

# 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 congestion and dispenses it via the blood stream.*

## **Onion**

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- Onion can be used raw or cooked depending on the condition
- The oils and essences have a stimulating effect on human tissues
- It absorbs morbid matter; it can be used for absorbing toxic fumes (eg. Paint fumes) so throw away any leftover onion.

### COOKED:

#### **Suppurating (Pus Producing) Wounds:**

Roast onion, then split it in half and apply direct

#### **Earaches:**

Dry bake or steam onion for 15 minutes (keep away from water and **do not boil**), then cut onion in half crosswise. Wrap in cloth and bind to ear.

Place two drops of the cooked onion juice onto a teaspoon and drop into the ear for an added help.

### RAW:

#### **Congested Head:**

Slice an onion on a plate, and leave near bed overnight. Breathing in onion fumes clears the airways.

#### **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.)

#### **Chest Complaints Such As Bronchitis, Colds, Flues and Asthma:**

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 then 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.

## 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 the cabbage poultices bring.

### **Cabbage Poultice:**

Remove the hard centre stalk from the leaf and either dip the leaf in boiling water briefly to soften, or pound it with a mallet to soften. When the leaf is softened, it can easily be moulded to the affected area. Cover with glad wrap and bandage.

## Epsom Salt

- The technical name for Epsom salt is magnesium sulphate. It occurs as a deposit left by evaporated mineral waters.
- Epsom salt has the ability to draw off poisons and replenish lost magnesium from the system, conveying it to the nerve endings.
- Epsom salt taken internally is very harsh and not advised.

### **Insomnia and Muscle Cramps**

Put 2 cups of Epsom Salt in a warm to hot bath. Stay in this for 20-30 minutes.

### **Burns**

Make a saturated solution of Epsom salt. Dip cloths in, lightly squeeze and place on the burns. This replaces the lost magnesium while cooling the area. This mix encourages rapid healing in the damaged tissues. This is a very old remedy and a very effective one.

The crystals of Epsom Salt can be mixed with grated potato and applied to burns. This combines two excellent treatments for burns.

## Ginger

- One of the most potent anti-inflammatory herbs on planet earth.
- A very warming herb.
- Internally, it is a gastric stimulant.

### **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 (see above) warms and revitalises the body. A great drink in cold weather.

*(Ginger continued...)*

EXTERNALLY:

**Gout, arthritis, inflamed joints, tennis elbow, bursitis:**

Finely grate fresh ginger, place onto a cloth, fold edges in to make a parcel, place the thin side on the affected area. Cover with glad wrap and bandage in place.

## **Potato**

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- 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.

**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.

**Potato Poultice:**

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.

**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 for longer if it feels nice.)

**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**

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- Garlic can certainly be called a wonder herb! It contains phytochemicals that act as antioxidants, antibiotics, antimicrobial, antibacterial, antifungal and antispasmodic agents.

**Warts:**

Place a slice of raw garlic over the wart while lightly oiling the surrounding skin. Apply bandaid to keep in place. Leave over night.

**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.

*(Garlic continued...)*

### **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

## **Charcoal**

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- Charcoal's value lies in its ability not only to absorb poisons (up to 300x its own weight) but also to neutralise the poison. There are several plants that draw, but charcoal stands alone in its ability to neutralise poisons.
- Charcoal is a natural antiseptic due to its absorbent and oxidising qualities.
- Charcoal has the ability to quite dramatically reduce inflammation, due in part to its absorbing and neutralising properties.

INTERNALLY:

### **Upset stomachs, nausea, gas, fermentation, indigestion, heartburn, diarrhoea or poisoning:**

Charcoal is excellent taken internally. Take one to two teaspoons in half a glass of warm water.

EXTERNALLY:

### **Insect bites and stings (eg. Ant, bee, snake, spider):**

When bitten by any creature that inflicts a poisonous bite, the charcoal poultice can be applied (see below). The value of the charcoal poultice with poisoning lies in its ability to absorb and neutralise 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 charcoal poultice can be applied. An excellent choice for overnight poultices because the skin will not reabsorb the waste in the poultice as the charcoal has neutralised the waste.

