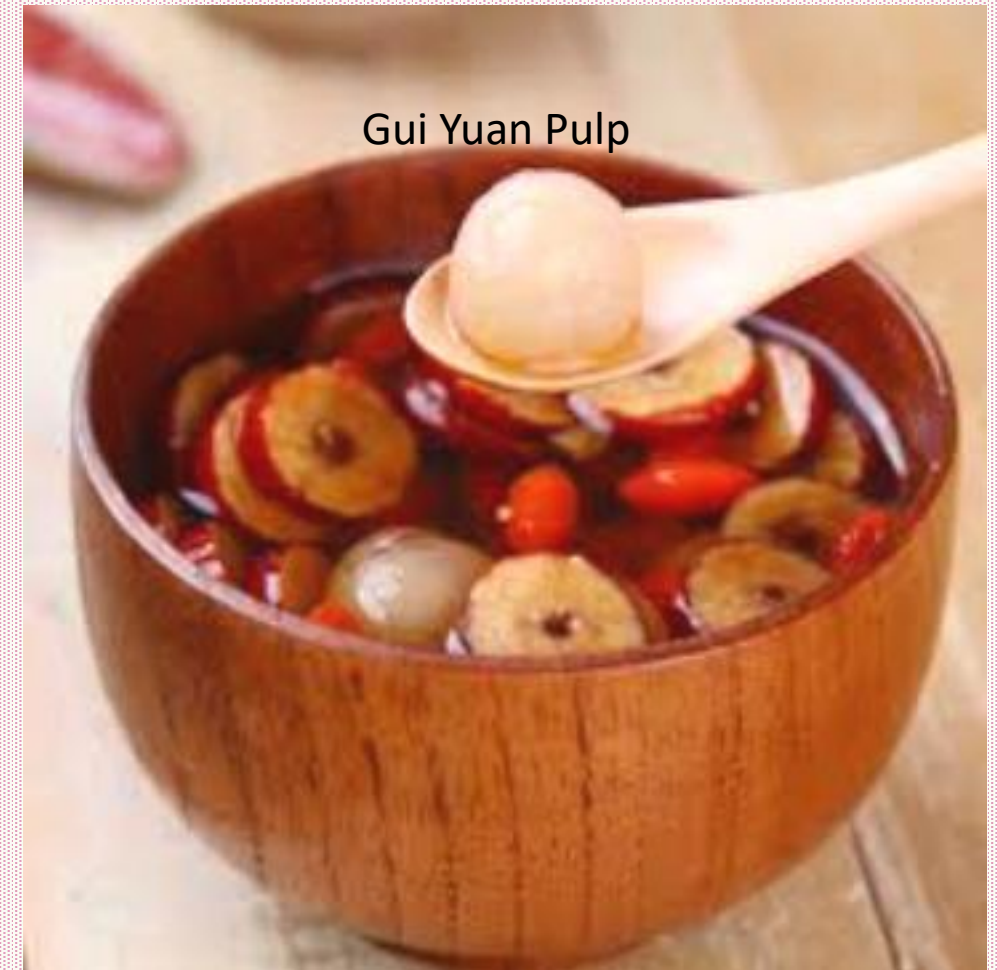


# Soaking Feet In Warm Water

## Jujube- Guiyuan Soup

Cooking method (same as last one):

- a) Rinse the dirt off jujube & gouji berry with cool water.
- b) Slice the Jujube into pieces.
- c) Put jujube and gui yuan in to a **ceramic** pot, add 3 cups of water.
- d) Boil them with military fire first.
- e) Once it's boiled, add brown sugar and then turn fire down to low heat to simmer for 30 minutes until the water is half gone.
- f) Add Gouji berry in at the last 5 minutes.
- g) Enjoy the soup & eat the residue if you like..



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# Soaking Feet In Warm Water

## 10.Important points 4/4

- If you feel uncomfortable after feet soaking, that means your condition is not suitable for feet-soaking or the soaking time is too long, You have to adjust the soaking time and frequency.
- For normal people, pure warm water is the best for feet soaking. if you really want to add something, venigar is good for you.
- Feet massage during or after feet soaking is strongly recomended.
- ✖Feet massage is contraindicated in pregnancy.



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# Soaking Feet in Warm Water

## 11. Special Group- Elderly

### ➤ Best Time: 9:00pm (at night)

From 9pm to 11pm, it is time for kidney meridians to run. KD 01 is on the bottom of feet. Soaking feet at this time is very meaningful for elderly and people with weak kidneys.

