**POULTICES**

**Poultice:** an application of vegetable or herb matter to an affected area that breaks up congestion and draws it out through the skin

**Compress:** breaks up congestions and disperses it via the blood stream

**Onion**

* The oils and essences have a stimulating effect on human tissues
* It absorbs morbid matter; it can be used for absorbing toxic fumes (e.g. paint fumes) so throw away leftover onion
* Can be used cooked or raw depending on the condition

**Cooked**

* For suppurating (pus producing) wounds – roast onion, split in half and apply it direct.
* For earaches – cut onion in half crosswise, dry bake or steam for 15 minutes (keep away from water, DO NOT BOIL.) Wrap in cloth and bind to ear.
* Place two drops of the cooked onion juice onto a teaspoon and drop into the ear for added help.

**Raw**

* For congested head—slice an onion on a plate, and leave near bed overnight. Breathing in onion fumes clears the airways.
* For calluses—cut onion in half and steep in strong vinegar for three hours. Bind onion halves to callous overnight. In morning top layers of the callus can be removed. Repeat until gone. (A slice of lemon will work in the same way.)
* For chest complaints such as bronchitis, colds, flues and asthma, an onion compress is excellent. Grate a small amount of raw onion and spread in the middle of a cloth. Fold the edges over like a parcel. Apply the single layer to the chest and cover with glad wrap. Bind with skin tape. The inhalations of the fumes will also stimulate the respiratory system.
* Cough mixture—in a jar, layer 2cm of chopped onion and a heaped teaspoon of honey. Continue in this way layering the onion and the honey until the jar is almost full. A syrup will form. Best left overnight, then strain and keep the syrup in the fridge. Excellent for sore throats, dry throats, coughs, colds, flues and asthma. Take a teaspoonful three times a day; in a crisis, it can be taken every 15 minutes.

**Ginger**

* One of the most potent anti-inflammatory herbs on planet earth. Also a very warming herb. It is a gastric stimulant when taken internally.

Internally:

* Low HCL acid, indigestion, nausea, bloating—the most potent way to use ginger is to take it as a tea. Finely grate a teaspoon of fresh ginger into the teapot and pour boiling water on top. Let steep for ten minutes, strain and drink.
* Cold and chilled body—fresh ginger tea warms and revitalizes the body. A great drink in cold weather.

Externally:

* Gout, arthritis, inflamed joints, tennis elbow, bursitis—finely grate fresh ginger, place onto a cloth, fold edges in to make a parcel, tape edges to hold in place, place the thin side on the affected area. Cover with glad wrap and bandage in place.

**Cabbage**

* The chlorophyll in the cabbage poultice encourages the skin to eliminate toxins while supplying nutrients to the affected area.
* Cabbage is particularly helpful with bruised and swollen tissue as it aids in the elimination of stale blood and built-up fluids.
* Many breastfeeding mothers apply the cabbage leaves in the first two weeks of lactation and testify to the relief that cabbage poultices bring.
* To make the poultice, remove a leaf of cabbage from the stalk and either dip the leaf in boiling water briefly to soften, or pound the leaf with a mallet to soften. When the leaf is softened, it can easily be molded to the affected area. Cover with glad wrap and bandage.

**Potato**

* Always use potato raw as heating destroys the healing properties
* Potato is extremely alkaline and can effectively be used wherever there is swelling or inflammation as these are acid conditions
* Potato is rich in potassium and phosphorus. These minerals are absorbed through the skin when the potato is applied as a poultice and contribute to restoring intracellular fluid pressure and balance. These minerals also contribute to normal nerve and muscle response.
* Potato is quite famous for its drawing powers; even drawing out harmful metals from the body.
* For strains, bruises, infections, boils, abscesses, rheumatic and arthritic inflammation—a potato poultice can be applied. In general this poultice can be used wherever a part of the body is congested, inflamed, swollen, or hot.
* Finely grate a small amount of potato (1 tsp for 5x5cm area); place in the middle of a cloth and spread out thinly. Fold edges of cloth inwards to make a parcel; place this parcel over the affected area with the single side facing the skin. Cover with glad wrap and either bandage or secure with skin tape.
* For inflamed eyes—dip a cotton ball into potato juice and apply to the eye. Cover with a folded dry washer and leave for ½ an hour. (Can leave longer if it feels nice.)
* For over-acid-stomachs—potato has an alkalizing effect and can restore the healthy balance in the gut. Grate half a potato and half an apple; take this mixture before meals.

