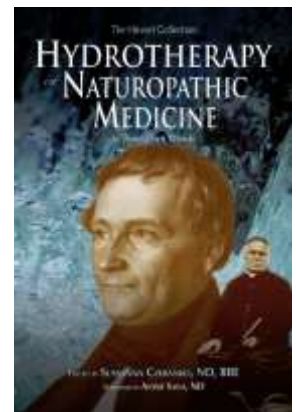
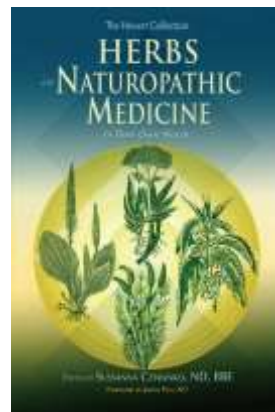
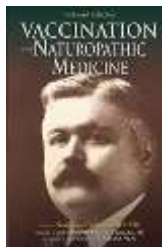
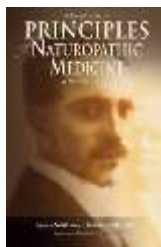
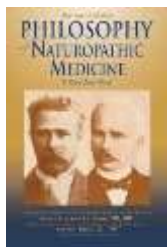
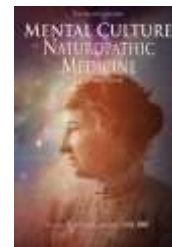
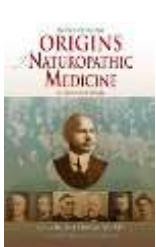


# Herbs Meet Water

Sussanna Czeranko, ND





Father Sebastian Kneipp  
(1821-1897)



## Chronic Stomach Complaints

- Every second evening put a four-folded compress dipped into a hot decoction of hay flower; leave it on the abdomen for one hour.
- Addition to other water applications



## Never in my life have I seen a man like this great healer of humanity

- “For four years I suffered of headache, nausea, winds, gastralgia, pressure, belching, sourness, vomiting, sleepless nights, depression, fatigue, palpitations in all joints, alternately diarrhea and constipation, tinnitus aurium, weak eyes.
- He prescribed: knee, hip, upper douches and half baths.



Unknown Author. (1908). Authentic medical report. *The Naturopath and Herald of Health*, IX (5), 138-141.

- Every hour I had to swallow a spoonful of tea, a decoction of wormwood, sage and shavegrass.
- Four times during the week I had a compress dipped into a hot decoction of hay flower.”

Unknown Author. (1908). Authentic medical report. *The Naturopath and Herald of Health*, IX (5), 138-141.

## Blood Poisoning

- Housewife scratched finger
- Woke in the night, nauseated, arm swollen, veins distended, excruciating pain
- Hay flower arm compress
- Bathed in hot hay flower water for 8 hours
- Drawing plaster

Kneipp, S. (1901). Blood poisoning. *The Kneipp Water Cure Monthly*, II (10), 276-277.

## Bloody Knife

- Man butchers a cow and cuts himself
- No attention until pain
- Arm was so swollen, couldn't move fingers
- Dr. gave medicine, pain <
- Vapor baths for arm and hand qid
- Arm wrapped in boiled hay flowers
- Inflammation reduced first night and resolved in 4 days



Kneipp, S. (1901). Blood poisoning. *The Kneipp Water Cure Monthly*, II (10), 276-277.

## How can we explain the effect of the hay flower compress?

- No special value, need to be scalded and applied hot
- If there are any symptoms of blood poisoning
- As hot as possible
- Frozen limbs, abdominal diseases, rheumatism, gout, scrofulous skin disease

Lust, B. (1906). The effect of hay flowers, *Heublumen. The Naturopath and Herald of Health*, VII (1), 40-41.



**Benedict Lust**  
(1872-1945)

## Gout

“the very best of results, however, may be derived from warm hay flower compresses round the joints ... ”



Lust, B., (1902). Kneipp's popular healing remedies and their application. *The Naturopath and Herald of Health*, III (8), 348-349.

## Croup

- If child's breathing is too laborious, instead of a throat compress, apply hay flower shirt
- Shirt thoroughly saturated with warm hay flower decoction
- Dissolves accumulation in trachea and removes obstruction to breathing
- BID; dry or 1.5 hours
- Warm bath

Lust, B. (1902). Croup. *The Naturopath and Herald of Health*, III (10), 426.



