

Vitae Elixir
Herbal Poultice

Instructions

You will need a plastic container with a tight-fitting lid large enough to hold 2 pints of the herbal poultice and the cloth. The cloth should be large enough to cover the affected area. You can cut up a T-shirt the size and shape you need. Or you can use a light weight wash cloth. Do not use a heavy terry cloth.

Shake both pints well and then pour into the container. Soak the cloth in the poultice, lightly wring out and apply to affected area. The right amount of saturation is, after 10 to 15 seconds the poultice will start to drip slightly off the sides. Keep the cloth moist, leave on 5 to 20 minutes or until a strong burning sensation is felt. Then remove the cloth and put into the container for use the next day. Wash with soap and water.

Repeat this process every day for 60 to 90 days or longer. To relieve itchi-ness or dryness apply 100% pure Aloe Vera gel. If there is too much dis-comfort discontinue use for a few days and adjust application time. You can phone the office for additional instructions.

Stains may be removed with lemon juice, vinegar or bleach.

Keep us informed as to symptoms, usage & progress.
307-266-5310

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