

# LET HEALTH HAPPEN



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## **How Does This Work?**

A significant amount of healthcare has derived from the unexplained or unexpected. In the pharmaceutical world countless medications are used for ailments other than what the drug was intended simply because during controlled trials, researchers discovered the chemical had desirable side-effects related to symptoms outside of what the drug was targeted. From time-to-time, I too find myself making recommendations for which I have no logical basis. This is one of those times.

I've had many people get results from a simple home remedy for tendonitis. Tendonitis is an inflammation of the muscle tendon most often found in the elbow, shoulder, or knee. It is usually the result of repetitive use or trauma. More commonly known by terms such as "Tennis elbow", once a person has tendonitis, it can be very difficult to resolve without steroid injections that are very toxic to the body and don't guarantee results. An acupuncturist I knew

offered a simpler, safer alternative.

You'll need a piece of flannel cloth, plastic wrap, and a jar of castor oil. Right before sleep, pour enough oil on the flannel to get it wet and place it over the involved area. Seal the area with the plastic wrap (you may need some tape) and leave it on over night. Take it off in the morning and put the wrap in a jar or plastic bag to use again the next night. Do this 3-4 nights in a row. I cannot begin to tell you how this works and it doesn't work for everyone. Give it a try and let me know your results at [www.rivertownchiro.com](http://www.rivertownchiro.com). Castor oil has been used as a remedy for many things for over 100 years. To learn more, check out the book, "The Oil That Heals" by Dr. McGarey.

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