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## Hot Vinegar Pack

Indications: Pain, cramping

Make a mixture of: 50% vinegar  
50% water

Heat the mixture.

Soak a towel in the hot vinegar mixture and wring it out.

Apply it to the desired body area.

Leave it on for 5 minutes.

Remove the vinegar soaked towel and then apply a Cold towel, (as cold as the patient can stand) for 5 minutes. Cover with wool.

Repeat 3 times.

Be sure to finish with the cold towel.

Heat the vinegar towel between the cold towel applications.