



Home Care Notes

Fever · cough · belly · nose · constipation · burns · skin ·
feet · sand bathing — calm home care

From Yuriko Tojo's "Shizen Ryoho" · old-fashioned grandmother's wisdom

Contents

- 🌸 Fever care (compresses) — baby & mom / adults
- 🍵 Fever care (drinks) — kuzu, ume-sho bancha, daikon tea, ginger
- 👃 Cough & throat — lotus root, daikon honey, leek, gargle
- 🔥 Belly — kuzu, ume-sho bancha, ginger compress, apple
- 💧 Nose — warm towel, steam, leek, a warm cup
- 🌿 Constipation — morning hot water, 〇 massage, warmth, foods
- 🩹 Burns & bites — running water, aloe, potato, umeboshi
- 🌿 Rashes & itching — leaf bath, cold leaves, bancha wipe, cotton
- 👣 From the feet — footbath, gentle massage, babies: warm only, hot water
- 🏖️ Sand bathing — summer's sand remedy · sand bag (home version)

N A R I

Home Care — When there is a fever

Calm care for mom and baby

From Yuriko Tojo's "Shizen Ryoho" · old-fashioned grandmother's wisdom



"You have a fever."
Don't panic. First, fluids and rest.
Stay close, and gently do what you can.

1

Tofu compress

Tofu poultice — gently draws out high fever



You need: firm tofu · 2–3 tbsp flour · a little grated ginger · gauze

- 1 Press the water out of the firm tofu well.
- 2 Mash the tofu, mix in flour and grated ginger until it is as firm as an earlobe.
- 3 Spread 1 cm thick on gauze and place on the forehead (or back of the head).

When it warms up, replace it with a fresh one. The coolness lasts.

2

Umeboshi compress

Pickled plum — for heat and heaviness in the head



You need: 1–2 umeboshi (pickled plums) · gauze (or a small cloth)

- 1 Remove the pit and mash the flesh.
- 2 Put a little on gauze.
- 3 Gently place on the temples or forehead.

Baby skin is delicate: always use gauze, never directly, and remove at once if it stings.

3

Taro compress (taro plaster)

Taro — a remedy said to draw out heat and flushing



You need: taro · flour (same amount as taro) · a little grated ginger · gauze

- 1 Peel and grate the taro.
- 2 Mix with the same amount of flour and a little grated ginger, to earlobe firmness.
- 3 Spread 1–1.5 cm thick on gauze and place on the forehead or chest.

Replace when it dries. Remove if itching or redness appears.

4

Green leaves under the head (leaf pillow)

Greens — gently release the heat trapped in the head



You need: chilled green leaves such as cabbage or daikon leaves

- 1 Wash the leaves well and layer a few while still cold.
- 2 Lay them under the head, or rest them gently on it.
- 3 When they warm up, switch to fresh leaves.

A cool, comfortable pillow — also for babies who find an ice pillow too cold.

For every remedy

- Offer fluids often (breast milk, cooled boiled water).
- Keep the room cool and gently wipe away sweat.
- Always use gauze so nothing stings the skin directly.
- If the child resists, don't force it. Rest comes first.

Our safety promise

These are old-fashioned home remedies. **They are not a substitute for medical care.** Babies are small and change quickly. **If the baby is limp, a high fever continues, can't keep fluids down, has a seizure, or is unusually irritable,** don't hesitate — call emergency services or see a doctor (In an emergency, call your local emergency number: 911 (US/Canada) · 999 (UK/Ireland) · 112 (Europe & most countries — works on any mobile) · 000 (Australia) · 111 (New Zealand). For a possible poisoning, contact your local Poison Control Center).

Home care is there to add comfort alongside. Your calm is the best medicine.

Home Care — When there is a fever

For adults and mothers — caring for yourself on days you did too much

From Yuriko Tojo's "Shizen Ryoho" · old-fashioned grandmother's wisdom



When you have a fever, it's okay to rest first. fluids and lying down come first. Give yourself the same gentle care you would give your baby.

1

Tofu compress

Tofu poultice — gently draws out high fever



You need: ½–1 block firm tofu · flour as needed · a little grated ginger · gauze

- 1 Press the water out of the firm tofu well.
- 2 Mash, mix in flour and grated ginger, to earlobe firmness.
- 3 Spread 1–2 cm thick on gauze and place on the forehead or the back of the head.

Replace when warm. Alternating forehead and back of the head helps the fever ease.

