YE TIANSHI / YOUR SECRET GUIDE

The weekly belly-warming ritual

A quiet moment of warmth.
A practical guide to your home routine.



Ye Tianshi in an apothecary setting. Artistic interpretation.

You asked for the details.

Here is what to prepare, where to place the towel, how long to try it, and what to do about the salt.

This home version uses a plain warm towel without salt. It is a comfort routine, not an established treatment for disease.

Prepared for readers of the belly-warming reel.
www.yetianshi.com

01 / BEFORE YOU BEGIN

Set up a comfortable pause



AI-generated demonstration: wring out the washcloth until it no longer drips.

Gather four simple things

A clean soft washcloth; clean warm water; a dry cloth to protect and dry the skin; and a timer. No special products are needed.

Choose your moment

Pick a quiet time when you are awake and can remove the towel easily. Sit supported or recline comfortably. If lying down after food feels uncomfortable, choose another time.

Check whether this is suitable

This guide is for adults with healthy abdominal skin and normal temperature sensation, who have no unexplained abdominal symptoms.

Skip home heat over broken, irritated, infected or numb skin. Do not use it with reduced sensation or poor circulation, including diabetic neuropathy. If pregnant or possibly pregnant, or after abdominal surgery, ask your healthcare professional before using abdominal heat.

Get individual advice for a hernia, abdominal device, wound or unexplained swelling. This adult guide is not for children or anyone unable to monitor and remove heat independently.

New or worsening abdominal pain? Do not start the routine to see whether it goes away. See the care guidance on page 6.

02 / PLACEMENT

Where the towel goes



AI-generated demonstration: green warm towel over a larger dry ivory barrier cloth.

1. Prepare the skin

Wash your hands. Check the skin around the navel. If needed, gently clean the outside and dry it. Do not dig into the navel or place salt, oils or herbs inside it.

2. Make the towel gently warm

Wet the cloth with warm water and wring it out. Never use boiling water. Check for hot areas and let it cool if needed. It should feel comfortably warm, never hot or stinging.

3. Rest it lightly on the abdomen

Place a clean dry protective cloth over the skin, then the warm cloth on top. Do not press, bind it tightly or add another heat source. A cloth barrier cannot make excessive heat safe.

AI-generated demonstration. The navel is beneath the cloth; no pressure or massage is needed.

03 / TIMING

A few quiet minutes

3-5 min	→	Check	→	Finish
First try		Skin + comfort		Remove + dry

Stop sooner if uncomfortable. Never sleep with heat.

4. Try a few quiet minutes

Start with 3-5 minutes. Breathe naturally and stay awake. Check the skin early and remain attentive. Stop immediately for burning, itching, marked redness, dizziness, nausea or abdominal discomfort.

5. Remove, dry and check

Stop when the towel cools or whenever you wish. If comfortable and continuing, keep the whole session within 5-10 minutes. Gently dry the area. Do not repeatedly reheat to reach a target.

These short intervals are cautious practical suggestions for this guide, not a proven treatment dose. Never sleep with heat on your abdomen.

Warm, never hot. Stay awake. Remove the towel whenever you feel uncomfortable.

A simple finish

After removing the towel, dry the skin and put on comfortable clothing. You do not need a special drink, supplement or cleansing routine.

04 / YOUR QUESTIONS

What about the salt?

Do I need sea salt?

No salt is needed for this home version. The reel does not establish that adding salt works better than a warm towel alone. There is no verified salt dose to give you.

Is Epsom salt the same thing?

No. Sea salt is mainly sodium chloride; Epsom salt is magnesium sulfate. The video says sea salt, while its caption also mentions Epsom salt. Do not treat them as interchangeable instructions.

Does salt at the navel replenish magnesium?

That has not been established. A small study of magnesium cream does not demonstrate benefits from salt placed at the navel. This guide makes no magnesium-replacement or detox claim.

Is this a Ye Tianshi prescription?

A Ye Tianshi clinic sign appears in the video, but the reel supplies no historical prescription. A related historical case mentions navel moxibustion; that is different from this towel routine and does not establish a weekly salt treatment.

Could I use moxa or a heated salt bag instead?

Those are different procedures with different risks. Do not carry over these towel instructions to burning moxa, heated salt bags or electrical devices. Ask a qualified professional when considering a treatment.

05 / COMFORT & CARE

Keep it gentle and optional

How often should I do it?

The video suggests once a week. You can keep that as an optional relaxation habit if it feels comfortable. There is no required course, no need to catch up, and no reason to increase heat to seek results.

What should I feel?

