

## Sweating Method

### Things you will need:

1. A full or queen size cotton flat sheet.
2. Eucalyptus essential oil.
3. A long wooden spatula.
4. A sitting stool.
5. A hot pad.
6. A nice big towel or a bath robe.

### Cooking instructions

1. Soak herbs in a big stainless steel pot of water for 1 hour.
2. Bring it to a boil with the lid on the whole time.
3. Turn the heat down and simmer for 7minutes. Make sure not to over cook!!!
4. While the herbs are cooking, prepare the following:
  - a. Get everything you need above in the bathroom.
  - b. Put the sitting stool where you will sit comfortably and the hot pad right in front of you.
  - c. Put the wooden spatula, eucalyptus oil, the towel or the robe next to you.
5. Put the herb in front of you while you sitting on the stool.
6. Put the sheet over you.
7. Slowly open the lid and put 8-10drops of eucalyptus oil into the pot, and let the steam come out nice and slow.
8. Open the lid more as the steam get weaker – you can use the wooden spatula to stir at this time to increase the steam.
9. After you are done, make sure you are wrapped up in your rope or towel.
10. Drink lots of water after- even better if you have Emergen-C.