



Hemorrhoids Sitz Bath

This sitz bath will help to shrink hemorrhoids. You must repeat this process until the shrinkage is evident. It may take 5 or more sessions. The closer together the sitz baths are taken, the better the results. It is an old-fashioned effective hydrotherapy modality.

Items Needed:

	<p>Mullein Leaf or Powder Herbal Tea 1 tsp cut leaf ¼ tsp powder I cup of infused Mullein tea</p>
	<p>White Oak Bark or Powder Herbal Tea 2 Tbsp cut bark 1 Tbsp powder</p> <p>Note: See below for instructions</p>
	<p>Shallow pan wide enough to fit your nether region when seated. Don't worry about your whole bottom not fitting. You can use pillows around the area for comfort.</p>
	<p>! quart and 8 oz of pure filtered or alkaline water</p>

Directions:

- Simmer either the **White Oak Bark** cut or powder in the water for 10 minutes and let it rest for 20 min. You want a strong tea.
- Prepare 1 tsp of **Mullein** tea in 8 oz of water.
- Prepare the area where you will sit in the sitz bath. (The best method is to place the pan in your bathtub to catch any spills when you sit. You can support the sides of your glutes not in the pan with folded towels for lift and comfort.
- Pour about 20 oz of the White Oak bark tea into the shallow pan as hot as you can stand it, but tolerable to your sensitive skin. Make sure your hemorrhoids are submerged into the tea. By all means, **DO NOT** burn yourself. Test the temperature on the backside of your hand for heat tolerance. Keep the remainder of the tea nearby to add more of the hot tea if it cools too much before 30 minutes has expired.
- Pour the Mullein tea in a cup to drink while you are sitting in the sitz bath.
- Sit for 30 minutes without burning yourself.
- After the allotted time has passed, you can get up and dry off. Lubricate the area with olive oil.