

# Ginger Compress



Minako Seki

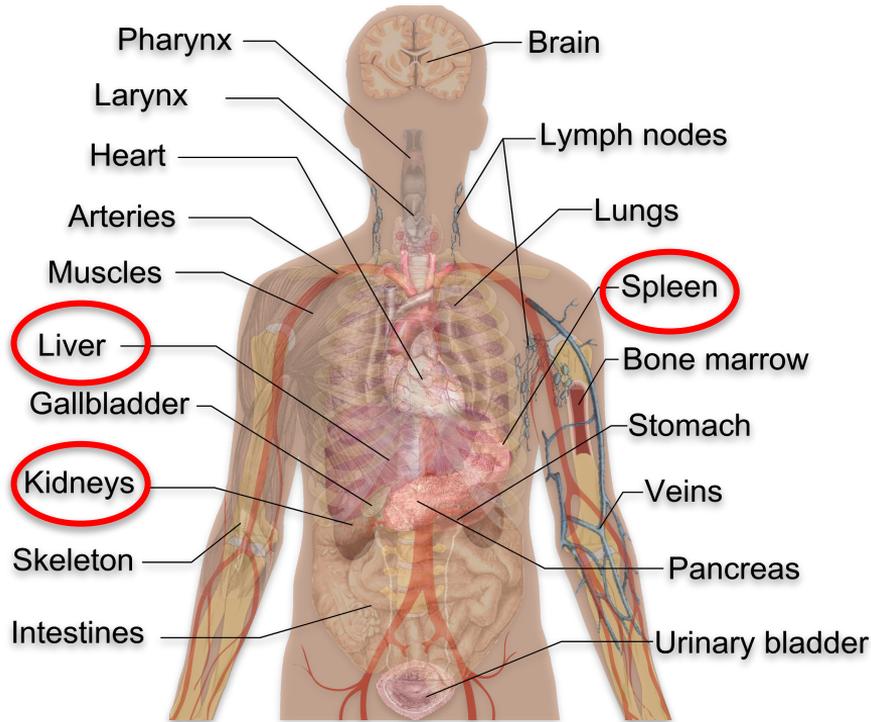
Creative Dojo  
Performing Arts Holistic Life

# What is a Ginger Compress ?

*Heal yourself at home when you feel tired, have a cold, suffer from knee ache or pain in your body.*

- ✓ **A Traditional Japanese treatment to detoxify the body, heal pain, boost the immune system and more.**
- ✓ It is a grated **ginger warm compress**.
- ✓ First, we activate the functions of the organs that gather toxins such as **the liver and kidneys**.  
After that, it's applied to areas of discomfort, stiffness and pain.

# Functions of the liver, kidneys, and spleen



✓ **The liver and kidneys** are like septic tanks! They filter and excrete substances that are harmful to the body such as food additives or pollution.

If this septic tank becomes weak, it's not able to do its job. As a result, various chronic diseases can manifest, or we might experience ourselves getting angry easily or having trouble sleeping, for example.

✓ **The spleen** filters impurities from the blood and transports a substance that connects to bile. Bile is secreted by the liver and stored in the gallbladder. It moves into the duodenum where it digests fat, is absorbed by the lymph system into the small intestine, and is carried throughout the body. Bile has a strong antibacterial effect and is a powerful substance that gives vitality to all cells in the body. If it weakens, the body is susceptible to being attacked by bacteria and viruses.

# Who can the ginger compress benefit?

- People who easily catch colds, feel stiff in their joints or muscles, have swelling, or feel generally run down.
- People who are stressed and fatigued.



- **Kids older than 10 years ...** maximum 15 minutes.
- **Kids under 10 years ...** do the treatment on the feet only. Maximum 15 minutes.
- **Elderly people ...** perfect to do!



**Pregnant ...**  
consider each  
person's unique  
condition.



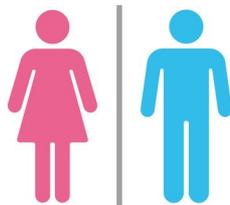
**Menstruation  
pain ...** do  
treatment  
without cold  
towel.



**Delicate skin...**  
Normally  
recommended but  
please check each  
person's specific  
condition first.



Treatment duration:  
maximum **30 minutes for the liver** followed by **30 minutes for the kidney**.