### **Congested chest:**

Make sure the charcoal poultice is applied warm. This is a very effective poultice for breaking up congestion in the lungs. Eg. Bronchitis)

### **Charcoal Poultice:**

1 Tbsp of Linseed 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 linseed, powdered linseed 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.

## Cayenne Pepper

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- 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 revitalise 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 way and the most effective way to take cayenne pepper is  $\frac{1}{4}$  -  $\frac{1}{2}$  tsp of powder in  $\frac{1}{3}$  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.

### **Chills, heart failure and shock, especially those needing quick action:**

$\frac{1}{4}$  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:**

The treatment above is 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  $\frac{1}{4}$  tsp three times a day and build up to  $\frac{1}{2}$  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.

#### **Arthritic Joints:**

Cayenne pepper poultices can be applied to painful, swollen arthritic joints.

*(Cayenne Pepper continued...)*

**Cramped Muscles:**

The heat that cayenne produces relaxes the muscles,

**Cayenne Pepper Poultice:**

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 feet 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.

- 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.

**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 does 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 tumours:**

Castor oil has the ability to penetrate and dissolve cysts and tumours. Consistent and regular action is necessary. Apply the poultice nightly or for a 4-5 hour portion of every day.

**Haemorrhoids:**

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 haemorrhoids to shrink and the pain to ease.

## Slippery Elm

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- 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, so it is excellent for coating and soothing the gastro intestinal tract. Not only does slippery elm coat and soothe; it also lubricates, provides nutrients and stimulates healing in the mucous membranes.

Take 1 tsp slippery elm 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.

#### **Diarrhoea, 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 slippery elm 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 babe.

### 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 (eg. 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.

#### **Slippery Elm Poultice:**

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 2 Dsp 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 be very helpful for people with dandruff and eczema on the scalp

## Comfrey

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- Comfrey contains a growth stimulant called *allanton*, which causes massive cell growth. This is particularly helpful wherever tissue damage or bone damage has happened, and explains its nickname 'Knitbone'.
- Comfrey contains a substance that depresses the secretion of prostaglandins. Prostaglandins are primary triggers for inflammation. Comfrey is a potent anti-inflammatory agent.
- Comfrey contains a high mucilage content. This agent is a lubricant. Comfrey is extremely helpful in the lubrication of joints.
- Damaged or broken bones, ligaments, tendons and muscles respond quickly to the application of comfrey. As soon as it is applied, cell regeneration begins at a rapid rate.
- In the spring and summer, the leaves are used. But in the winter months, the healing properties are found in the root, so the root is used in autumn and winter.

### **Comfrey Poultice:**

In summer, the leaves are best pulverised with a mortar and pestle. After this, add a small amount of boiling water to bring out the mucilage, then spread onto a cloth folding the edges over and apply to the area. Cover with glad wrap and secure with a bandage or skin tape.

In winter, dig up the root, scrub well to remove dirt and then grate on a very fine grater. The comfrey in its grated state will resemble a thick gooey mix. Spread this over the poultice cloth, dribble a tsp of boiling water over this to moisten a little more, fold over edges of cloth to make a package and apply to the affected area. Cover with plastic and secure with bandage or skin tape.

**Caution: comfrey cannot be used if a prosthesis is in the body. (Eg.: a pin and plate, screws, hip ball and joint). Comfrey is such an effective healer it will try to expel anything that is not natural to the human frame.**

## Aloe Vera

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- 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:**

Aloe vera coats, soothes, and stimulates healing in the gastro intestinal tract.

The aloe vera leaf contains a yellow sap just under the skin. This yellow sap is slightly toxic and can cause diarrhoea. When using the aloe vera leaf, it is advisable to only use the clear, gel-like centre of the leaf. This centre can be put through a fruit and vegetable juicer or mashed with a fork.

Dosage: ½ tsp twice a day.



*(Aloe Vera continued...)*

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. Dose 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:**

The cut leaf needs to be split in two lengthwise and applied straight to the burn with the skin intact, 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.

