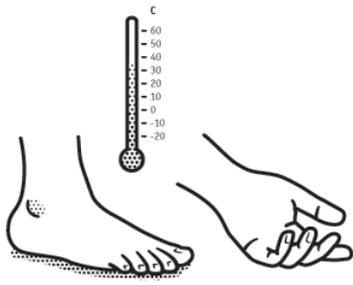
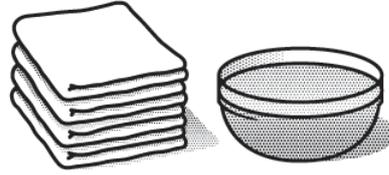


## ► Leg compress



**1** Hands and feet must be warm for a leg compress. If they are cold or if the patient is freezing, then one should not use this home remedy.



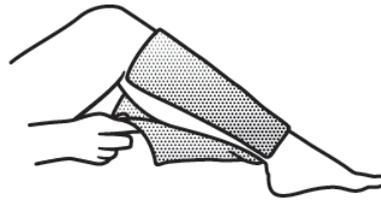
**2** Prepare a bowl with lukewarm water and four napkins. Two dish towels of cotton and two terry towels of normal size are ideal.



**3** The water temperature should be around ten degrees below the body temperature of the patient. If you want, you can add a glass of apple vinegar to it.



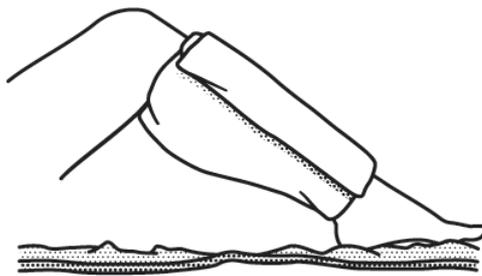
**4** Dip a dish towel in water for each leg and then wring it lightly.



**5** Use this moist towel to wrap around both the lower legs, relatively tight and as far as possible, without folds. The towels should cover the area between the ankle and the knee pit.



**6** Subsequently cover the wet inner towel with the dry outer towel.



**7** You can use a thick hand towel as a base so that the sofa or the bed do not get wet. Change the inner layer of the compress if it feels as warm as the body.

### How does a leg compress work?

Fever is an entirely natural reaction of the body that helps the immune system to fight pathogenic agents. Hence you should not use medicines to lower a moderate fever. In case of higher fever, there is a home remedy that has been proven since a long time: Leg compress.

The lukewarm towels and the evaporation of the liquid extract heat from the body - similar to sweating. If it is used repeatedly, then the fever can be reduced by one degree within 60 to 90 minutes. A greater and quicker reduction is indeed possible, but it is not advisable because the circulation gets heavily stressed.