



## **MMA Vol. 15 Taro Plaster for Any Kind of Inflammation**

About 3 weeks ago I was asked what to do for pain in hip joint by an acquaintance. She had been suffering from the pain for about a year and tried various things, but the pain didn't go away. I was not so sure if it would help her after she had tried various methods. She was reading my book and interested in Tofu plaster, so I recommended her to try Taro plaster instead of Tofu plaster because her pain was already chronic (Tofu plaster is good for acute pain with a lot of heat). After she tried Taro plaster 3 times, she reported me that she was so glad that the pain became much less and she could stand and walk without pain.

Taro plaster has been famous about being effective at any kind of inflammation since a long time ago. Taro has a lot of potassium (Yin), which makes Taro absorb heat and stagnated blood in the body.

Taro plaster is more effective if you apply ginger pad before Taro plaster. Taro plaster has red or purple discoloration appear on the diseased area. This is absorbed blood stagnation so please continue until the color disappears. The effect lasts up to 4 hours. If it is difficult to get Taro, the effect is weaker but you can use potato instead.

### What you need to prepare:

Taro (depends on the area of the diseased area), flour (the same amount as Taro), Sea salt (a little bit), ginger (10% of Taro), Sesame oil, gauze

### How to make:

1. Wash Taro very well and dry them completely, peel the skin thickly, and grind them. You can also use a food processor.
2. Grind Ginger without peeling the skin and mix them with a little bit of sea salt.
3. Mix 1. and 2. , and add flour and mix them all.
4. Roll out 3. on a gauze or thin cloth to half an inch thick.

5. Apply sesame oil and stick 4. on the diseased area.