

Swelling Solutions

- Increase your fluid intake: Red Raspberry tea, natural juices, water.
- Increase protein intake.
- Avoid overly-salty processed foods such as chips, crackers, processed meats, etc.
- Eliminate coffee, soda, black teas, anything with caffeine.
- Rest 20 minutes every two hours.
- Lie on left side.
- Supplements of Calcium and Magnesium.
- Yellow Dock and Dandelion.
- Garlic and Parsley.
- 5-10 Alfalfa capsules a day.
- Eat watermelon and one whole cucumber per day.
- Epsom salt baths.