2

Umeboshi compress

Pickled plum — for head heat, headache and flushing



You need: 2–3 umeboshi · gauze (or a small cloth)

- 1 Remove the pit and mash the flesh.
- 2 Put it on gauze.
- 3 Place on both temples and the forehead, and lie down for a while.

For a heavy head or when you're too flushed to sleep. Remove if it stings.

3

Taro compress (taro plaster)

Taro — for fever, sore throat and flushing



You need: taro · flour (same amount) · a little grated ginger · gauze

- 1 Peel and grate the taro.
- 2 Mix with the same amount of flour and a little grated ginger, to earlobe firmness.
- 3 Spread 1.5 cm thick on gauze; place on the forehead, throat or chest.

Replace when dry. For sensitive skin, a thin layer of ginger water underneath helps. Remove if itchy.

4

Green leaves under the head (leaf pillow)

Greens — gently release the heat trapped in the head



You need: chilled green leaves such as cabbage or daikon leaves

- 1 Wash the leaves well and layer a few cold ones.
- 2 Lay under the head, or on the forehead / back of the head.
- 3 When they warm up, switch to fresh leaves.

Gentler than an ice pillow. Placing them on the back of the neck also helps.

Tips for adults

- Fluids often (hot water, ume-sho bancha, etc.).
- Keep feet and belly warm, head cool.

- Change clothes when sweaty; don't over-cool the body.
- Above all, lie down and rest. Don't push yourself.

Our safety promise

These are old-fashioned home remedies. **They are not a substitute for medical care. If a high fever continues, breathing is hard, there is a severe headache or stiff neck, you can't keep fluids down, or you have a chronic condition or take medication,** don't push through — call emergency services or see a doctor (In an emergency, call your local emergency number: 911 (US/Canada) · 999 (UK/Ireland) · 112 (Europe & most countries — works on any mobile) · 000 (Australia) · 111 (New Zealand). For a possible poisoning, contact your local Poison Control Center).

Home care is a gentle ally for resting. Lying down is the best medicine.

Home Care — Warm drinks for a fever

A warm cup, from the inside out

From Yuriko Tojo's "Shizen Ryoho" · old-fashioned grandmother's wisdom



Even with no appetite, a warm cup goes down easily.
Warm the body from the inside, and take in fluids at the same time.
Slowly, one sip at a time.

1

Kuzu-yu (kudzu drink)

Warms the body and is gentle on a weak stomach



You need: 1 tbsp real kuzu starch · 1 cup water · (optional) umeboshi / grated ginger / a little soy sauce or brown sugar

- 1 Dissolve the kuzu starch well in water (no lumps).
- 2 Heat on low, stirring constantly, until it turns clear and thick.
- 3 Add umeboshi or grated ginger, and drink slowly while warm.

For fever, diarrhea or a cold with little appetite. The thickness warms and protects the stomach.

2

Ume-sho bancha

The classic cup for fatigue, chills and the start of a cold



You need: 1 umeboshi · 1–2 tsp soy sauce · a little grated ginger · hot three-year bancha tea

- 1 Mash the umeboshi in a cup; add soy sauce and grated ginger.
- 2 Pour in hot bancha and stir well.
- 3 Drink slowly while hot.

Warms you through. For tired, heavy days and cold, sleepless nights.

3

Daikon-yu (daikon tea)

To bring down a high fever by sweating



You need: 3 tbsp grated daikon · a little grated ginger · 1 tbsp soy sauce · 1.5–2 cups hot bancha

- 1 Put grated daikon, grated ginger and soy sauce in a cup.
- 2 Pour in hot bancha and stir.
- 3 Drink while hot, then get under the covers and sweat.

Once a day at most. Change clothes after sweating and drink fluids. Less and weaker for children.

4

Shoga-yu (ginger drink)

For shivery chills and the start of a cold



You need: 1 tsp grated ginger · brown sugar (or a little honey) · hot water · (optional) a little kuzu

- 1 Put grated ginger and brown sugar in a cup.
- 2 Pour in hot water and stir (thicken with kuzu if you like).
- 3 Blow to cool and drink while warm.

Warms you to the core. ※ Never give honey to a baby under 1 year old.

🍵 Tips for warm drinks

🍵 One sip at a time, slowly. Never force it.

🍵 For children: smaller amounts, milder taste.

🍵 For cough and throat: lotus-root tea (grated lotus root juice + ginger + soy sauce + hot water).

🍵 After drinking, lie down and rest. Change out of sweaty clothes.

