

Vinegar Steam Remedy.

for sinus, nose and throat relief

The Vinegar Steam Remedy is not a cure, but has been created to provide a simple, nontoxic approach to allowing the body to restore pH balance in the upper respiratory system. Often allergies and viral infections are exacerbated by pH changes (acid or base conditions) in the nasal and sinus passages as well as the throat and lungs. This simple, but effective, method helps to loosen secretions as well as provide a change in environment to counteract reaction

How to do the Vinegar Steam Remedy

1. Bring to a boil several cups of water in a 3-4 quart stainless steel pot.
2. Turn off burner and move pot to counter where you can lean over it comfortably.
3. Place approximately a tablespoon of cider vinegar (if you are severely mold sensitive use white vinegar) in the boiled water. Vary the amount so as not to be irritating.
Do NOT add Vicks or anything similar with petroleum jelly- it can explode on or near the stove!
4. Place a bath towel over your head and lean over the pot forming a tent that concentrates the steam on you face. (Don't let the towel get into the water, you could get burned touching it) If it feels too hot back off a little.
5. Blow into the boiled water/vinegar mix. This makes the steam rise. If it feels too hot, back off slightly.
6. With your eyes open (It generally does not sting unless too concentrated) inhale the steam created first through your nose deep into the sinuses and nasal passages; then, inhale through your mouth and let the steam circulate in your throat and lungs. Alternate nose breathing and mouth breathing until you can make no more steam by breathing into the heated water. The treatment will last approximately 10 minutes.
7. Do this procedure several times a day, combined with proper homeopathic (Euphorbium spray etc.) and nutritional support (antronex, vit. c & zinc etc.) for your given condition, to help your body heal itself. Follow each treatment with gentle self message of the forehead over the eyes, over and under the cheeks.

If using this method with Children they MUST be supervised carefully to avoid burns from hot water. The vinegar smell should be just to point of being strong, but not irritating---this is different for each individual. REMEMBER: NO VICKS OR SIMILAR WITH THIS!!

Remember: If you have questions, contact Dr. Green (845) 294-9990

This leaflet courtesy of Dr. Stephen Green The Goshen Healing Center

11 Webster Avenue, Goshen, NY 10924

(845) 294-9990 or 651-1460