

# Herbal Compresses for a blocked bile duct

By Lana Cummings

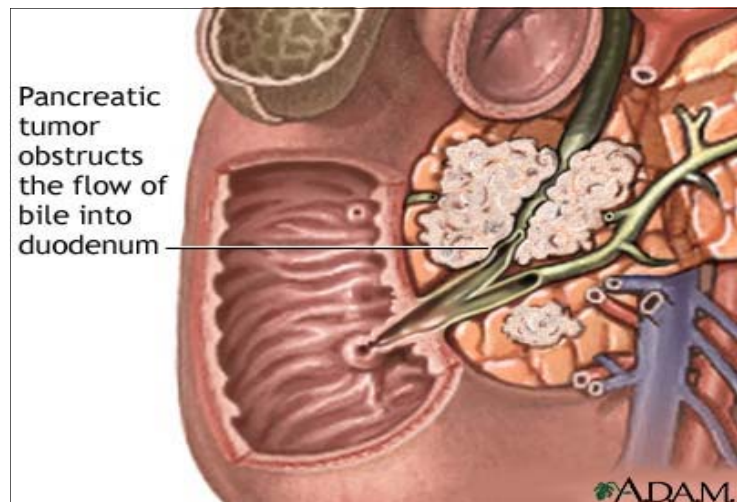
The bile duct is an important system accessory in the process of digestion. It is a channel in the liver that secretes bile to the gallbladder and small intestine to aid in the digestion of fats. The bile duct can become blocked due to major causes such as gallstones, cysts, tumors or trauma. Inflammation and enlarged nodes in the tract can also cause blockages.

Pale coloured stool, jaundice, dark urine, itching, abdominal pain, fever, nausea and vomiting are common symptoms one may experience. Long term effects of a blocked bile duct can cause serious health problems if not treated. If any of these symptoms are present an urgent visit to a medical practitioner is advised.

Once assessed by a medical doctor there are many treatments you could use to remove the blockage or decrease the inflammation. These treatments usually include removing the blockage by using an endoscope or performing surgery to remove or bypass the obstruction. If the blockage is in the gallbladder it is surgically removed and antibiotics are given if an infection is present.

Holistic medicine is often called on when such severe and persistent symptoms are experienced. Following the advice of your physician there may be complimentary solutions to easing the symptoms of a blocked bile duct. The Thai herbal compress is a natural alternative that may be used in treating the painful symptoms.

The herbal ball is filled with many traditional herbs grown in the gardens of Thailand. These hand picked herbs with their many healing properties create an intoxicating aroma that soothes and heals when applied to the body. Some of the ingredients included in this comforting warmed pouch are ginger root, camphor, peppermint, turmeric, kaffir lime, and lemongrass.



Turmeric is a main ingredient used in the traditional Thai compress. It has many properties that can be useful in decreasing pain and inflammation caused by gallstones. It also has anti-oxidant properties that can help reduce tumors and cysts that form obstructions in the duct.

Peppermint has strong connections with the reduction of gallstones when taken internally in capsules. It is strongly recommended to check with your medical doctor before using peppermint to treat a blocked bile duct if gallstones are present. Alternatively, the application of peppermint on the skin is suggested to soothe both nausea and vomiting due to its anti-emetic properties. The digestive tract absorbs the diaphoretic and stomachic properties in the peppermint to reduce inflammation and improve the health of the gallbladder.

The Thai herbal compress can also offer relief of muscle pain and stiffness that secondarily may occur due to excessive vomiting and abdominal pain.

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# Bronchitis treatment with Thai luk pra kob

By Lana Cummings

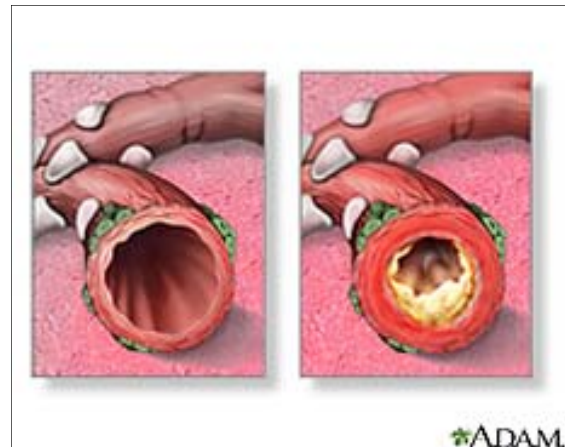
Bronchitis can be one of the most difficult and sufferable conditions one can experience. It can sometimes last for months or years.

There are two types of bronchitis: acute and chronic. Acute symptoms appear when one acquires either a viral or bacterial infection which can consist of shortness of breath wheezing and an expectorant cough. Other symptoms may consist of fever, chest pains, fatigue and excess mucus production.

Chronic bronchitis is inflammation of the bronchi in the lungs. It can often turn into a syndrome known as chronic obstructive pulmonary disease. Symptoms consists of a nagging cough and relentless phlegm also known as sputum which is usually green or yellow in color.

To be diagnosed with acute or chronic bronchitis, one would need to be assessed by a medical doctor. Once diagnosed, clients with chronic bronchitis may be prescribed one or many of the following treatments: antibiotics (acute infectious symptoms), bronchodilators, or corticosteroids. These treatments can work well with most people but tend to be very hard on the body.

Many people look to the holistic world to find ease from their bronchitis symptoms. There are many herbal bronchitis treatments available. An excellent treatment for the pains and aggravations of chronic bronchitis is a Thai herbal compress. The herbal compress is a small cloth pouch which contains a special blend of traditional herbs hand picked from the gardens in Thailand.



This pouch is tightly wrapped into a ball, steamed and applied to the body. It can be rolled, patted, pressed or simply placed on the area of pain. The unique blend of Thai herbs releases an intoxicating intense aroma that provides long term relief from pain and inflammation throughout the whole body.

Many of the herbs inside contain anti-inflammatory, anti-spasmodic, or anti-tussive properties that can calm the most persistent cough, ease tightness and pain in the chest and loosen mucus from the respiratory tract. Common ingredients such as eucalyptus and peppermint can provide relief from labored breathing or wheezing by opening respiratory passages. Camphor and ginger root provide soothing relief to the mind and body acting as a natural sedative.

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