



Let it Heal

2400 Brant Street, Burlington ON L7P 4N3

Knee Pack (also for arthritis, bursitis & hematoma)

Swelling on the knee must be drawn off for Bowen treatment to most often be effective. Obtain washing soda from your practitioner or local supply. This is sodium carbonate, or sal soda; its composition is Na_2CO_3 . It must be in an airtight, sealed container. It will come in a crystal form, and will need to be crushed to the consistency of coarse salt before use.

From home you need one layer of pure cotton material, about 6x10", masking tape, a towel, a plastic garbage bag, a pair of old nylons (optional). Just before bed, make a "sand pile" of soda in the middle of the cloth 1/2" to 3/4" deep. Fold the long ends of the cloth over in thirds. Place it *just beneath* your kneecap, and tape it on with masking tape. Now wrap a towel from your mid-calf to mid-thigh, and if you have nylons, tie them around to hold towel in place. Otherwise use your tape so it adheres to itself. Lay the plastic bag under your leg on the bed. Go to sleep.

During the night, as much as 1/2 c. B of fluid may drain out of the knee. The next morning the cloth and towel will be stiff. Throw into the wash – they will come out very clean ! You may receive Bowen on the knee on this day. You may then repeat pack 3 times a week until swelling is gone, and do Bowen again in a week. A few people may develop blisters from the pack. If so, put Vaseline on them for protection during the next treatment.

If the problem is arthritis, Bowen can be done from the outset, followed by the pack. This time prepare it in a cloth 12"x12", which when folded into thirds will come out about 4' wide. Wrap it *directly over* joint and all the way around it. Even without fluid to draw, it will begin to break down swelling inside the joint. If treating both knees, do a pack on one knee at a time, alternating nights, for a total of 2 times each knee in that week. After the second Bowen treatment, do the pack once per week on each knee, and return for Bowen therapy whenever they start feeling painful again.

If for all-over arthritis, you can put 1 cup of washing soda into a bath and soak 20-30 minutes. If you have high blood pressure be sure someone else is in the house – you may feel weak for a while afterwards. This soda makes the water very *slippery*, so be sure to use a rubber bath mat. Use no more than 2 times per week. If for hematoma, pack will draw pain and stiffness out speedily. Blood will blacken where it remains trapped just under the skin surface, but it will break up on its own now.

Advanced Bowen Therapy



www.letitheal.com

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Detox Ion Spa Footbath