Our safety promise

These are old-fashioned home remedies. **They are not a substitute for medical care.** **Never give honey to a baby under 1 year old.** For infants, breast milk and cooled boiled water are the basics. **If a high fever continues, fluids won't stay down, the person is limp, or breathing is hard,** don't hesitate — call emergency services or see a doctor (In an emergency, call your local emergency number: 911 (US/Canada) · 999 (UK/Ireland) · 112 (Europe & most countries — works on any mobile) · 000 (Australia) · 111 (New Zealand). For a possible poisoning, contact your local Poison Control Center). A warm cup is a gentle ally for resting.

Home Care — Cough and sore throat

Soothing the scratchiness and the cough

From Yuriko Tojo's "Shizen Ryoho" · old-fashioned grandmother's wisdom



For the throat, the basics are warmth and moisture.
Stay calm: fluids and warm steam.
Just keeping the neck warm makes a big difference.

1

Lotus-root tea

For cough, phlegm and a scratchy throat



You need: 2 tbsp grated lotus-root juice · a little grated ginger · a little soy sauce · hot water

- 1 Grate the lotus root and squeeze out the juice.
- 2 Add grated ginger and soy sauce.
- 3 Pour in hot water and drink slowly while warm.

For nights when coughing keeps you awake. Its smoothness protects the throat.

2

Daikon honey syrup

A sweet spoonful for sore throat and cough



You need: daikon radish · honey (or rice syrup) · a jar

- 1 Cut daikon into 1 cm cubes and put in a jar.
- 2 Pour honey (or rice syrup) over until covered.
- 3 Leave half a day to overnight; dilute the syrup with hot water and drink.

※ Never use honey for a child under 1. Use rice syrup for them.

3

Leek remedy (leek on the throat)

Warmth for a sore throat or hoarse voice



You need: the white part of a leek · gauze · a hand towel

- 1 Soften the white part of the leek over a flame or in hot water.
- 2 Wrap in gauze.
- 3 Place on the throat, hold loosely with a towel, and keep warm.

Always check with your hand that it's not too hot. Replace when lukewarm.

4

Salt bancha gargle

To clean an inflamed, scratchy throat



You need: 1 cup lukewarm bancha · a pinch of salt

- 1 Dissolve a pinch of salt in lukewarm bancha.
- 2 Take a mouthful, tilt your head back and gargle.
- 3 Several times a day.

Only from the age a child can gargle. Don't force small children who might swallow it.

Tips for cough and throat

 Keep the neck and chest warm (scarf, hot-water bottle).

 Drink often; don't let the throat dry out.

 Humidify the room (wet towel, humidifier).

 When lying down, raising the head a little helps.

Our safety promise

These are old-fashioned home remedies. **They are not a substitute for medical care.** **Never give honey to a child under 1 year old.** **If there is wheezing or whistling breath, difficulty breathing, blue lips, a persistent high fever, or fluids won't stay down,** don't hesitate — call emergency services or see a doctor (In an emergency, call your local emergency number: 911 (US/Canada) · 999 (UK/Ireland) · 112 (Europe & most countries — works on any mobile) · 000 (Australia) · 111 (New Zealand). For a possible poisoning, contact your local Poison Control Center).
Warmth, moisture and rest — that is the shortest path.

Home Care — Upset stomach (diarrhea, belly ache)

Warm a chilled belly and let it rest

From Yuriko Tojo's "Shizen Ryoho" · old-fashioned grandmother's wisdom



With an upset stomach, first let it rest.
Don't eat carelessly; fluids in small sips.
And keep the belly warm. Cold is the enemy.

1

Kuzu-yu with umeboshi

Warms and protects a weak stomach



You need: 1 tbsp real kuzu starch · 1 cup water · 1 umeboshi

- 1 Dissolve the kuzu in water and heat on low until thick.
- 2 Add a mashed umeboshi.
- 3 Sip slowly while warm.

The gentlest cup for diarrhea. It warms the gut and replaces fluids.

2

Ume-sho bancha

For a tired stomach, overeating and chills



You need: 1 umeboshi · 1 tsp soy sauce · a little grated ginger · hot bancha

- 1 Mash the umeboshi in a cup; add soy sauce and ginger.
- 2 Pour in hot bancha and stir.
- 3 Drink slowly while hot.

A classic that warms the digestion and eases fatigue. Also for days with no appetite.

3

Ginger compress on the belly (warming)

Warm the belly for cramps, chills and diarrhea



You need: hot (not scalding) water with grated ginger · 2 towels

- 1 Soak a towel in the ginger water and wring it out well.
- 2 Check the temperature with your hand, then lay it on the belly.
- 3 Cover with a dry towel; replace when cool to keep it warm.

