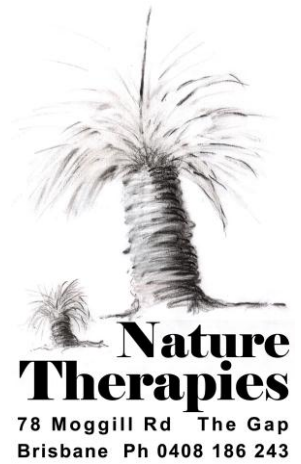




COMFREY COMPRESS



- Fold leaf in half to expose the large central vein underneath.
- With a knife slice away the large so the leaf can lay flat on the skin.
- Wet leaf under tap and pat with moist sponge to remove excess water
- Place leaf on a flat surface, with the under surface facing up and roll with a glass bottle to bruise and crush the leaf, leaving it in one piece.
- With a broad flat knife stroke the surface of the leaf a few times to flatten down all the fine prickly hairs that may irritate the skin or roll flat with a glass bottle till darkened and leaf is not prickly to touch with back of hand.
- Place leaf over the injured area, with the under surface on skin.
- Cover leaf with glad wrap folded to the same size and bandage in place with a crepe elastic bandage.
- Leaf may remain in place for up to 18hrs, spare leaves can be kept fresh, by storing moist in a plastic bag in the fridge.
- If a red dot, itchy rash occurs, use method below.



OR

- Fold a small amount of moist leaf into a garlic press, crush and apply the crushing as a poultice. Do enough to cover the target area, then cover with gladwrap and hold on with a bandage.

Wishing you a speedy recovery
Terry Hitzke