

# Amazing Ginger Press For Relieving Pain

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This pain relieving medicinal press is mixed up and applied to the skin on the affected area and then bound with a bandage, or similar, to keep it in place. The press relieves pain due to the healing and anti-inflammatory properties contained in the fresh raw ginger, garlic and sea salt.

This natural pain relieving press takes literally two minutes to mix up and it helps soothe pain and reduce swelling for muscle aches and pains and joint pain/arthritis. It's a great alternative to over-the-counter anti-inflammatory painkillers like ibuprofen etc. Give it a go!

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**(Image from: Nature Hacks)**