Ginger packs can be used on the kidneys to warm them and assist their function. The purpose of a ginger pack is to strongly increase the blood circulation and movement of body fluids at a place where stagnation exists. The stagnation usually manifests itself in the form of pain, inflammation, swelling or stiffness. They are useful for conditions such as cystitis or kidneys stones.

The strong continuous heat penetrates further into the body, assisting solid organs like the kidneys by dilating the blood vessels to activate the movement of stagnant fluids, helping to melt, soften or break up accumulated mucous, fatty and mineral deposits.

Ginger is used because it penetrates easily into the body, helping to increase total blood circulation by opening the blood vessels and dispersing fat and mucous.

**Making a ginger pack**

To make a ginger pack, grate about 4-5oz fresh root ginger (or use a good tablespoon of dried ginger powder if you have no fresh available) and, if possible, place into a little muslin cloth/bag (or an old white cotton sock) either of which you can tie at the top, leaving room for the water to circulate through the ginger.

Place this into 1 litre of boiling water. Bring back to the boil and then simmer for 15 minutes. When the ginger infused water is ready soak the middle part of a cotton flannel cloth in the water so that you can ring it out with the dry ends, and apply it as hot as possible to the kidney area. Cover this with two or three towels and keep wrapped up warm.

Refresh the pack in the hot ginger water at regular intervals, approximately every 5 minutes, or as soon as it no longer feels warming to the area. It is important that it is applied to the body as warm as can possibly tolerated, but not so that you burn your skin!

Keep applying fresh compresses until the flesh shows a lasting deep red colour – this should take 20-30 minutes. It may be helpful to lie down and allow someone else to do the packs for you.

You will need to prepare fresh ginger water if this technique is repeated on following days (old ginger water may be used in a bath or footbath at night to help sleep).

**Contraindications for ginger packs: -**

**Do not use on babies or very old people**

**Do not use during pregnancy**

**Do not use with appendicitis or pneumonia**

**Do not use where there is a high fever**