# LIGAMENTS, TENDONS

## Herbs:

**Rue. For painfully twisted wrists, overworked tendons, twisted elbows. Make concoction, apply to painful area. In a few days, wrist will be normal again.**

## Aromatherapy:

**Blend: 10 birch, 6 marjoram, 2 hillicrysm, 6 cypress, 2 peppermint. Use morning and night. OR**
**Blend: 10 lavender, 6 lemongrass, 6 cypress, 6 patchouly**

## Home Remedy:

**Beat 3-5 egg whites stiff. Add minced or powdered eucalyptus or camphor leaves (about 1 oz). If you can't find those, use finely chopped pine buds or needles. Spread on the area, dress with wide strips of cloth and bind loosely with an elastic bandage. As the whites harden, they provide a firm, hard dressing.**
**Renew the dressing after 2 days. After that massage the area with comfrey tincture followed by application of raw cabbage poultices. Pulped raw potatoes, curds or similar ingredients can also be used for the poultices.**
**Massaging the injured area with light movements directed towards the heart will help speed the healing process.**
**Finally warmth is necessary in the case of all bruises and internal injuries of ligaments and muscles so the affected parts should be kept warm at all times.**