### ➤ Time: 15-20 minutes

### ➤ Best Temperature: 40C°

### ➤ Herbs: Giner, Ai Cao,Gui Pi(Cinnamon).

### ➤ Watch for:

Fainting--Severe Heart Disease or Lower blood pressure.

Scalding injury-- Diabetic Person

Discomfort due to soaking too long.



# Soaking Feet in Warm Water

## 12.Special Group - Prenancy women

- Before soaking-- Drink one cup of water
- Water T: 35C°-39C°(95-102°F), <40C°(104°F)
- SoakingTime:

T<20 mins. Too long, it might cause bortion.

T<15mins, for heart diseases, asthma, high blood pressure

### ➤ Contraindications

within 1 hr after eating /Mood swing /Excessive fatigue

### ➤ Tips

Try not to add herbs. Ginger & salt is ok.

To prevent muscle spasma-- watch for posture

To prevent common cold--don't face the wind directly after sweating, change into dry clothes ASAP.

### ➤ No feet massage!



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# Soaking Feet in Warm Water

## 13. Salt Water Soaking

- Dose: One spoon for whole basin
- Best Time: 9:00pm
- Duration: 30 minutes
- Actions/Indications
  - a) Treat Beriberi, swelling legs, common cold
  - b) Clear fire from head, cools blood, detoxification
  - c) Nourish kidney, anti-aging
  - d) Improve immunity function
  - e) Clean/ exfoliation
  - f) Sleep aid



# Soaking Feet in Warm Water

## 14.Veniger Water Soaking

- Venigar: Good-quality edible vinegar(米醋或老陈醋)
- Dose: 20-30 ml /1 gallon water
- Benefits:
  - Treat Feet odors,beriberi, onychomycosis,warts.
  - Eliminate fatigue,
  - Regulate the sympathetic and parasympathetic nerve to improve the sleep
  - Expel wind and dampness.
  - Enhance body constitution and skin elasticity
  - Prevent common cold
- Contraindications: **Open wound on feet.**
- Vinegar + Garlic --Treat athlete's feet





# Soaking Feet in Warm Water

## 15. Daikon Water Soaking

### ➤ Dose :

Half daikon, cut it into slices

Water: enough to cover feet.

➤ **Preparation method:** Cook for 3 minutes in military fire, and then turn down to lower heat to simmer for 5 minutes. Keep pot covered during cooking.

➤ **Benefits:** Athlete's feet

➤ **Daikon + Hua Jiao(3g)**---treat beriberi, athlete's feet, feet sweating, eczema



# Soaking Feet in Warm Water

## 16. Ginger Water Soaking

### ➤ Dose:

Ginger: 15-30 g (about thumb size)

Water: enough to cover feet

### ➤ Benefits:

Treat common cold, rheumatism, cold hand and cold feet, improve sleep, benefit stomach and kidney, anti-aging.

➤ **Preparation:** Cook on military fire. after it is boiled, turn the fire down to low heat to simmer for 10 minutes. you can use it after it cools down to 40°C.





# Soaking Feet in Warm Water

**17. Flower Water soaking** 1. Rose water soaking: Release stress, resolve depression & improve sleep, soothe liver and benefit skin. Dose: 3-5 grams(dry petals)

**Preparation:** Soak flowers in the just boiled water for 5 minutes. Soak your feet after it cools down.



# Soaking Feet in Warm Water

## 17. Flower Water soaking 2. Dandelion water soaking

- **Action:** Anti-bacteria. Release inflammation. Treats athlete's feet. Benefit skin. Release fatigue and improve sleep.
- **Dose:** Dandelion(whole plant), dry:15-20 g, Fresh: 30-50. Water: Half basin.
- **Preparation methods:** Starts with military fire, after boiled, turn fire down to lower heat to simmer for 10 minutes.
- **Dandelion + Alumen(枯矾):** For athlete's feet with blister.
- **Dandelion + Light yellow sophora root(苦参):** For severe skin itching.





# Soaking Feet in Warm Water

## 17. Flower Water soaking

### 3. Chrysanthemum flower water soaking

- **Actions:** Benefit sleep. Soothe liver and benefits eyes. Prevent common cold
- **Dose:** Fresh: 30g, dry: 7-10g
- **Preparation:** Soak the flowers into the just boiled water for 3-5 minutes.
- **Especially good** for the people that use **eyes** a lot on the computer and phone.