A hot-water bottle also works. For babies, be extra careful it's not too hot — always check by hand.

4

Grated apple

Gentle sweetness for a stomach weakened by diarrhea



You need: an apple

- 1 Peel and grate the apple.
- 2 Eat (or drink) a little at a time, at room temperature.
- 3 Watch how it goes; don't force it.

Easy to digest; replaces fluids and gives gentle sweetness. Serve at room temperature, not cold.

Tips for the belly

-  Fluids: "a little, often" (bancha, cooled boiled water).
-  Keep the belly and feet warm.
-  When recovering, start with easy foods like rice porridge.
-  Pause greasy and cold foods for a while.

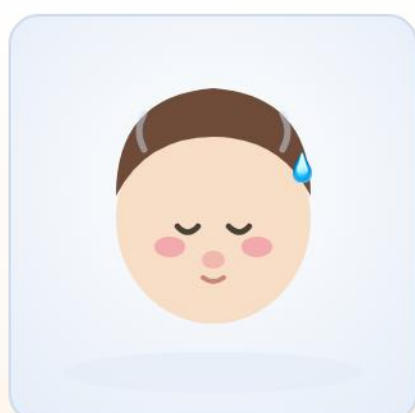
Our safety promise

These are old-fashioned home remedies. **They are not a substitute for medical care.** With babies especially, diarrhea **loses fluids fast. If the child is limp, passing little urine, has blood in the stool, severe belly pain, high fever, or is vomiting and can't keep fluids down,** get help early — emergency services or a doctor (In an emergency, call your local emergency number: 911 (US/Canada) · 999 (UK/Ireland) · 112 (Europe & most countries — works on any mobile) · 000 (Australia) · 111 (New Zealand). For a possible poisoning, contact your local Poison Control Center).
Warm it and let it rest. With the belly, gentle waiting is the remedy.

Home Care — Stuffy or runny nose

Easing the sniffles and the stuffiness

From Yuriko Tojo's "Shizen Ryoho" · old-fashioned grandmother's wisdom



The nose loosens with warmth.
Steam, a warm towel, a warm neck.
For babies, raising the head slightly makes breathing easier.

1

warm towel

Warm and loosen the bridge of the nose



You need: a small towel · hot water (or a microwave)

- 1 Wring the towel out in hot water (or wet it and microwave 30–40 seconds).
- 2 Check the temperature with your hand (never too hot).
- 3 Rest it gently from the bridge of the nose to the cheeks. Replace when cool.

For babies, test the heat on the inside of your wrist first.
Keep it away from the eyes.

2

Breathing steam

Moisten a dry nose and throat



You need: a basin of hot water (or a steamy bathroom)

- 1 Fill a basin with hot water and breathe the steam with your face over it (adults).
- 2 For babies, hold them in a steamy bathroom for 5–10 minutes.
- 3 Afterwards, gently wipe the nose (use a nasal aspirator for babies).

Beware of scalds. Keep babies away from the basin — bathroom steam only.

3

Leek remedy (for the nose)

Clearing a blocked nose with the leek's scent and warmth



You need: the white part of a leek · gauze

- 1 Soften the white part over a flame or in hot water.
- 2 Wrap in gauze.
- 3 Hold briefly against the bridge and sides of the nose.

An old remedy. The smell is strong: keep it short for babies and stop if they dislike it.

4

A warm cup (adults)

Warming from within clears the nose too



You need: ginger drink or ume-sho bancha (see "Warm drinks for a fever")

- 1 Make a ginger drink or ume-sho bancha.
- 2 Breathe in the steam through your nose as you sip slowly.
- 3 Wrap a scarf around your neck to stay warm.

For babies, breast milk or cooled boiled water often. Once the nose is clear, feeding gets easier.

💧 Tips for the nose

- 💧 Humidify the room (wet towel, humidifier).
- 💧 Suctioning the nose before feeds makes feeding easier.
- 💧 For babies, raise the head end slightly for sleep (a towel under the mattress).
- 💧 Protect the skin under the nose with petroleum jelly.

Our safety promise

These are old-fashioned home remedies. **They are not a substitute for medical care. If breathing looks hard (flaring nostrils, chest pulling in), the baby can't feed, there is a high fever, ear pain, or the runny nose lasts more than 10 days,** call emergency services or see a doctor (In an emergency, call your local emergency number: 911 (US/Canada) · 999 (UK/Ireland) · 112 (Europe & most countries — works on any mobile) · 000 (Australia) · 111 (New Zealand). For a possible poisoning, contact your local Poison Control Center).

