

Wheat Bag Information Sheet

Wheat bags have been used as an alternative therapy for many years. Wheat has a unique cellular structure which can absorb heat or cold quickly and then release it evenly. This makes a wheat bag a wonderful and safe alternative for a hot water bottle. The relaxing and calming properties of lavender are well known so there is nothing better to take to bed with you than an Ancient Wisdom Lavender Wheat Bag.

Bags contain pure Lavender heads and cleaned Wheat plus Lavender essential oil.

Instructions for use.

Place in the microwave for around three to five minutes depending on the strength of your microwave. Hand grips may only take one to two minutes. Alternatively cool in the freezer for a cold aromatic compress.

Warning: It is possible to over heat your wheat bag resulting in the wheat igniting especially after constant use (see refreshing and refilling below). If you smell burning or if the bag gives off smoke discard and do not use. Always stay in attendance whilst micro-waving your Wheat Bag.

Refreshing and refilling.

Wheat bags should perform well for up to 30 uses when you can refresh the aromatic properties by adding pure lavender oil. Alternatively refill your wheat bag with Ancient Wisdom premixed Wheat and Lavender. Refilling your bag couldn't be easier, simply find the small Velcro opening on the corner of the bag open and remove the old mixture - add the new using a kitchen funnel.

Cleaning.

Remove Wheat and Lavender Mix through Velcro gap and hand wash in cool water. With continued use the Velcro strip may need an additional stitch to prevent leaking.

Lavender Oil

Lavender really is nature's own wonder product. Its floral herbaceous aroma and woody undertones has calming properties. It encourages rest and a deeper better quality of sleep. Lavender has been in constant use for aromatic, ceremonial and medicinal purposes continually for several thousand years. The Romans traditionally used lavender as a form of incense in honour of their gods. It was also present at many ceremonial occasions being burnt on hot coals, and widely used in the preparation of childbirth.

Wheat

Wheat was originally a wild grass. Evidence exists that it was first cultivated in Mesopotamia and in the Tigris and Euphrates River valleys in the Middle East nearly 10,000 years ago. When heated it gives off a deeply comforting aroma and holds heat (or cold) very efficiently for long periods.

The combined properties of Wheat and Natural Lavender provide a wonderful soothing and relaxing effect on tired, aching or damaged muscles.

Useful in all these areas:

General relaxation.

Aiding deep restful sleep.

Muscular sports injury.

Reducing swelling or bruising.

Stiff joints and Arthritis.

Aching back, neck or shoulders.

...and can also be used as a comfort bag when not feeling well, or in place of a hot water bottle in bed.



The application of gentle heat to the body can improve the flexibility of tendons and ligaments, reduce muscle spasms, alleviate pain, elevate blood flow, and boost metabolism. The mechanism by which heat relieves pain is not exactly known, although researchers believe that heat inactivates nerve fibres which can force muscles into irritating spasms, and that heat may induce the release of endorphins, powerful opiate-like chemicals which block pain transmission.

Increased blood flow occurs in heated parts of the body because heat tends to relax the walls of blood vessels. That's one reason why sports doctors recommend that you steer clear of the practice of heating up already inflamed joints. Heat appears to be best for un-tightening muscles and increasing overall flexibility. Although heating can reduce muscle spasms after a back injury, heat should not be used on sprained ankles or strained muscles.



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Wheat Bags

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