Relief for a Sprained Ankle

Wash the ankle very frequently with cold salt and water, which is far better than warm vinegar or decoctions of herbs. Keep your foot as cool as possible to prevent inflammation and sit with it elevated on a high cushion.

Live on a very low diet and take every day some cooling medicine like Epsom salts.

By observing these directions only, a sprained ankle may be cured in a few days.

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