Warmth and moisture. With the nose, loosening it is the remedy.

Home Care — Constipation

Warm the belly and get things moving

From Yuriko Tojo's "Shizen Ryoho" · old-fashioned grandmother's wisdom



Constipation comes from a cold belly and too little fluid come first.
A morning cup, a belly rub, warmth.
For babies, going a few days without a bowel movement can be fine if they feed happily.

1

Morning hot water or bancha

Wake the gut with the first cup of the day



Morning hot water or

You need: hot water or lukewarm bancha

- 1 First thing in the morning, drink a cup slowly.
- 2 Then move a little (walk, stretch).
- 3 Keep drinking through the day.

For babies, a little more breast milk, formula or cooled boiled water than usual.

2

The "no" (の) massage

Gently stroke along the path of the gut



You need: warm hands (a little oil is fine)

- 1 Warm your hands and rest them centered on the navel.
- 2 Stroke slowly clockwise, as if writing the Japanese letter の.
- 3 5–10 times. After a bath, or a little after a feed.

For babies, use 2–3 fingers, very lightly. "Bicycling" the legs also helps.

3

Warm the belly (ginger compress, hot-water bottle)

Gently warm a cold, sluggish gut



You need: a towel wrung out in ginger water, or a hot-water bottle / heat pack (through cloth)

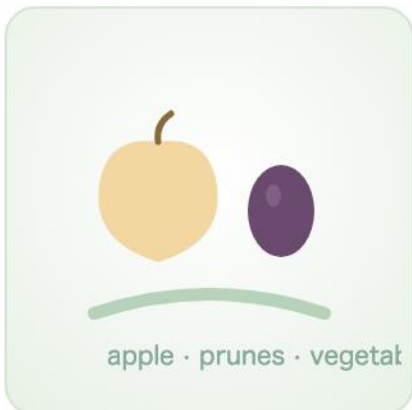
- 1 Prepare a warm towel or hot-water bottle; check the temperature by hand.
- 2 Place on the belly (around the navel) for 10–15 minutes.
- 3 Following with the の massage works even better.

Not too hot. For babies, keep it short and never against bare skin.

4

Foods that help things move

Fiber, good oils and fluids



apple · prunes · vegetat

You need: apple · prunes · vegetable soup · seaweed · sesame · agar, etc.

- 1 A little fruit in the morning (apple, prunes).
- 2 Add vegetables, seaweed, mushrooms and sesame to meals.
- 3 Chew well and eat slowly.

For babies, match their weaning stage (apple, sweet potato, vegetable purée, etc.).

🌿 Tips for constipation

- 🌿 Sit on the toilet at the same time every morning.
- 🌿 Keep the belly and feet warm.
- 🌿 Move the body (walks, stretches; leg exercises for babies).
- 🌿 Don't hold it in; don't rush.

Our safety promise

These are old-fashioned home remedies. **They are not a substitute for medical care.** If there is severe belly pain, vomiting, a hard swollen belly, blood in the stool, or a baby who won't feed or is limp, call emergency services or see a doctor (In an emergency, call your local emergency number: 911 (US/Canada) · 999 (UK/Ireland) · 112 (Europe & most countries — works on any mobile) · 000 (Australia) · 111 (New Zealand). For a possible poisoning, contact your local Poison Control Center). Never give over-the-counter laxatives or enemas to an infant on your own.

Warm the belly, stroke it, and wait. That is the remedy.

Home Care — Burns and insect bites

Cool it first. Then, gently.

From Yuriko Tojo's "Shizen Ryoho" · old-fashioned grandmother's wisdom



For a burn, before anything else, cool it under running water.
Don't put ice directly on it. Cooling through clothing is fine.
Above all, cool it first (15–20 minutes). That is the most important care.
(An old custom is a thin layer of clean oil afterwards.)

1

First, cool under running water (oil is an optional extra afterwards)

This matters most. Don't hesitate — right away



You need: tap water (lukewarm is fine) · clean oil (**sesame oil** is best; olive oil or horse oil also works)

- 1 Cool at once under running water for 15–20 minutes (until the pain eases). Through clothing is fine.
- 2 Don't force clothing off (skin may peel). Remove rings and watches early.
- 3 Keeping it cool comes first. Oil is not required. An old-fashioned remedy is a thin layer of clean oil such as sesame oil after cooling, to prevent drying (minor burns only).

