



## **Potato Poultice for Soft Tissue Inflammation**

My husband had been suffering from an inflamed achilles for 18 months. He had trouble walking as it was so painful and he had a large bump on the back of his heel. He was starting to consider buying shoes of different sizes so he could put the larger size on the painful foot.

He had tried physio, exercises, red light therapy but nothing seemed to help. The last resort was shockwave therapy but he was reluctant to do that as it was so painful and a long time to heal.

I happened to be watching a presentation by a well-known Australian naturopath and she talked about healing soft tissue inflammation eg pulled muscles, tendon etc using a potato poultice.

A nearby farmer had scythed his leg and the infection was quite bad and going up the leg. She used a potato poultice, applying it 3 times several hours apart and the infection calmed and the issue was resolved.

So, I asked my husband if he was willing to try a potato poultice on his achilles. He agreed. I had a potato in the fridge, so I made a poultice and we put it on overnight.

We did this for 3 or 4 days, and to our amazement, the swelling went down, he could put his shoes on easily and best of all, he could walk more normally. He said that the condition had improved by 90% - which we think it is pretty amazing.

A potato poultice can be used for inflammation/swelling of the soft tissue. This can be caused by infection or trauma. As well as for infection, it can be used for any twisted or pulled muscle/tendon. You can use it on any part of your body eg eyes if you have conjunctivitis,

Potato pulls out the infection. It is very soothing and gentle but very effective.

### **How to Make a Potato Poultice.**

1. Take a square/rectangle of plastic wrap and put on the counter.
2. Take a square/rectangle of clean white cotton material and place on top of the plastic wrap. I used a square of kitchen paper as I did not have a square of cotton material.
3. Grate some potato into the centre of the material
4. Fold into a packet. Fold up the bottom of the material over the grated

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potato. Fold down the top of the material over the potato. Fold the material over from left to right and then from right to left to make a 'packet/poultice'.

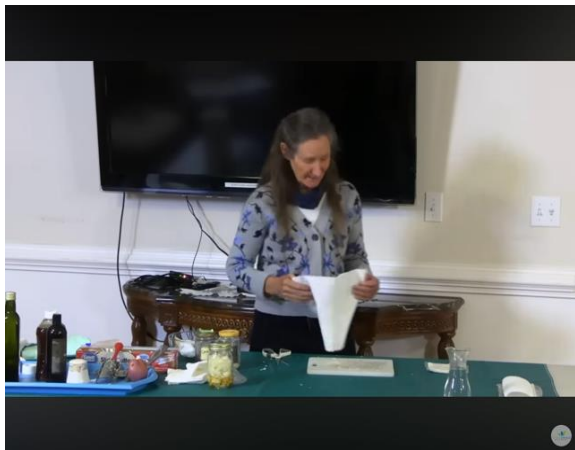
5. The plastic wrap should be bigger than the poultice. This is to keep it warm and stop liquid escaping from the poultice.

6. Place the single layer of the poultice on the area with the folded material on top

7. I taped it up with medical sticky tape and put a sock on it. Later I used a plastic sock and taped that on.

7. We left it on all night but if you are at home and sitting down, you can apply a new poultice every 3 or 4 hours.

Note: the poultice is likely to leak so be aware it can stain the bedsheets.



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Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research