**Garlic**

* Garlic certainly can be called a wonder herb! It contains phytochemicals that act as antioxidant, antibiotic, antimicrobial, antibacterial, antifungal, and antispasmodic agents.
* For warts—place a slice of raw garlic over the wart while lightly oiling the surrounding skin. Apply Band-Aid to keep in place. Leave overnight.
* For head and chest colds—finely slice garlic and bind to the soles of the feet with a thin cotton bandage, making sure the bandage is between the garlic and the feet. If the garlic touches the soles of the feet, it could blister. After bandaging the feet, put a sock on; this can be left overnight and is particularly good for babies and small children.
* Flu Bomb—This mixture taken three times a day will relieve symptoms and speedily bring recovery for head and chest colds:

Juice of one lemon

Crushed garlic (1 or 2 cloves if you dare)

¼ tsp finely chopped ginger

1 drop tea tree/eucalyptus oil

1 tsp honey

Cayenne pepper (a pinch for the hesitant; ½ tsp for the brave)

Place in a cup with 1/3 cup hot water and drink

**Slipper Elm**

* Slippery Elm is the powdered bark from the slippery elm tree.
* It contains strong drawing properties. It also contains a growth stimulant which stimulates rapid healing anywhere that it is applied.
* Slippery elm can be used alone or in combination with other materials.

**Internally**

* Stomach and duodenal ulcers, irritable bowel syndrome, colitis—slippery elm is high in mucilage and so it is excellent for coating and soothing the gastrointestinal tract. Not only does slippery elm coat and soothe, but it also lubricates, provides nutrients and stimulates healing in the mucous membranes

Take one tsp in ½ cup warm water before breakfast every morning. Stir just before taking, as the mixture gets thick on sitting. This mixture can also be taken to give relief for ulcer pain.

* Diarrhea, gastritis—in these conditions slippery elm soothes the lining of the intestines and also causes the stools to have more form.
* Colic—Slippery elm is an excellent remedy for babies with colic. For a three month old baby, ¼ tsp mixed with a little breast milk and given on a spoon can bring great relief. Slippery elm is very safe and can even be given to a newborn baby.

**Externally**

* Abscesses, tumours, infections and any inflamed area—Slippery Elm can be used by itself or used with equal quantities of charcoal. Add a little water till desired consistency is achieved (e.g. like soft jelly). Place into a cloth and make a poultice as described in the charcoal section.
* Boils—the poultice for the boil needs to be twice as big as the boil.

Mix together 1 tsp Slippery Elm, 1/8 tsp cayenne pepper and enough water to make a stiff dough. Spread this over a small piece of cloth that is twice the size of the boil. Place this directly onto the boil, it should mould and stick quite well. After several hours, this will dry out. After 24 hours, the cloth and now dried-out poultice is pulled off. If this is too painful, the whole area can be washed with warm water till the poultice is softened and then can be taken off with a little more ease. When this poultice is removed, the boil opens and all the contents come out.

* Scalp cleanser and hair conditioner—mix together in a bowl 1 ½ - 2 tablespoons Slippery Elm with enough water to make a soft jelly. A few drops of Rosemary oil can be an added tonic effect to this treatment. Section the hair as if applying hair dye and section by section paint the whole scalp. Tie a plastic bag around the head or a shower cap and leave for at least 3 hours. Shampoo out in the shower. This treatment can very helpful for people with dandruff and eczema on the scalp.

**Charcoal**

* Charcoal’s value lies in its ability not only to adsorb poisons (up to 300x its own weight) but also to neutralize the poison. There are several plants that draw, but charcoal stands alone in its ability to neutralize poisons.
* Charcoal is also a natural antiseptic due to its adsorbing and oxidizing qualities.
* Charcoal also has the ability to quite dramatically reduce inflammation, due in part to its adsorbing and neutralizing properties.

Internally:

* For upset stomachs, nausea, gas, fermentation, indigestion, heartburn, diarrhea or poisoning, charcoal is excellent taken internally. Take one to two teaspoons in half a glass of warm water.

