

## Ginger Compress for Inflammation

1. Many types of acute or chronic pains can be relieved by ginger compresses, such as rheumatism, arthritis, backaches, cramps (intestinal cramps, menstrual cramps, etc.), kidney stone attacks, toothaches, stiff neck, and similar problems. If the pain worsens during the treatment, you should discontinue the compresses. Painful conditions in which a ginger compress is definitely not recommended are described a little further on.
2. Ginger compresses can speed up the improvement from a variety of inflammatory conditions: for instance bronchitis, acute or chronic liver inflammation, kidney inflammation, prostate infection, bladder inflammation, intestinal inflammations (but never in the case of appendicitis), boils and abscesses.
3. To relieve congestive conditions such as asthma. In case of an asthma attack the compresses can be continued for a long period, even for hours.
4. Ginger compresses can be extremely useful to dissolve hardened accumulations of fats, proteins or minerals. Examples of these are kidney stones, gallbladder stones, cysts (breast cysts, ovarian cysts) and benign tumors such as uterine fibroids.
5. To dissolve muscle tensions.
6. When tissues have been damaged, ginger compresses can speed up the regeneration of the damaged area. We noticed for instance tremendous benefits of ginger compress in the after-treatment of broken bones.
7. *Applying a Ginger Compress:* If the person to be treated is lying down on the floor, be careful not to spill ginger water on a wooden floor. It damages the wood. To prevent this, put newspapers or plastic on the floor. The person who is receiving the compress should lie down comfortably. The area of the body which is going to be treated must be widely bared.
8. It is possible to apply ginger compresses on yourself, but it is much easier, safer and more effective if they are applied by a friend. In case you have very sensitive hands, or if you have to perform this treatment frequently, it may be better to wear rubber gloves.
9. Make a strong ginger tea, using about 5 inches of ginger to a quart of water. Fold a cotton kitchen towel. Remove the lid from the pot and dip the middle part of the towel in the ginger tea water, while holding both ends. Lift out the towel and squeeze the excess water back into the pot. This needs a little practice because for best results you shouldn't remove too much or too little water. Replace the lid. Alternately, grate ginger, pack into knee high stockings and put over adrenal/kidney area...wrap a cloth around the body to hold in place. Wear for several hours.

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