

# What is the effect of soaking feet with the leaves? The most effective way to soak your feet with the leaves

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## Find out the characteristics of the leaves

Before you want to find out what is the effect of the foot bank, let's see what kind of leaves and features are outstanding!

### Characteristics of lilac leaves

Leaf leaflets have the scientific name of *Piper lolot* C. DC, belongs to Piperaceae. They are herbaceous plants with very strong vitality, suitable for wet environments and have characteristics such as:

1. Berries contain only 1 seed
2. Single leaves, whole, heart shaped, staggered, with a characteristic aroma. The leaves are shiny, with five major veins, the stalks have sheaths.

3. Flowers grow in leaf axils and form clusters

### **The use of the leaves**

In oriental medicine, the leaves have a warm, spicy taste, and there are many uses and are often used in many different remedies, especially remedies for osteoarthritis.

According to modern medicine, their leaves and stems contain many alkaloids and essential oils, the main ingredient is beta-caryophyllene - this is a positive anti-inflammatory, treatment for depression and anxiety.

Lime leaves are also useful in warming the abdomen, relieving pain, supporting the treatment of back pain, flatulence, vomiting, indigestion, stinking runny nose .

## **What is the effect of soaking feet with the leaves?**

The way to soak the feet with the guise leaves has been handed down for a long time in folk. So what effect does this foot bath have on health?

### **1. Leaf lettuce soaked feet to treat diabetes**

It is possible that not many people know this method, but **the foot-soaked leaves of diabetes treatment** are completely true remedy and bring unexpected effects.

When you soak your feet with the leaves, the toxins in your body will be removed to help with the pain. Essences from the leaves will be absorbed and help blood vessels to circulate. This method helps patients with diabetes, cardiovascular disease, rheumatism, gout . to relieve pain effectively while improving their condition.

You should take this foot bath regularly before going to bed for about 20 minutes so that blood sugar can quickly return to normal. One note is that after the disease is relieved, the patients still need to abstain from eating and eating properly so as not to recur.

### **Proceed as follows:**

1. Prepare 10-20 grams of kelp leaves including roots, leaves, stems. Wash them thoroughly and then cut into small pieces about 1 finger.
2. Boil 1.5 liters of water then release the prepared leaflets until boiling again for 5 minutes then turn off the heat
3. Add 2 tablespoons of salt seeds
4. Pour water out into the pot to cool it down and then soak for 10-20 minutes

### **Note:**

1. Salt used must be sea salt
2. Foot bath at a temperature of about 40-45 degrees Celsius
3. Do not soak for too long
4. Keep the ankles flooded.



## **2. Soak the foot of the lettuce leaves to help improve sleep, make you feel refreshed**

During the process of foot-by-leaf water, you can perform gentle movements and massage to stimulate the acupuncture points under the soles of your feet.

Since then, the spirit will be refreshed, the body will be comfortable to help sleep deeper and better.

## **3. Support treatment of low rheumatism**

According to traditional medicine, limb numbness is the phenomenon of damaged gas escaping causing cold limbs. The patient exhibits persistent sweating, even flowing into drops.

Implementing foot baths with guava leaves will help improve this condition.

## **4. Support treatment of osteoarthritis aches and pains**

The toxin in the body will be pushed out if you proceed to soak your feet with the leaves. The blood vessels will be dilated, the essence from the leaves will penetrate into the body, thereby improving bone pain and joint pain.

## **How to soak your feet with the leaves to get the best effect**

In addition to performing foot baths with salt and granular leaves as a way to cure diabetes above, you can add some other ingredients such as ginger, mugwort, lemongrass to increase the warming and support effect. Support treatment of rheumatoid arthritis, better joint aches and pains.

During the soaking process, you should note some of the following points:

1. Because the ankles have many acupuncture points, you need to submerge your ankles about 2cm, soaking in this area will help blood circulation, affect the whole body.
2. Do not soak your feet before and after dinner for about 1 hour. The best time is to soak 30 minutes before going to bed.
3. Do not soak too long, when the water has been cold, do not continue to soak
4. After soaking, wipe your feet dry, if you need to wear socks or warm your feet in the winter
5. When legs have open wounds absolutely do not conduct immersion methods.
6. People with varicose veins, pregnant women should not soak their feet with the leaves.

7. Should keep the spirit relaxed, avoid stress when soaking feet. At the same time, combine regular exercise and sports, enhance nutritional supplements to help the body stay healthy and prevent disease.

Foot bathing with leafy water is a very simple, economical way, but it offers many great health effects. Spend 10-20 minutes every day doing foot baths, taking care of your feet and getting positive signals. Wish you all are well!

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