## **Ginger Bath Guide**

- 1. Purchase 1 lb of fresh ginger
- 2. Cut ginger and boil in 1-2 gallons of water until water is golden
- 3. Remove ginger pieces
- 4. Pour water into bathtub
- 5. Soak in bath until mild sweat develops
- 6. Repeat as needed for pain, cold intolerance, or immune symptoms aggravated by cold up to once daily.