## Whooping Cough



Benedict Lust  
(1872-1945)

As soon as the first symptoms, such as, photophobia, fever, coughing, the mother has to put a shirt, dipped in a decoction of hay flower, on the child, wrap it airtight into a woolen blanket and let the child rest for an hour. Then she gives the child a cold wash and puts her or him to bed. As long as the child's body is warm, these washes have to be repeated two or three times during the day.

Lust, B., (1907). Whooping Cough. *The Naturopath and Herald of Health*, VIII (12), 355-356.

## Thyme Bath

- If the whooping cough is fully developed, a neutral bath with thyme is given three times a day.
- The duration of the bath is 10 to 12 minutes
- Finished with a cold wash/ablution 70° F/21° C

Lust, B., (1907). Whooping Cough. *The Naturopath and Herald of Health*, VIII (12), 355-356.



## Diphtheria

- Sudorific applications needed for a sure cure
- Kneipp used internal and external solvents
- Internal: olive oil, nettle, colt's foot or plantain tea
- External: washes with vinegar and water and hay flower or oat straw short packs
- Throat compresses with vinegar and water



Jacquemin, T. (1908). Diphtheria. *The Naturopath and Herald of Health*, IX (5), 156-160.



## First sign of colour change in throat

- Throat Compress: Linen cloth dipped into equal mixture of water and vinegar, as hot as the patient can stand it.
- Remove after 25 minutes
- Repeated every 25 minutes until patient breathes easier and fever decreases
- Cold plunge 4-5 times until fever subsides

Jacquemin, T. (1908). Diphtheria. *The Naturopath and Herald of Health*, IX (5), 156-160.



## Gargle

- Decoction: Equisetum, Oak bark, Sage, Fenugreek
- Restore gastric acids: one tablespoon of wormwood and rosemary tea every hour
- Quench thirst with lemonade
- Regulate bowels with cool enemas made with mint decoction

Jacquemin, T. (1908). Diphtheria. *The Naturopath and Herald of Health*, IX (5), 156-160.

## Vapor bath

- Hot decoctions of equisetum and hay flowers for steam inhalation bath
- Always follow with cold application



Jacquemin, T. (1908). Diphtheria. *The Naturopath and Herald of Health*, IX (5), 156-160.

Lust, B. (1910). Treating diphtheria according to Father Kneipp. *Naturopath and Herald of Health*, XV (4), 193-195.



## Diphtheria



Alfred Baumgarten  
(1862-1924)

“In the first stages of diphtheria, the sipping of ice-cold water is a great remedy indeed. ...

“Hay flower shirts are thought very much of. However, these cannot be recommended if the fever is high, but only when the temperature is low. ...

“Throat wraps may occasionally become necessary, but then take warm water, preferably hay flower water. This has a life-giving effect, and does not permit the organs to completely collapse, as this would be otherwise. This is the treatment for diphtheria.”

Alfred Baumgarten. (1904). “Throat diseases”, *The Naturopath and Herald of Health*, V (2), 25-30.

# Goiter

- Stout priest told to use iodine
- Emaciated
- Father Kneipp Rx: pine baths 95° to 100° F/35° to 38° C
- Followed cold ablution and back to warm bed
- Upper and Lower Gushes
- Lower wrap dipped in pine decoction
- Barefoot walking daily

Kneipp, S. (1901). Blood poisoning. *The Kneipp Water Cure Monthly*, II (10), 276-277.

**Tonic Of The Pines**  
**Bottled For You in**  
**Bing's Pine-Needle Baths**



Is a new process "Pine-Needle Essence" which embodies the same rarest qualities with which Nature has endowed the Pine. Used in the Bath it exudes the wonderful aromatic odors of countless pine tree forests. It relaxes and soothes, acting as a strengthening nerve tonic.

Just as an infusion among the pines helps restore the ailing to health, so do the Pine-Needle Baths benefit both mind and body. Tired people, nervous people, fatigued mental workers—all who suffer from stress and strain, are wonderfully refreshed and strengthened. Even the robust should indulge in the luxury of

**Bing's Pine-Needle Baths**

They cost but 8 cents and less per bath. Use it as hot, warm or cold bath, the one you most enjoy. After you have experienced the feeling of ease and well being—the relaxing of your strain—the general rest of a Pine-Needle Bath, you will realize it as an indispensable toilet article. Any physician will testify to the value of Pine-Needle Baths and their great aid to those seeking better health or greater efficiency.

