

GINGER COMPRESS FOR PAIN RELIEF

The ginger compress is used to dissolve stagnation, tension and to stimulate blood circulation. It is used for pain, arthritis, gallstones, kidney stones, etc.

1. Boil approximately 4 litres or 1 gallon of water in a big pot.
2. While the water is heating, grate enough ginger root to equal the size of a cricket ball or a handful.
3. When the water comes to a boil, reduce the heat to low and place the ginger into a double layer of cheesecloth. Tie the cheesecloth ball with a string that doesn't melt in the hot water or tie the cheesecloth. Squeeze the ginger juice from the cheesecloth sack into the water. The water at this point should be just below the boiling point.
4. Place the sack into the pot and allow it to steep in the water without boiling for about 5 minutes.
5. Dip a towel into the ginger water, wring out tightly, and apply it to the desired area on the body. Cover with a second dry towel to hold in the heat.
6. Change the towel every 3 to 5 minutes, replacing it with a fresh hot towel. This can be done by using 2 towels and alternating them so that the skin does not cool off between applications.
7. Continue the application for approximately 15 to 30 minutes or until the area becomes pink.
8. Apply at least 1 time per day and more if desired.