

Swollen Ankles Home Remedies

Since Fresh ginger is good for swelling, I am now grating 2" FRESH ginger and 1" turmeric root into a dishpan. Adding enough HOT water to bring out the essence of the roots.

Then adding a little cold water so it is tepid. You do NOT want to soak your feet in hot water, it will cause them to swell even more.

FOOT SOAK



I am not able to lift much weight and water is heavy. I only get about 3" of water in the pan. I tried a bucket for just one foot at a time but again it was too heavy to carry.

I would prefer to cover my ankles but unable to carry that much weight. I swish my feet around and rub one foot over the other to distribute the solution. I soak for about 10-15 minutes each night before bed.



WATERMELON is Mother Natures best diuretic. At the end of the season I purchased a med size watermelon, diced it into small cubes. Filled small snack bags and placed them in the freezer. I break it in half each day to add to my bottle of water I take to work.

I work as a receptionists 3-7 Tues - Sat and every other Sunday 11-7. I do not sit at a desk the entire time. I walk a lot from one department to another in a fairly large building. I find the days I walk the most my ankles swell the most.

If I sit for very long I get my feet moving both standing and sitting. I even prop my feet up on an open drawer.