**Bing's Pine-Needle Baths come in 3 size packages. No. 1: Individual, holds 10 baths, \$1.00. Size 2: Family pkg. holds 25 baths, \$5.00. Size 3: Hospital or Sanitarium pkg. holds 100 baths, \$20.00. Sent by express prepaid on receipt of order. Personal checks accepted.**

Lives Agents wanted.

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 908 Great Lakes Building  
 Chicago

## DIE KNEIPP'SCHE HYDROTHERAPIE

VON  
**ALFRED BAUMGARTEN**  
 DR. MED. UND PRAKT. ARZT

MIT 109 HOLZSCHNITTEN 13 ZINKÄTZUNGEN  
 78 TABELLEN UND 567 SPHYGMOGRAMMEN

WÜRSHOFEN  
 BUCHDRUCKEREI UND VERLAGS-ANSTALT WÜRSHOFEN  
 1909

Dr. Albert Baumgarten, devoted to Kneipp's work wrote *Die Kneipp'sche Hydrotherapie* (1909), which substantiated the validity and mechanisms of Hydrotherapy with scientific experiments and research.

## Violet Compress

- Violet dissolves mucus
- Violet: headache, sore throats,
- Violet and vinegar: gout



Lust, B. (1920). Selected herbs. *Herald of Health and Naturopath*, XXV (9). 450-452.

## Shavegrass Vapor

- Inhalation for lungs and throat and inner nasal membranes
- Relieves colds
- Beautifies the complexion

Lust, B. (1907). Medicinal virtues of shavegrass. *The Naturopath and Herald of Health*, VIII (5), 135.



## How to Make Vinegar

- Made out of apple parings, fallen fruits, honey, stinging nettle, blackberry, or raspberry leaves, beer, wine, ....
- Earthen vessel is filled 2/3s full with cut up fruits or other
- Water is added to cover fruit
- Acetous ferment added
- Crust of black bread [rye], let it dry, dip it in good vinegar and let it soak in as much as possible. Dip it 3 times and let it dry each time.
- Tie a paper over jar with holes, and keep warm
- Vinegar ready in 3-8 weeks

Habel, M. (1911). Vinegar. *The Naturopath and Herald of Health*, XVI (5), 294-295.

## Vinegar compresses, ablutions

- Stimulates heat production and opens pores [anemia]
- Popularized by Kneipp for fevers
- Cooling effect due to evaporation
- Tonic
- One part vinegar to two to three parts water
- Wet socks, compresses, cold ablutions

Habel, M. (1911). Vinegar. *The Naturopath and Herald of Health*, XVI (5), 294-295.

## Arnica and Violent Stomach Pains

- Boil the entire plant in water and vinegar
- Apply as a compress for violent abdominal pains
- Quick relief



Lust, B. (1918). Selected herbs. *Herald of Health and Naturopath*, XXIII (4), 379.

## Colic

- Herbal drink and vinegar/water compress
- Boil fennel and milk for 5-10 minutes
- Drink as hot as possible
- Apply a vinegar and water compress



Lust, B. (1907). Medical virtues of fennel. *The Naturopath and Herald of Health*, VIII (9), 263.

## Violent Abdominal Spasms

- Yield to chamomile tea
- If accompanied by vomiting and cold extremities
- Infusion of peppermint, water mint [*Menthe aquatique*], aniseed or fennel
- Water mint: decoction prepared with vinegar stops blood vomiting

Lust, B. (1920). Selected herbs. *Herald of Health and Naturopath*, XXV (10), 509-511.

## Wet Socks Variation

- Vinegar and water [1:1 or 1:2]
- Water and salt
- Induces sleep and removes the fatigue from feet
- Improves blood circulation
- Restores warmth to chronic cold feet

Lust, B. (1903). Means of hardening for children and adults. *The Naturopath and Herald of Health*, IV (11), 313-322.

Lust, B. (1913). Wet socks. *The Naturopath and Herald of Health*, XVIII (11), 770.

## Ludwig Staden



On May 6<sup>th</sup>, upon my arrival at the home of Mr. "B.", I found the little boy, lying upon his left side, both legs drawn up, (he could not straighten them out,) the knee of one leg and his thigh considerably swollen. The gentlest touch upon the arms and hands caused him intense pain, and the little fellow cried pitiably night and day, his suffering was so extreme. ...

