

Cabbage Leaf Wrap (Pain and Inflammation)

Ingredients:

- 1 Cabbage (Tender heart, Green or Savoy)

Instructions:

1. Peel off outer layers.
2. Wash and dry thoroughly.
3. Cut out the hard stem.
4. Roll to break the spines and release the juice.
5. Warm slightly in the oven, or hot water.
6. Wrap leaves around painful area.
7. Secure in place with cling film.

DO NOT WRAP THE CLING AROUND THE AREA TOO TIGHTLY

Please consult your doctor if you want to try this recipe