

Life Balance Acupuncture Clinic

Acupuncture, Herbal Medicine, Shiatsu

880 Liberty St., Salem, OR 97301

phone 503.881.8996

lifebalanceacupuncture@gmail.com

www.acupuncturelifebalance.com

Here are the instructions for the poultice:

1. Take 2-3 teaspoons of the ground herbs.
2. Mix it with 2 teaspoons of alcohol (any spirit will do) until you have a thick paste. You might need less or more alcohol. Experiment!
3. Take a piece of cloth (you can cut an old towel into the right size). I think for your purpose 5x3 would be a good size.
4. Spread the paste onto the cloth so that you have a border of ½ inch.
5. Put it onto the spot on your foot that hurts. Put a rather tight (not too tight) sock on. That should keep it in place.
6. Keep it on overnight. It is easy to just shower it off next morning.