



HOME THERAPY

MAGNESIUM PACK: JOINT AND STIFFNESS REMEDY

This is a home remedy for people with acute or chronic stiffness or joint pains. This remedy is designed to relieve pain and congestion from arthritic joints.

PROCEDURE:

- ◆ Obtain Milk of Magnesia and Castor Oil from a pharmacy.
- ◆ Apply 4 to 6 teaspoons of Milk of Magnesia and 2 to 4 teaspoons of Castor Oil to a folded cotton cloth of dimensions to cover the area to be treated.
- ◆ Apply the compresses to skin over the area to be treated and cover with plastic or saran wrap.
- ◆ Apply moist heat (or a hot water bottle) over the compress and cover skin to maintain warmth.

INSTRUCTIONS:

- ◆ Maintain the compress for 45 minutes to one hour.
- ◆ Be careful to protect any clothing or linens (as castor oil will stain most fabrics)
- ◆ Recommended areas to apply a Magnesium Pack include:
Spine - Neck - Thoracic - Lumbar
Knees - Ankles
Shoulders - Elbows - Wrists