# Soaking Feet In Warm Water

## 18. Ai Cao 艾草

### ➤ Other name:

Artemisia argyi /King of grass  
Chiese mugwort /Worm wood.

➤ **Peroperty:** Bitter, warm, dry, acrid.

➤ **Enters:** Liver, spleen and kidney meridians.

➤ **Action:** Regulate qi and Blood, despel cold and dampness, warm meridians to stop cold pain. Stop bleeding and itching. Anti bacteria and virus.





# Soaking Feet In Warm Water

## 17. Ai Cao 艾草

### ➤ Indication:

**1. Internal use:** for gynecological disease, infertility, uterine bleeding, cold pain in the epigastric region or lower abdomen.

It is very good at warming uterine, regulating menstruation, treating infertility due to cold uterine.





# Soaking Feet In Warm Water

## 17. Ai Cao 艾草

➤ Indication:

2. In moxibustion:

- ✓ Warm meridians to transfer dampness and cold.
  - ✓ Move Qi to unblock meridians to reduce pain.
  - ✓ Raise Yang Qi to relieve prostration.
  - ✓ Drain heat and detoxify.
  - ✓ Prevent diseases and improve health condition.
- ※ The smoke of the herb can kill the uncomfortable odor in the room. Usually, we burn one or two sticks in a new/old house before we move in.



# Soaking Feet In Warm Water

## 17. Ai Cao 艾草

➤ Indication: 3. As Food (in spring)





# Soaking Feet In Warm Water

## 17. Ai Cao 艾草

➤ Indication: 4. Evil Driver--Hanging on the doors can prevent diseases and mosquitos and other bugs from getting into house.





# Soaking Feet In Warm Water

## 17. Ai Cao 艾草

➤ Indication: 5. Herb Bath To prevent and treat skin disorders and itching, Warm and unblock meridians to reduce diseases



# Soaking Feet In Warm Water

## 17. Ai Cao 艾草 (Artemisia argyi/)

➤ Indication: 6. Feet soaking herb.

Combine with other herbs to make a formula for different people with different needs.

Ai Cao + Ginger

Ai Cao + Salt

Ai Cao + Hong Hua (safflower)

Ai Cao + Hua Jiao (Pepper)

Ai Cao + Dandelion





# Soaking Feet In Warm Water

## 18. Common Formula

### ◆ Ai Cao ( Worm Wood) + Ginger

#### ➤ Dosage

Ai Cao: 15-30 gram

Ginger: 9-20 grams

#### ➤ Frequency

Normal Person: 2-3 times/week

Pregnancy woman & elderly-1-2 times /week.

#### ➤ Key Point

Water cover ankles, drink some ginger-Jujube soup before or during the soaking.



Ai Cao (Worm Wood)



# Soaking Feet In Warm Water

## 18. Common Formula

### ◆ Ai Cao ( Worm Wood) + Ginger

➤ Preparation Methods: Cook on military fire with pot covered. After it's bloied, then turn the fire down to low heat to simmer for 10 minutes.

#### ➤ Actions

- ① Expel cold & drain dampness
- ② Warm and unblock meridians.
- ③ Of course, release the fatigue and insomina



# Soaking Feet In Warm Water

◆ Ai Cao ( Worm Wood) + Ginger

➤ Indications

a) For mouth ulcer, throat sore, periodontal disease, Gingivitis, Otitis media, acne, etc. this kind of fire or heat symptoms due to cold factors or deficiency.

Most modern people have a cold-damp constitution. Soaking feet in warm water of this formula can guide the heat from head down to warm other part of body. Usually, all the heat symptoms will be disappeared after 2-3 time soaking.

※ Pay attention: during the soaking period, you need stop drinking cold water, drink more warm water and have a good rest.

If you soak your feet with this formula regularly, it can greatly improve your health condition and reduce the pain too.



# Soaking Feet In Warm Water

## ◆ Ai Cao ( Worm Wood) + Ginger

### ➤ Indications

- b) **For wind cold** with running nose, sore throat, fever, whole body ache, headache, cough.  
TCM treats wind cold by promoting sweating.

Key word - drink ginger-jujube soup together or before soaking to promote sweating.

If there is a fever: add white stem of green onion in ginger-jujube soup.