Externally:

* Poultice: 1 Tbsp of Flaxseed in 1 Tbsp of water; gently simmer in a small saucepan until it thickens like a soft gel. Add a Tbsp of powdered charcoal. Place this soft black jelly onto a cloth and spread out to desired size. Pull the edges of cloth over to make a package and apply the poultice to the affected area with the thin side of the poultice touching the skin. Always check that the poultice is not too hot to burn. Cover with glad wrap and secure with bandage or skin tape. If unable to cook the flaxseed, powdered flaxseed or slippery elm or even flour could be used in equal quantities with the charcoal. Add enough water to make a soft paste and continue as above to apply the poultice.
* Insect bites and stings (e.g. ant, bee, snake, spider)—any creature that inflicts a poisonous bite, the above poultice can be applied. The value of the charcoal poultice with poisoning lies in its ability to adsorb and neutralize the poison. In cases of severe poisoning, it is recommended to also take charcoal by mouth every half hour as described for upset stomachs and to change the poultice every half hour.
* Infections, ulcers, boils, and bruises—the above poultice can be applied. An excellent choice for overnight poultices because the skin will not reabsorb the waste in the poultice as the charcoal will neutralize the waste.
* Congested chest—make sure the above poultice is applied warm. This is a very effective poultice for breaking up congestion in the lungs. (e.g. Bronchitis)

**Cayenne Pepper**

* Cayenne pepper comes from the capsicum family. It is a systemic stimulant, not a neurological or nervous system stimulant. Its stimulating effect is on the blood stream. As a result, it strengthens arteries and veins and yet thins the blood. Cayenne pepper never irritates; it stimulates. Cayenne pepper has an effect to revitalize everything it touches; it never harms. Cayenne pepper has a dramatic effect on blood movement which explains some of the above effects.
* Cayenne pepper can be used internally and externally

**Internally**

* The easiest and the most effective way to take cayenne pepper is ¼ - ½ tsp of powder in 1/3 cup water. The reason this is the most effective way is that as soon as the cayenne pepper touches the inside of the mouth, the circulation of the blood is influenced. The accompanying tingle on the mucous membranes of the mouth quickly subsides within 5 minutes.
* For chills, heart failure and shock, especially those needing quick action. ¼ tsp of the powder can be put directly under the tongue. This has the most dramatic effect. The small capillaries immediately dilate and blood flow is increased to every part of the body. There is no known equal to this effect.
* Heart and circulatory system—above is the treatment for an acute or crisis situation. But cayenne pepper can be taken regularly to strengthen the arterial system and keep the blood thin thus preventing heart attacks or strokes. Begin with a ¼ tsp three times a day and build up to ½ tsp three times a day.
* Digestion—recent research shows that the production of digestive enzymes decreases by about 10% per decade over 20 years of age. Cayenne pepper is very effective at waking up and reviving the gastric glands that produce these enzymes. Taken in water minutes before the meal or sprinkled over the meal are both effective.
* Sore throats—the cayenne pepper water solution can be gargled and taken every two hours if needed. When the initial tingle subsides, the sore throat is greatly relieved.
* Potassium—cayenne pepper is high in potassium which is an essential mineral that the body uses for healing. This mineral is depleted especially when a person is under stress.

**Externally**

* To stop bleeding—cayenne pepper is a very adaptive herb. Internally it dilates the blood vessels, but if sprinkled on a cut, it causes the broken vessels to constrict and seal.
* Poor circulation/cold feet—a cayenne pepper poultice can be applied to the feet. Being a circulatory stimulant, the cayenne pepper in the poultice on the feet draws the blood to the area, thus warming the area.
* Directions: fold two serviettes or paper towels in half lengthwise. Lightly sprinkle with olive oil, then sprinkle 1/3 tsp of cayenne pepper on each paper towel. Place the sole of the foot directly onto the cayenne pepper. Wrap the foot in glad wrap and put socks on. This poultice can be left on all night. About 4 or 5am, the feel will be feeling quite warm, the poultices can be taken off and the foot wiped over with a warm washer. For severe cases of cold feet, this poultice can be applied every three or four days until the feet remain warm.

This poultice can also relieve a congested head and a tight congested chest.

Effective when used in conjunction with an onion poultice on the chest.

* Arthritic Joints—cayenne pepper poultice can be applied to painful, swollen arthritic joints.
* Cramped muscles—the heat that cayenne produces relaxes the muscles
* Cayenne pepper, as the most potent circulatory herb, has the ability to intensify the action of every other herb. Cayenne pepper can be used in conjunction with various herbs to increase their effect upon the body.