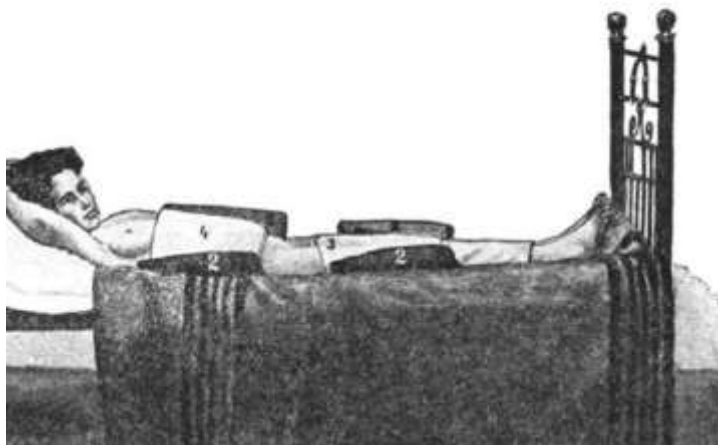
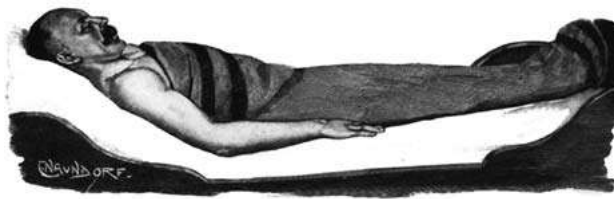
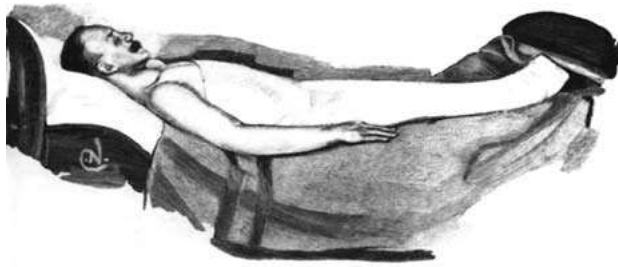
Staden, L. (1900). How Nature Cures. *The Kneipp Water Cure Monthly*, 1 (7), 126.

## It's the not the lack of medicine

- 2 dozen medicine bottles which 3 MD's prescribed
- Staden sent the father to the barn
- Hay flower infusion for a lukewarm bath
- Instant relief
- Hay flower wet sheet

Staden, L. (1900). How Nature Cures. *The Kneipp Water Cure Monthly*, 1 (7), 126.





## Vincent Priessnitz (1799-1851)



“It is not the cold water but the heat produced by the cold water that is the healing factor.”



Friedrich Eduard Bilz  
(1842-1922)

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Learn, through nature, what and what this says to you. Finally, instead of suffering, try and health, and the doctor for the family system, your actions, when you understand the great principles and nature, and the cause of all our ailments.

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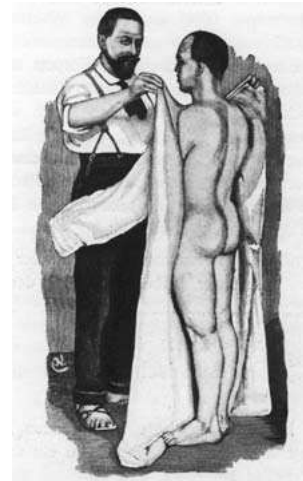
## Hay Flower Decoction

- 1-2 handfuls of hay flower per quart of water
- Boil for 15 minutes
- Steep in boiling water 20-30 minutes

Bilz, F. E. (1898). *The Natural Method of Healing*, Bilz publishing, Dresden, pp. 1751.

## Hay Flower Shirt

- Used instead of the Spanish mantle
- Shirt made of coarse linen
- Reaches the knees, spacious
- Smooth out wrinkles
- Kept on 1 – 2 hours



Bilz, F. E. (1898). *The Natural Method of Healing*, Bilz publishing, Dresden, pp. 1751 & 1951.



## Linden Steam Bath

- Linden flowers in a vapor bath causes profuse perspiration
- Chronic cough
- Bronchial mucus

Lust, B. (1920). Selected herbs. *Herald of Health and Naturopath*, XXV (5), 249-251.