Be sure to **urinate** before and after treatment.



Do **not take a bath or shower** after the treatment.



Do on an **empty stomach**, or at least **2 hours** after eating.



Do **not** let the water in the pot with the **ginger come to a boil** - it will cause the enzyme in the ginger to break down.



Keep the water in the pot with the ginger compress between **70 and 80°C**.



You can **reuse** the ginger water as a **foot bath** after your ginger compress.

# Benefits

✓ Improves symptoms such as chills, stiff muscles and joints, swelling, fatigue, and all chronic diseases..



✓ Strong blood circulation and helps the body retain heat.

✓ Strengthens gastrointestinal functioning and kick-starts the body's metabolism.

✓ Heating the abdomen activates the important blood-purifying organs: the liver and kidneys, and excretes toxins.

# Benefits

✓ The method promotes the excretion of substances that cause fatigue. These might have been building up for many years in the organs. It also reduces the potential for disorders that don't yet have any noticeable symptoms, to develop,

✓ The internal organs - gastrointestinal, liver and kidneys - can be efficiently activated by warming the abdomen.



✓ Toxins are removed by activating the liver and kidneys - they purify the blood! The blood circulates more strongly and the spleen becomes less inflamed.

✓ Not only the internal organs but also the joints and muscles then have a good blood supply. This helps stiff shoulders, muscle aches, lower back pain, among others, as well as improving sweating, diuresis, bowel movements, and detoxifying effects such as losing weight.

✓ You can do the treatment for yourself or to another person; it's a special gift for you and people you love.

✓ By warming the core of the body, active oxygen that causes the body to oxidize is removed and immunity is enhanced.

# To make the ginger compress

## You need:

- 1) 200g organic ginger (you can in fact use 150g - 250g)  
*If you don't have organic ginger, peel the skin.*
- 2) 3 - 4 litres water
- 3) Large pot
- 4) Tea towel
- 5) String
- 6) 2 towels (medium sized)
- 7) Rubber gloves
- 8) Blender or food processor  
*If you don't have one, you can use a grater*

# For the treatment

## You need:

- 1) 2 large towels
- 2) 2 small towels
- 3) 2 large bowls  
*1 for the hot towel; the other for the cold water with ice*
- 4) 1 ice cube

# How to make the ginger compress



1) Put 3.5L water in the pot and heat. Keep at a constant temperature of between 70 and 80°C



2) Roughly chop the organic ginger (no need to peel)



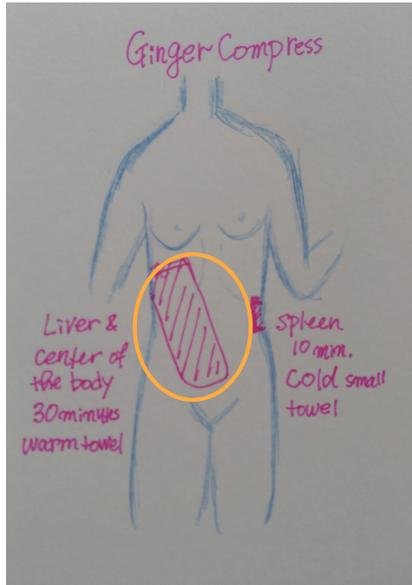
3) Put the ginger and a splash of water into the mixer to make the ginger paste



4) Put the ginger paste into the centre of a tea towel, gather the edges and tie with a string

# Position of towel for **LIVER** treatment

Diagram also shows the Tan den - centre of the body



# LIVER treatment - 30 minutes



1) Put the ginger bag, ginger liquid and 2 towels in the pot of hot water.



2) Squeeze the towel while wearing gloves.  
\*\*Be careful! It's 80°C\*\*  
If it feels too hot, you can wear two layers of gloves to squeeze.



3) Rest the towel in the bowl. This way you can easily move it around the patient.



4) Place the hot towel on the patient's liver area, touching a few times to get used to the hot temperature before resting it there. Cover the body with a big towel.



5) Put the blanket on top, covering the body to keep it warm.



6) After 2 - 3 minutes, put your hands on the hot towel and massage the liver.