Never apply ice or ice packs directly (frostbite). Oil only on minor burns with redness. Don't apply to blisters or broken skin — cover cleanly and see a doctor.

2

Aloe

After cooling, for minor burns and sunburn



You need: a fresh aloe leaf

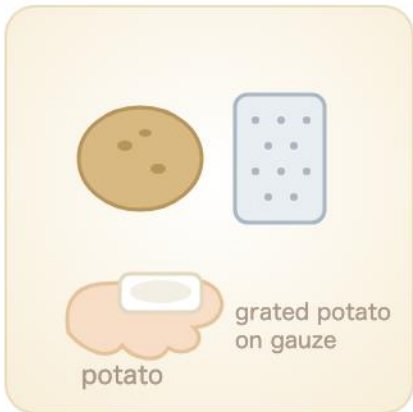
- 1 Cut the leaf, trim the spines and peel it.
- 2 Gently place the clear gel on the burn.
- 3 Replace when dry. You may cover it lightly with clean gauze.

For minor burns with redness only. Not for blisters or broken skin.

3

Potato compress

A kitchen remedy for lingering heat



You need: a potato · gauze (a little flour)

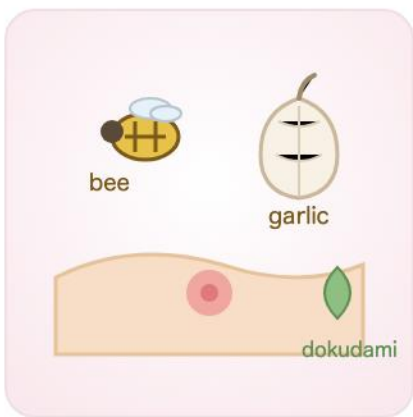
- 1 Grate the potato (add a little flour if watery).
- 2 Spread on gauze and place on the burn.
- 3 Replace when it warms up.

For minor burns that still feel hot after cooling. Not for open wounds.

4

Insect bites and bee stings

Calming itch and swelling — garlic for bee stings



You need: running water · garlic · (if available) dokudami or mugwort · umeboshi flesh · aloe

- 1 Remove any stinger, wash under running water and cool.
- 2 For a bee sting: grate garlic, place it on the sting, and remove it as soon as it stings (old folk wisdom). If you have dokudami or mugwort, pick a leaf and rub it on the wound right away.
- 3 For ordinary bites, apply umeboshi flesh or aloe, and don't scratch (short nails; mittens for babies).

With bees and wasps, if swelling spreads or breathing becomes hard, call emergency services immediately.

💧 Tips for burns and bites

- 💧 "Cool it" always comes first. Remedies come after.
- 💧 Don't pop blisters.
- 💧 Keep it clean; don't scratch or rub.
- 💧 Keep the stove, heaters and hot tea out of a baby's reach.

Our safety promise

These are old-fashioned home remedies. **They are not a substitute for medical care.** If a burn is larger than the palm of the hand, on the face, a joint or the genitals, has large blisters, the skin turns white or black, it is a burn on a baby, or a bite causes breathing trouble or facial swelling, don't hesitate — call emergency services (In an emergency, call your local emergency number: 911 (US/Canada) · 999 (UK/Ireland) · 112 (Europe & most countries — works on any mobile) · 000 (Australia) · 111 (New Zealand). For a possible poisoning, contact your local Poison Control Center).

Cool it, keep it clean, and wait gently. That is the remedy.

Home Care — Rashes, heat rash and itching

Clean, cool, and no rubbing

From Yuriko Tojo's "Shizen Ryoho" · old-fashioned grandmother's wisdom



Skin trouble comes from sweat and heat and friction come first.
Cool, clean, cotton underclothes.
Calm itching by cooling. Find ways to keep from scratching.

1

Loquat-leaf or peach-leaf bath

A leaf bath for heat rash and itching



You need: loquat or peach leaves (dried or fresh) · a cloth bag

- 1 Wash the leaves well and put them in a cloth bag (chop fresh leaves).
- 2 Simmer in a pot, or put the bag straight into the bath.
- 3 Wash gently in lukewarm water, without rubbing.

The traditional "heat-rash bath". Afterwards, pat dry gently.

2

Cold leaf or cucumber compress

Cool and calm hot, itchy spots



You need: chilled cabbage leaves · thin cucumber slices · gauze

- 1 Chill the leaves or cucumber in the fridge.
- 2 Wrap in gauze and place on the itchy spot.
- 3 Replace when it warms up.

Never apply ice directly. Once the itch settles, remove and let the skin dry.

