



Benefits: Helps to improve **insomnia related to heart-fire & liver-fire**, high blood pressure, mental fatigue & mouth dryness, etc.

Ingredients

Epsom salt - 1/2 tablespoon to 1 litre warm water.

Dried Bitter gourd - 20 pieces (20gm).

Dried Chrysanthemum - 20 pieces (10gm).

Dried Licorice, dried 2 inches length - 10 pieces, cut into strips (10gm).

Warm water - 8 to 10 litres.

Footbath tub or pail - 1 no.



Preparation

- (1) Wash Dried Bitter gourd, Dried Chrysanthemum, Dried Licorice in tap water & soak all ingredients together with Epsom salt in footbath tub or pail of some hot water to cover all ingredients for 10 minutes.
- (2) After 10 minutes, pour warm water in in footbath tub or pail & soak feet for 30 minutes.
- (3) During footbath, drink warm tea, preferably related to same health concern. (**Refer to teas' recipes**).
- (4) After 30 minutes of footbath, dry with towel & massage feet with olive, peppermint or coconut oil.

Note

- (1) For 1st week, can apply this foot bath 1 to 2 times daily & after 1 week, apply once every 3 other day.
- (2) Avoid soaking on an empty stomach or immediately after dinner.
- (3) Do not bath till 8 hours later.
- (4) To apply 1 foot bath's recipe per day & to seek your health expert's advice if you are on medications, pregnant or breastfeeding.
- (5) A warm foot bath must covers the feet & ankles, preferably up to knee cap at temperatures ranging from 100° to 115° F (43°C- 46°C).
- (6) Not advisable for those who have diabetes, high blood pressure & peripheral arterial diseases.

Reference: [**Insomnia Facts.**](#)