



Lemon Wrap Treatment

Indications

The lemon wrap can be used for several indications. Biting into a lemon we experience a strong sensation of sourness- our soul is drawing into our body. The lemon can help in high fever as a wrap around the calves- it will help to organize the fever response. Lemon wraps are also useful to control an irritating cough and soothe a sore throat. A chest wrap will help soothe asthma.

Supplies

- An organic lemon
- Cotton wraps
- Wool wraps as an outer layer
- A bowl
- Warm water

Directions

1. Place the lemon in the bowl of warm water.
 2. Cut the lemon in half.
 3. Score the lemon's rind to release as much oil into the water as possible.
 4. Place a cotton wrap into the water and wring out then apply to area (leg or throat).
 5. After applying the cotton, place a wool covering over it right away.
 6. Cover the area entirely with the wraps.
 7. Leave on for 15 minutes
- If dry then replace with new wraps
 - If cool and moist then redo the wraps
 - If warm and moist then leave on another 15 minutes