

CLAY THERMOTHERAPY

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Heating of clay can be indirectly and directly. Indirect is pure conduction process. Direct heat can diffuse through the cream-based clay that is applied spreading, dipping in waterbased clay and inhalation of steam heating the particles of clay-volatile aerosols. Action of heat causes the skin irritation receptors, causing reflex mechanism, via parasympathetic, there is vazodilation of arterioles, capillaries and venues. At the same time, the reflex mechanism, starts to grow blood vessels in depth. In some cases, such as fresh injury without bleeding, so. bruises need refrigeration. Clay in the form of creams is very efficient treatment possible consequences of stroke, when used immediately after the attack. Mosquito bites and some insects cause local heating of tissue from swelling. For conduction heating using thermoclay which returns for three minutes in a microwave oven and wrapped in cloth applied to the neck, spine, abdomen and others. Of particular importance is the elimination of gases that accumulate in the colon. Diffusion heating involves smearing a cream made with clay, which contains hot pepper extract. It is used for rheumatism. Clay in the form of creams can be an indicator of some problems in the body. That part of clay that had stopped last points to some disorder. Thus, acne and pimples, bruises and back had stopped. Important diagnostics of the spinal column. Aqueous solution of clay, sea salts and extracts of plants is being converted to ultrasound generator lights acting inhalation. All proposed methods will be practically demonstrated.

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