

External Healing Suggestions for Cellulitis

Hot Or Cold Compress

Hot water bottle or ice pack – can alternate each time

Take a hot water bottle or an ice pack and apply it directly to the affected area. Leave it on for about 15 minutes. Repeat twice for each round.

Twice daily, preferably every morning and evening

Epsom Salt Bath

Add a cup of Epsom salt to your bathwater and soak in it for 15 to 20 minutes.

Do every other day

Apple Cider Vinegar Bath

1-2 cups of apple cider vinegar

Add two cups of apple cider vinegar to your bathwater and soak in it for 15 to 20 minutes. Alternatively, you can also apply diluted apple cider vinegar directly to the affected areas.

You can alternate days with the Epsom Salt Bath above.

Honey...with optional Tea Tree Essential Oil and/or Turmeric powder

1 tablespoon of Honey (preferably Manuka, if not, then at least organic)

1 teaspoon of Turmeric powder, optional

2-3 drops of Tea Tree oil, optional

Mix honey, with the above options if you want, in a bowl.

Gently apply this mixture to affected area.

Leave it on for 15 to 20 minutes.

Wash off with lukewarm water...careful, the Turmeric will stain!

Twice daily for a week or until skin is closed completely.

Coconut oil... with optional Tea Tree Essential Oil and/or Turmeric powder

1 tablespoon of organic Coconut oil

1 teaspoon of Turmeric powder, optional

2-3 drops of Tea Tree oil, optional

Mix coconut oil, with the above options if you want, in a bowl.

Gently apply this mixture to affected area.

Leave it on for at least 3 hours.

Wash off, only if you used the Turmeric, with lukewarm water... careful, the Turmeric will stain!

Twice daily, preferably every morning and evening.

Garlic

2-3 cloves of garlic

Mince the garlic cloves to form a thick paste.

Apply it directly to the affected areas and leave it on for a couple of hours.

Wash it off with water.

Twice daily.

You can also chew on a few garlic cloves daily to fight cellulitis from within or put fresh garlic in as much of your food as possible!



Deborah Savarese
817-521-5379

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