3

Wiping with bancha or salt water

Rinse away sweat and keep the skin clean



You need: cooled lukewarm bancha or weak salt water · soft gauze

- 1 Prepare lukewarm bancha (or water with a pinch of salt).
- 2 Soak gauze and pat the skin (don't rub).
- 3 Pat dry with a dry cloth.

Each time the child sweats. If it stings, use plain water.

4

Cool, with cotton underclothes

Prevention is the best remedy



You need: cotton underclothes · light bedding · airflow

- 1 Keep the room cool and let air through.
- 2 Change clothes when sweaty. Keep a spare cotton undershirt ready.
- 3 Dry the neck, armpits and diaper area before dressing.

Babies get hotter than adults. Don't overdress them.

🌸 Tips for the skin

- 🌸 Keep nails short; prevent scratching (mittens for babies).
- 🌸 Lukewarm baths, little soap, no rubbing.
- 🌸 Change diapers often, and dry the skin first.
- 🌸 Avoid strong sun; use a hat and shade.

Our safety promise

These are old-fashioned home remedies. **They are not a substitute for medical care.** If a rash comes with high fever, there are purple spots that don't fade when pressed, the lips or eyes swell, breathing is hard, it spreads and becomes pus-filled, or the child is limp, don't hesitate — call emergency services or see a doctor (In an emergency, call your local emergency number: 911 (US/Canada) · 999 (UK/Ireland) · 112 (Europe & most countries — works on any mobile) · 000 (Australia) · 111 (New Zealand). For a possible poisoning, contact your local Poison Control Center).

Clean, cool, and no rubbing. Protecting the skin gently is the remedy.

Home Care — Care from the feet

Footbath and foot massage — with a fever, "warm and gentle"

Based on Kan Yubo's "Kansokuho" and Yuriko Tojo's "Shizen Ryoho" · grandmother's wisdom



The feet are the "second heart". Warm them and blood circulates through the whole body.
With a fever, don't massage hard — warm with a footbath, then gently.
For babies, simply cupping the feet in your palms is enough.

1

Footbath (ashiyu)

Warm cold feet and get circulation going — the basic for a fever



You need: a basin · water around 40°C · (optional) a pinch of salt / a little grated ginger · a towel

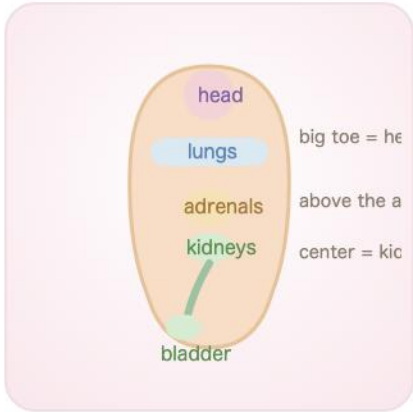
- 1 Fill with water up to the ankles (not too hot — check by hand).
- 2 About 10 minutes. Top up with hot water as it cools.
- 3 Dry off, put on socks, drink a cup of hot water. Lie down.

Cool head, warm feet. Brings the most relief at the shivery start of a cold.

2

Gentle foot massage (reflex zones)

With a fever, never "hard enough to hurt" — only what feels good



You need: your hands (or a stick) · hot water to drink

- 1 First, the kidney → ureter → bladder line (center of the sole → inner heel), stroking lightly.
- 2 the big toe (head, throat), below the base of the toes (lungs), above the arch (adrenals) — gently.
- 3 About 5 minutes per foot. Afterwards, a cup of hot water.

Kansokuho basics: normally once a day · 15–20 min per foot · firmly · not within 1 hour after meals · 500 ml hot water afterwards. **But with a fever, keep it short and light**, and skip it on days you feel limp.

3

For babies, only warm the feet

No firm massage — cup them in your palms, stroke



You need: warm hands · socks (or leg warmers)

- 1 Warm your hands and cup the baby's feet in both hands (30 seconds–1 minute).
- 2 Stroke the soles lightly from heel to toes.
- 3 Socks if the feet are cold. If hot, take them off and leave the feet uncovered.

Kansokuho's "hard enough to hurt" is for adults only. Never for babies or small children.

4

Hot water, then rest

After the massage: flush, then sleep



You need: hot water · a blanket

- 1 After the footbath or massage, slowly drink hot water (1–2 cups for adults).
- 2 Put on socks and lie down.
- 3 If you feel heavy or sleepy, rest without pushing (if it continues, see a doctor).

If you are on fluid restriction, keep to your limit. If under medical care, mention it to your doctor.