Mild warmth and perhaps a pleasant sense of rest. You may feel no benefit. Redness, sweating or discomfort are not goals. Stop if you dislike it.

Can it help period pain or sleep?

Protected heat can help some people with period pain. That does not verify this particular salt-and-navel method. For sleep, use regular routines and quiet wind-down time; remove the towel before bed. Persistent symptoms need assessment.

Know when to get help

Seek emergency help for sudden or severe abdominal pain, significant pain when touching the abdomen, vomiting blood, black sticky stools, breathing difficulty, chest pain or collapse. Use your local emergency number.

Get prompt medical advice for ongoing or recurrent pain or bloating, unexplained weight loss, pregnancy with pain, or abnormal bleeding. Persistent skin redness, pain or blisters after heat also needs advice. Do not call these a detox reaction.

If you have a diagnosed condition, keep following your treatment plan. This guide is a comfort routine, not a substitute for care.

06 / OPTIONAL FOOD COMPANIONS

Two simple kitchen recipes

A mild drink and a warm bowl, for ordinary enjoyment.

For eating or drinking only. Do not put these ingredients on the skin or in the navel. They are not treatments or Ye Tianshi prescriptions.

1. Mild ginger water | One mug

Ingredients: 1-2 thin slices of fresh ginger and 250 mL drinking water. These are culinary amounts, not a medicinal dose.

Wash the ginger. Place the slices in a heat-safe mug, add freshly boiled water and steep for 3-5 minutes. Remove the slices and let the drink cool to a comfortable sipping temperature. No sugar or honey is needed.

Keep the flavour mild. If you dislike ginger, choose plain warm water. Skip ginger if it causes heartburn, mouth irritation or stomach upset, or if you are allergic to it. If you take medication, or are pregnant or breastfeeding, check with your clinician before making ginger a regular herbal remedy.

2. Plain rice congee | Two small bowls

Ingredients: 50 g uncooked white rice and about 600 mL drinking water; add more water during cooking if needed.

Rinse the rice, place it in a saucepan with the water and bring to a boil. Reduce to a gentle simmer for about 35-45 minutes, stirring occasionally, until the grains are fully soft. Add water as needed and cool to a comfortable eating temperature. No herbs or medicinal ingredients are required.

Enjoy a small freshly cooked portion as part of a meal, alongside suitable protein and other foods. It is not a complete diet. Follow any prescribed carbohydrate or fluid limits.

Both recipes are optional food ideas, not evidence that the belly-warming routine works better. Enjoy them separately from the compress; do not handle a hot drink while reclining with a towel on your abdomen.

07 / THE YE TIANSHI CONNECTION

A tradition worth exploring



Artistic interpretation of Ye Tianshi, as featured on yetianshi.com.

Meet Ye Tianshi

Ye Tianshi, also known as Ye Gui, was a Qing-dynasty physician associated with Suzhou and an important figure in the study of warm diseases. His medical thinking is explored through works such as Wenre Lun and Linzheng Zhinan Yi'an.

Read beyond the ritual

The Ye Tianshi website brings together biography, classical writings, case discussions and explanations of traditional medical ideas. Chinese and English reading paths help you explore their historical context.

This modern warm-towel guide is a companion to that interest in Chinese wellness. It is not presented as a prescription written by Ye Tianshi.

Explore the stories, books and ideas.
www.yetianshi.com

08 / SAVE THIS PAGE

Your weekly notes

A few notes can help you decide whether you enjoy the routine. They cannot diagnose a condition or prove a treatment effect.

Date / minutes	Comfort before / after	Skin or other changes

Continue only if comfortable and useful. It is fine to stop after one try. Do not wait for four entries before seeking advice about symptoms.

Want another practical guide?

Tell us which topic you would like explained next: evening wind-down, everyday movement, or traditional wellness practices. Please avoid sharing private medical details in public comments.

Continue exploring with Ye Tianshi

Discover the person, the writings and the ideas behind the name.
Visit www.yetianshi.com

General adult self-care education. Individual medical assessment may be needed. September 2026.

09 / STAY IN TOUCH

Connect with Dr. Ma

Questions about the guide or ideas for the next one?



Scan to connect on WhatsApp

Open WhatsApp on your phone and scan the code above to find Dr. Ma | Chinese Wellness. If you are reading on your phone, display this page on another screen to scan it.

You can ask about the guide or tell us which wellness topic you would like explained next.

Explore more about Ye Tianshi.
www.yetianshi.com

For urgent symptoms, contact local medical services rather than waiting for a WhatsApp reply.