

TROAT WRAP

Take hand towel and soak in ice water. Wring out towel and wrap around throat. Take a dry hand towel or dish towel and wrap outside wet towel. Secure with safety pin. Lie down and relax or go to sleep. Remove upon waking.



Biodynamic
WELLNESS

This information is not intended to provide medical advice or to take the place of medical advice and treatment from your personal physician. Readers are advised to consult their own doctors or other qualified health professional regarding the treatment of their medical problems. Those taking prescription medications should consult with their physicians and not take themselves off of medicines to start supplementation without the proper supervision of a physician familiar with nutritional supplementation.

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