

anthroposophic wraps & poultices workshop

thursday january 26 – 7pm

lotus east-west medical center
2104 wilshire blvd, santa monica, ca 90403

\$15 with prior sign-up | 310.828.8258 | info@lotusew.com
\$20 at the door

by christine mangold, hp, classical homeopath

Wraps and poultices have been used for decades as a natural means to alleviate pain and other symptoms. A staple of anthroposophic medicine, wraps, compresses and poultices are still in use in many European countries, and are regaining popularity as a safe alternative to over-the-counter drugs. They can be of great use for the well being of the whole family, and especially for the management of children's illnesses.

This 1 ½ -hour workshop will cover: leg/calf wraps for fever reduction, poultices for ear infections, lemon wraps for sore throat and arnica wraps and compresses for sprains.

