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Nourishing Infusion for myofascial pain syndrome

Sense one of the causes of MFPS is nutrient deficiency, this herbal preparation is recommended as a part of self-care at home procedures. This should be seen as complimentary to the bodywork treatment and not a replacement.

In a large mason jar, take dried herbs and place in jar. Pour hot water over jar. Place a top on the jar, it does not have to be air tight, just enough to keep the volatile oils from evaporating. Leave sit overnight. Drink all day!

- ½ cup stinging nettles
- ½ cup rose hips

Further reading:

- Travell & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual vol. 1.
- <http://nourishingherbalinfusions.com/Nettle.html>