



MMA Vol. 16 What to Do for Acute Pain with Heat

In the last volume, I introduced Taro Plaster, but did anybody try to apply it on where you feel pain? Taro plaster is surprisingly effective, but it is difficult to find a place where you can buy taro, and I think that a lot of people feel like making Taro plaster is annoying if you are not really suffering from pain for a long time. To find Taro, please go to Asian grocery stores. If you can't be bothered to prepare Taro Plaster, there is ready-mixed Taro powder. That is popular in Japan but I recently found that it was sold online in U.S. as well. To make plaster, you just need to add water. It is good to buy and keep in case of emergency so please check the following URL:

<http://www.naturalimport.com/inc/sdetail/7998>

Today I would like to introduce Tofu Plaster. This is easy to apply, compared to Taro Plaster and very effective for acute pain with heat. Tofu Plaster is effective in acute pain while Taro Plaster is more effective in chronic pain. Tofu contains a lot of potassium (Yin) and water which cool down the body cells and absorbs excess heat in our body. So it is very effective when you have such as acute knee pain, ankle pain, other joint pain and also when you get burned. There is a recipe like Taro plaster but today I will introduce an easy recipe which everybody can try.

Buy a firm Tofu. When you use, take out the Tofu from the refrigerator and keep the Tofu in the room for about 40 minutes to make it room temperature. Then slice the Tofu to a half inch thick and wipe the water with a towel, and apply it on diseased area. If the color of Tofu changes, replace it to new one.

Making the Tofu room temperature is important because the purpose of Tofu is not making the diseased area cold but absorbing the heat. If you apply cold Tofu, it becomes the same as icing or taking pain killers.