**Castor Oil**

* No oil can penetrate as deep in the human body as castor oil. Wherever castor oil penetrates, it cleanses, breaks up congestion and disperses wastes and toxins. Castor oil accomplishes these tasks when applied via the skin. It is not advised to take castor oil internally as it acts as a harsh laxative.
* The castor oil poultice: moisten three or four layers of soft cloth with castor oil. Apply to the affected area and cover with plastic. This poultice can be secured in place by bandages or firm fitting underwear. As this poultice down not draw but penetrate, it should technically be called a compress. As a result this compress/poultice can be reused several times, applying a little more oil as it dries out.
* Constipation—the above poultice should be applied to the abdominal area for at least four hours a day, four days a week. If convenient it can be worn overnight. In cool weather apply a hot water bottle over the poultice which helps to thin the oil, increasing the speed of activity.
* Lumps, bumps and bone spurs—castor oil can break up and disperse these conditions. Apply a castor oil poultice nightly. If the bone spur has been there for three years, it may take three months to disappear. If it has been there three months it may take three weeks.
* Cysts and tumors—castor oil has the ability to penetrate and dissolve cysts and tumors. Consistent and regular action is necessary. Apply the poultice nightly or a 4-5 hour portion of every day.
* Hemorrhoids—dip a cotton wool ball into castor oil and then freeze. Insert the cotton ball into the rectum and leave overnight. It will not take long for the hemorrhoids to shrink and the pain to ease.

**Aloe Vera**

* The gel from the Aloe Vera plant contains growth stimulants. These growth stimulants are very similar to those found in comfrey and slippery elm. These growth stimulants can be observed in action when a piece of leaf is cut—a skin quickly grows over the cut area in a matter of hours.
* Aloe Vera also contains antibacterial and antifungal properties with the added plus of being high in mucilage, which is the lubricant also found in comfrey and slippery elm.
* Aloe Vera is very high in a substance called ‘glyconutrients’, which encourages cell to cell communication in the body. Disease can block and break down this cell to cell communication which inhibits healing.
* Aloe Vera contains enzymes that aid in the digestion of food.

**Internally**

* Stomach ulcers, colitis, and irritable bowel syndrome—the Aloe Vera leaf contains a yellow sap just under the skin. This yellow sap is slightly toxic and can cause diarrhea. Aloe Vera coasts, soothes, and stimulates healing in the gastrointestinal tract. When using the Aloe Vera leaf, it is advisable to only use the clear, gel-like center of the leaf. This center can be put through a fruit and vegetable juicer or mashed with a fork.

Dosage: ½ tsp twice a day

Only cut as much as you need at a time as the healing properties quickly deteriorate when exposed to air.

* Cancer—with cancer and other chronic diseases, cell to cell communication is usually inhibited, and the glyconutrients in Aloe Vera can restore this. Does is as above.

**Externally**

* Eczema, psoriasis, skin rashes, nappy rash—the excellent properties in Aloe Vera make it the perfect remedy for all skin problems. Scoop out the clear gel and apply it straight to the skin.
* Burns—for burns, the leaf needs to be cut in two lengths and applied straight to the burn with the Aloe Vera skin intact, and its gel side touching the burn. Not only does this bring relief, but it stimulates healing so rapidly that even a day later, there can be no sign of the burn.

**Charcoal Poultice**

1 freezer bag (1-gallon size)

1/3 cup activated charcoal powder

1/3 cup ground psyllium husk fiber

1 cup cold water

Mix charcoal powder and psyllium husk into freezer bag. While holding bag open at top with one hand, add 1 cup of water with other hand, and squeeze multiple times the bottom of bag with that same hand making sure the water is evenly distributed into the mixture. When a thick consistency has begun to form, lay the bag flat on the table and use edge of hand to spread the mixture all throughout the bag. (You can also use a rolling pin to help). When ready to use, cut edges, scaling to fit the desired body part. Peel back the top layer of plastic and apply directly to the desired body part. Place additional plastic wrap around the area to protect from leaking. Can use an ACE bandage for further support.

 \*Can pre-make and store in freezer. When ready to use take out of freezer and run under warm water. Will thaw in just a few minutes.

Flu Bomb Recipe

Raw crushed garlic (whatever amount you can handle)

¼ tsp grated ginger

Cayenne (whatever amount you can handle)

1 drop of Eucalyptus Essential Oil

Juice of one lemon

1 tsp honey

1/3 cup hot water