



## In Health Naturopathic Medicine – Crystal Hannan, ND

4150 Pacific Avenue, Suite 300 - Forest Grove, OR 97116  
dr.crystal@inhealthclinic.com - www.InHealthClinic.com  
Ph 503.357.3074 - Fax 503.974.2226

### Heating Compress for the Throat

A heating compress is a form of hydrotherapy involving a cold moist compress that is applied to the affected area. The compress heats up by the body's reaction to the cold.

#### Indications

Sore throat and associated hoarseness, neck pain, tense muscles, and any inflammation or infection of the throat.

#### Precautions

Chilling should not be experienced during this treatment. Keep warm either in a bed or wrapped up in a blanket. Change the compress at least every 8 hours and allow the skin to dry for at least 1 hour between treatments. Do not tie compress on too tightly around the neck. This treatment should be comfortable. Please consult your doctor if your condition does not improve or you have any questions regarding this treatment.

#### Supplies

- ☞ Cotton cloth - wide and long enough to wrap around the neck
- ☞ Wool flannel to cover the cotton cloth. A wool scarf works well. Alternatively, cloth may be made long enough to include ears when wrapping throat
- ☞ Safety pin
- ☞ Face cloth

#### Directions

1. Warm the throat area first with a warm face cloth for 5 minutes. This is very important as the treatment will not be as effective and could be harmful if your neck is not warmed first.
2. Soak the cotton cloth in cold water and wring out so that it does not drip.
3. Wrap the cotton cloth around your neck or include the ears if desired.
4. Wrap the wool scarf over the cotton cloth and secure with a safety pin.
5. Leave on at least half an hour but overnight is more effective. Follow treatment with a quick cold sponge to area.

#### Effects of the Heating Compress to the Throat

This treatment acts to reflexively increase the circulation and decrease congestion in the throat and head. It has a sedating action and may help with sleep. This treatment is also effective for pain relief and increases the healing response during acute infections.

#### Reference:

1. Boyle, Wade and Saine, Andre N.D. Lectures in Naturopathic Hydrotherapy. Buckeye Naturopathic Press, East Palestine, Ohio 1988.