## Mallow Vapor

- Mallow flowers mixed with mullein flowers
- Vapor bath or fomentation for ear aches



Lust, B. (1920). Selected herbs. *Herald of Health and Naturopath*, XXV (6), 297-299.

# Menorrhagia

- Four-fold compress dipped in vinegar and water on abdomen
- Renew as soon as compress gets warm
- 2 hours on and 2 hours rest

Staden, L. (1901). Naturopathic Adviser. *The Kneipp Water Cure Monthly*, II (6), 170.

## Followed by Oak bark sitz bath



- Soak oak bark for 12 hrs in water, cook for 45 minutes
- Add 6 oz. to sitz bath tub, 90° F/32° C, 20 minutes
- Cool enema daily
- Between menses: every other day: cool sitz baths 70° to 65° F/21° to 18° C
- Night: abdominal compresses
- Exercise

Staden, L. (1901). Naturopathic Adviser. *The Kneipp Water Cure Monthly*, II (6), 170.

## Best Wound Cleanser

- Shavegrass [*Equisetum arvense*]
- Decoction used in daily ablution
- Best for old putrid, slow healing wounds
- Gangrenous ulcers
- Compress for painful foul smelling wounds
- Sage and shavegrass decoction

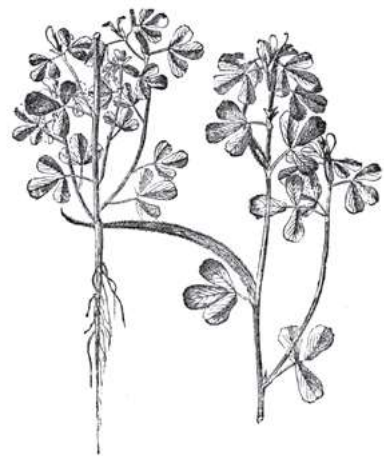


Lust, B. (1902). Kneipp's popular healing remedies and their application. *The Naturopath and Herald of Health*, III (8), 348-349.

Lust, B. (1907). Medicinal virtues of shavegrass. *The Naturopath and Herald of Health*, VIII (5), 135.

## Fever

- Herbal teas complemented water applications
- Lower compress combined with fenugreek tea: most cooling combo



Lust, B. (1902). Diseases, how to treat them according to the Kneipp system. *The Naturopath and Herald of Health*, III (10). 432-435.

## Fenugreek

- Pulverized fenugreek seeds made into a tea for sore throat gargle (B. Lust)
- Poultice dissolves swellings, ulcers and boils (B. Lust)
- Unsurpassed for diphtheria, sore throat, and fever (Louisa Lust)

Lust, B. (1900). The Kneipp Apotheca. *The Kneipp Water Cure Monthly*, I (7), 116-118.

Lust, L. (1923). Herbs combined with Nature Cure. *Naturopath*, XXVIII (8), 370-371.

## Hay Fever

- Head steam bath using *Foenum graecum*
- Half bath with hay flowers
- Both to produce perspiration
- Sitz baths every other day
- Every night ablution with water and vinegar



Lust, B. (1921). Treatment for Hay fever and headache. *Herald of Health and Naturopath*, XXVI (8), 372.



# Pine Baths

- Alleviates rheumatism
- Kidney, bladder and skin
- strengthens blood vessels in elderly
- Convalescents



## Cold Foot Bath

- Refreshing after a hard day
- Brings rest and good sleep
- Removes congestion from head and chest

Kneipp, S. (1898). Foot baths. *Amerikanischen Kneipp-Blätter*, III (15), 137.

## Wood Ashes

- Two handfuls of wood ash mixed with salt
- Warm water, 88° to 90° F/ 31° to 32° C
- Weak, lack of vitality, poor blood

Kneipp, S. (1898). Foot baths. *Amerikanischen Kneipp-Blätter*, III (15), 137.

## Herb Foot Baths

Hay flower: dissolving, evacuating, and strengthening  
sweaty feet, open wounds, gout, contusions

Oat straw: dissolves callous, inflammation  
gout, in grown toenails, suppuration

Malt grain: warming, 15 to 30 minutes

Kneipp, S. (1898). Foot baths. *Amerikanischen Kneipp-Blätter*, III (15), 137.

## Conclusion

- Water and herbs are natural partners
- Don't be afraid to use water
- *Hydrotherapy in Naturopathic Medicine*

Thank you!!!!

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