If there is a cough, add some garlic in ginger-jujube soup. (Cook together)

Keep your body covered during the sweating process. (Cook together)

- c) **For menstruation pain**

Best time: 7-8 days before period start, 2-3 consecutive times

- d) **For hypertension**

Soaking feet can guide the heat down and reflectively dilate the vessels to reduce the blood pressure and prevent stroke.

# Soaking Feet In Warm Water

## 18. Common Formula

◆ Ai Cao ( Worm Wood) + Ginger

### ➤ Caution

It does have abundant benefits for our body. But, good things need to be used properly.

It can guide the heat down, but too much of it might reduce the blood nourishment to brain and lead to discomfort of **dizziness, headache, fatigue**..... etc.





# Soaking Feet In Warm Water

## 18. Common Formula

### ◆ Ai Cao ( Worm Wood) + Hong hua(Safflower)

#### ➤ Dosage

Ai Cao: 15-30 g

Hong Hua(Safflower): 10-15 g

#### ➤ Frequency

Normal Person: 2-3 times/week

※ Drink some warm water before soaking in order to replenish body fluid due to sweating

➤ Contraindications: **Pregnancy women.**



# Soaking Feet In Warm Water

## 18. Common Formula

◆ Ai Cao ( Worm Wood) + Hong hua (Safflower)

- **Action:** Promote the blood circulation, dilate and unblock veins, disperse the blood stasis, stop pain.
- **Indications:** Prevent and relieve varicose veins and Peripheral neuritis.
- **For diabetic person**, please pay more attention to the water temperature. Sense the water by a hand of non diabetes.





# Soaking Feet In Warm Water

## 18. Common Formula

### ◆ Ai Cao ( Worm Wood) + Salt

#### ➤ Dosage

Ai Cao: 15-30 g

Salt: 10-15 g

#### ➤ Frequency

2-3 times a week

#### Contraindications :

High fever, HBP >150/90, diabatic person,  
acute infactious diseases.



# Soaking Feet In Warm Water

## 18. Common Formula

◆ Ai Cao ( Worm Wood) + Salt

➤ Indication:

1. Deficiency fire in the upper body-- tooth ache, sore throat, restlessness, swelling legs
2. Warm and unblock 12 meridians.-- to prevent cold from getting into our body.
3. Treat common cold.

If you catch a cold with running nose, sore throat, whole body ache, you can drink some ginger-brown sugar water and combine with Ai+Salt feet soaking to promote sweating.

If there is fever, add some white part of green onion in ginger-brown sugar soup

If there is a cough, add some garlic in ginger-brown sugar soup.



# Soaking Feet In Warm Water

## 18. Common Formula

◆ Ai Cao ( Worm Wood) + Salt

➤ Indication:

4. Prevent fire on the upper body.

Improve constitution.

5. Treat fungus, eczema, skin itching.

6. Anti-virus and bacteria, exfoliation.



# Soaking Feet In Warm Water

- **Common Formula**

- ◆ **Ai Cao + Hua Jiao**

- **Dosage**

Ai Cao: 15-30 g

Hua Jiao(Pepper): 20 pieces

- **Frequency**

Normal Person: 2-3 times/week

- **Actions:** Dispel cold, regulate menstruation, stop pain, kill insect, sterilize bacteria.

- **Indications:**

Treats Feet sweating, beriberi,eczema.

Lower blood pressure, prevent common cold.





# Summary

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All the feet soaking methods can release fatigue and stress, and induce sleep.

The following herb has its specialty functions.

**Salt:** Clean, Softening keratin, clear heat, benefit kidney.

**Vinegar:** Kills bacteria, fungi and other microbes, benefits skin.

**Ai Cao** (Worm wood): Regulates the blood circulation, warms meridians, Expels cold and drains dampness, stops bleeding and settle the fetus.

**Ginger:** Warms body, anti-common cold, promotes circulation, benefits stomach.

**Hong Hua** (Safflower): Red flower, treats blood circulation related disorders - pain, varicose veins.

**Ai Cao+ Ginger** - Joints & lungs-- treats wind cold, rheumatism, joint pain, cough, bronchitis, emphysema, asthma.

**Ai Cao+ Hong Hua**(Safflower) --- Blood circulation disorders--treats varicose veins, peripheral neuritis, poor blood circulation, numbness of hand and feet and blood stasis.

**Ai Cao+ Hua Jiao** (20 pieces) Treat skin disorders-- feet sweating, athlete's foot, eczema.



MagicTCM.com

www.BellaBeauty.de