7) Before this towel gets cold, you can prepare the second towel and rest it in the bowl beside the patient.



8) To change towels, take out the used towel and immediately replace with the second towel.



9) During the 30 minute treatment, you should change the ginger towel 5-6 times if the patient feels comfortable and warm.



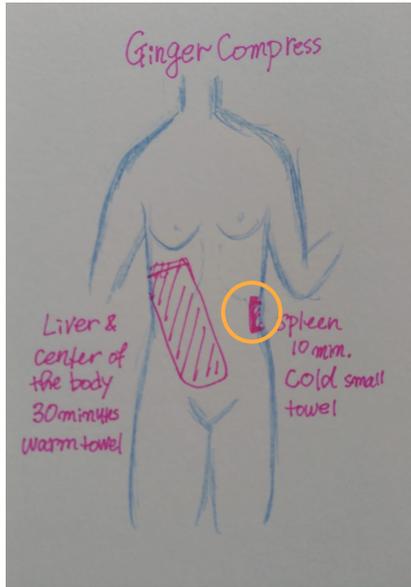
10) After 30 minutes, prepare the cold water bowl. Put cold water and one ice cube in a bowl. Soak a small towel in it and squeeze until just damp.



11) Take off the ginger towel and replace it with the cold towel on the liver. Massage on top of the cold towel for 30 seconds.

# Position of towel for **Spleen** treatment

(on the left side by the waist)



- ✓ The spleen manages the lymph glands of the organ. When the internal organs are tired or inflamed, the spleen swells and becomes inflamed itself to take over their job. In all chronic diseases, the spleen covers swollen and weakened internal organs, so cooling the spleen helps inflammation and spleen activity.

# SPLEEN treatment - 10 minutes



1) Prepare a bowl of cold water with 1 - 3 ice cubes in it. Place a small towel in the bowl, then squeeze it until just damp.

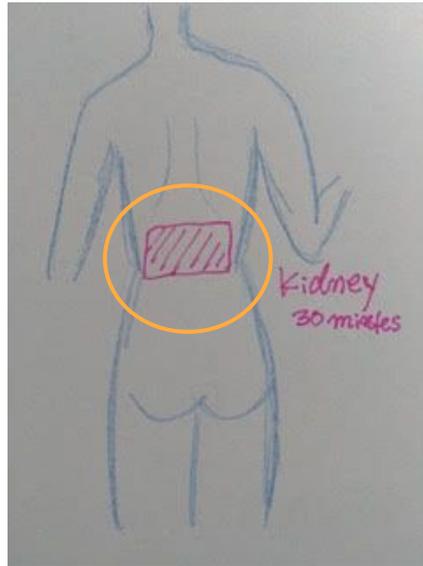


2) Roll the patient onto their right side. Put the small, cold towel on the left side of the body, on the spleen. Massage the area for 10 minutes, changing the towel once or twice if needed.

# Position of towel for **Kidney** treatment

Ginger compress procedure is **exactly the same as for liver treatment.**

*The treatment takes **30 minutes**. After this comes the cold towel.*



# OTHER AREAS of pain or stiffness – *maximum 30 minutes each area*

*\*You do not need to use the cold towel after the warm ginger compress.*

Pain generally gathers acidity, and toxins flow out from the area. Then blood does not reach the cells in the tissues of that area. Toxins and blood withdraw and the nerve is compressed there, causing inflammation and pain. If you apply a ginger compress, the area will become red and **blood circulation will be increased, reducing the pain.**



Knee pain



Cough



Shoulders

Chest or any other body part  
where you feel pain

**YOU CAN  
STRENGTHEN YOUR  
CIRCLE OF  
RELATIONSHIPS BY  
HAVING  
A LOVELY TIME  
WITH FAMILY AND  
FRIENDS, WRAPPED  
IN THE REFRESHING  
SCENT OF GINGER.**



**WHEN WE PAY  
ATTENTION TO THE  
ILLNESS WITH  
SINCERITY,  
WE SOOTHE AND  
RESTORE OUR BODY  
AND MIND.**

**Thank you!**  
**Enjoy your Ginger compress!**



Minako Seki

Creative Dojo  
Performing Arts Holistic Life

Visit us!

<http://minakoseki.com>