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CABBAGE LEAF WRAP (CLW)



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CABBAGE LEAF WRAP (CLW)



A cabbage leaf wrap is a natural remedy that involves applying bruised cabbage leaves to any joints to reduce inflammation and pain.

How to make a cabbage leaf wrap :

- Remove the stem from a few raw cabbage leaves
- Wrap the leaves around the swollen / painful joints
- Secure the leaves with a bandage
- Leave the wrap over the joint for at least 1 - 2 hours
- Remove the wrap and wash the joint with warm water.



What does Cabbage wrap do :

- Cabbage leaves, known as “*the poor man’s poultice*” in European folk medicine, have been used to help reduce painful swelling.
- One of the most common chronic diseases among older adults is osteoarthritis of the knee.
- A Randomized controlled trial was done on the *efficacy of Cabbage Leaf Wraps in the Treatment of Symptomatic Osteoarthritis of the Knee*

- Since cabbage leaves are “safe and may be used in the longer term,” they may be worth trying to relieve pain and swelling caused by osteoarthritis of the knee or in case of rheumatoid arthritis
- Eating cabbage may also be beneficial, as cruciferous vegetables have proven anti-inflammatory effects.
- *Sulforaphane*, a potent chemical in crucifers, has been shown in vitro to protect cartilage from destruction.

- A recent study suggests , the effectiveness of cabbage leaf application (treatment) on pain and tenderness in breast engorgement and its effect on the duration of breastfeeding.

- Overall results showed that cabbage leaf treatment used on women with breast engorgement did reduce pain and the hardness of the engorged breasts and increased the duration of breast feeding

Cabbage Treatment for Breast Engorgement



1.

Wash 2 inner
cabbage leaves



2.

Remove excess water



3.

Apply to breasts
between feedings and
leave nipple exposed

- Leave the cabbage wraps over breasts for at least 1 hour
- Remove the wrap & wash with warm water
- Cabbage leaf wraps are advised to be used twice daily in between the feeding time

Indications :

Swollen feet: Cabbage leaves can help relieve discomfort and draw out excess fluid.

Joint pain: Cabbage leaves can help relieve pain and swelling in joints like the knee.

Mastitis: Cabbage leaves can help relieve mastitis, which is a condition that can affect breastfeeding women, non-breastfeeding women, and men.

Breast engorgement: Cabbage leaves can help relieve breast engorgement.

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