

Ginger Poultice

There is no secret regarding the wonderful healing and medicinal benefits that can be found in ginger. Recently it has been proven 10,000 times more effective than the chemotherapy drug Taxol. "A new study published in PLoS reveals a pungent component within ginger known as 6-shogaol is superior to conventional chemotherapy in targeting the root cause of breast cancer malignancy: namely, the breast cancer stem cells."¹

The Chinese and Indians have used ginger to treat disease for centuries and in the days of Christ when the Roman Empire ruled the world it was a very expensive commodity sought for its medicinal properties.²

Gingerol, an oily resin found in the root is where the majority of the healing and therapeutic benefits of this amazing plant are derived. Its uses include nausea, indigestion, infections, ulcers, cancer, and heart disease among others.³ However, we want to focus on its anti-inflammatory properties when applied as a poultice in the treatment of joint inflammation as in the case of arthritis or in other conditions like bronchitis, asthma, prostate and bladder infection in which it is said to assist in the healing process.

Far superior to any pain salve or balm is the ginger poultice. Relief is often experienced within minutes of its application and despite the burning sensation that is realized the sufferer usually finds it a welcome rather than a bother.

Here's what you will need to make a ginger poultice.

Ingredients:

- Ginger
- 2 old cloths or rags (sufficient to cover the area being treated)
- Plastic wrap
- Safety pins
- Grater

Instructions:

1. Grate as much ginger as necessary to treat the area.
2. Add a bit of castor oil to the skin before application if prone to sensitivity. The oil also acts as a catalyst to transport the poultice through the skin more rapidly.
3. Spread the ginger out on a piece of cheesecloth, rag or any breathable material of your choice, then fold it over and apply the moister side to the affected area.
4. Cover with a piece of plastic wrap, followed by a larger cloth secured with a safety pin.
5. Leave on a minimum of 30 minutes, but overnight is best.

6. Repeat as needed.

Note. Although a ginger poultice is a powerful and successful preparation in the treatment of most inflammatory ailments, it is not a cure-all. As is the case with all natural remedies, it should be accompanied by a healthy plant-based diet and lifestyle changes.

Testimonial: *A friend suffering from a sore wrist applied the poultice. She said “the burning sensation was incredible,” and that after only a few minutes she rushed to the bathroom to wash it off, only to have the burning intensify. Yet, she confessed that the pain subsided and did not return for many days.*

*If you experience this burning sensation, it means that there is inflammation and the poultice is doing its job.

Sources:

¹[GreenMed Info](#)

²[Dr. Axe](#)

³[Dr. Axe](#)

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using this product.