💡 Tips for foot care

- 💡 With a fever: "warm, gentle, short". No firm massage.
- 💡 Keep ankles and calves warm (socks, leg warmers).
- 💡 Not within 1 hour after meals. After a bath is easiest.
- 💡 Never so hard that it causes pain or bruising.

Our safety promise

These are old-fashioned home remedies and folk health practices. **They are not a substitute for medical care. If you are pregnant, have a serious condition, bleed easily, or have wounds or injuries on the feet, do not do this — consult your doctor. If someone is limp, a high fever continues, fluids won't stay down, or there is a seizure or trouble breathing, don't hesitate — call emergency services or see a doctor** (In an emergency, call your local emergency number: 911 (US/Canada) · 999 (UK/Ireland) · 112 (Europe & most countries — works on any mobile) · 000 (Australia) · 111 (New Zealand). For a possible poisoning, contact your local Poison Control Center). Warm the feet, get the blood moving, and rest. That is care from the feet.

Home Care — Sand bathing (sunayoku)

Wrapped in sand, releasing from within — summer's biggest remedy

From Yuriko Tojo's "Natural Remedies You Can Do at Home" · grandmother's wisdom



On a clean beach, bury yourself neck-down in sand.
It is said that sweat and waste leave the body in the sand.
Mind the heat and your fluids; start short, longer once you're used to it.

1

Place and time

Clean sand · a warm day · start short



You need: a clean beach (fine sand, a little away from the water) · a shovel · swimwear

- 1 On warm days of 23–24°C or more. In summer, morning or evening, when the sun is gentle.
- 2 Start with 30 minutes to 1 hour. Extend gradually as you get used to it (Tojo says the longer the better).
- 3 Always go with someone. Never alone.

After about 2 hours in the sand, a smelly gas is said to come from the body — a sign that things are "coming out".

2

Digging and posture

You'll be in for a while, so the starting posture matters



You need: a shovel · (optional) a small towel under the neck

- 1 Dig a hole your own size, a little deeper than your body's thickness. Head end higher, a little deeper where the hips rest.
- 2 Lie on your back, knees slightly bent and apart, arms relaxed at your sides.
- 3 Cover lightly with sand from neck to toes. If the chest feels tight, use less sand or leave the arms out.

If cramped, your limbs may tire or go numb later. Relaxed is best. On cool days, warm the upper body and bury only the lower half.

3

Shade and fluids

This matters most — protect the head from the heat



You need: a parasol (or tent) · a hat · a wet towel · bancha or water · umeboshi (salt)

- 1 Always shade the head and face. Set up a parasol and put a wet towel on the forehead.
- 2 Fluids and salt such as umeboshi often (have your companion hand them to you).
- 3 If the sand gets hot, replace the top layer. If you feel unwell, get out at once.

Without shade you risk sun blisters and heat stroke. Never tough it out.

4

Afterwards · the "sand bag" you can use at home

Rinse and rest — on days you can't reach the sea, use a sand bag



You need: (afterwards) fresh water · a towel / (sand bag) a 100% cotton bag · dry sand

- 1 After getting out, brush off the sand, rinse with fresh water, drink fluids and lie down and rest.
- 2 At home: a sand bag: loosely fill a cotton bag with dry sand 2–3 cm thick and sew it shut (about 37×28 cm).
- 3 Rest it on the belly, lower back (kidney area), forehead, or use as a pillow. Warm it in the sun in summer, with a hot-water bottle in winter.

The sand bag is the home version of sand bathing. On the belly before sleep, it is soothing.

Tips for sand bathing

- Start short, go longer as you get used to it. Don't endure discomfort.
- Always two or more people. A companion watches fluids and time.
- Not right after a meal, and not on an empty stomach either.
- Children only briefly, with an adult always beside them.

Our safety promise

These are old-fashioned home remedies. **They are not a substitute for medical care.** Watch for heat stroke, dehydration and low-temperature burns, and do not do this if you have a heart or blood-pressure condition, are pregnant, for infants and small children, the elderly, on days you feel unwell, or when you have a fever. If you feel dizzy, nauseous, get a headache or palpitations, or feel limp, get out of the sand at once and into the shade. If it doesn't improve, call emergency services (In an emergency, call your local emergency number: 911 (US/Canada) · 999 (UK/Ireland) · 112 (Europe & most countries — works on any mobile) · 000 (Australia) · 111 (New Zealand). For a possible poisoning, contact your local Poison Control Center). Wrapped in sand, release, and rest. A big summer remedy.