ABSCESSES

External Treatment:

Treatment has to include draining of liver with appropriate plants. The intestines, kidneys and bladder also have to undergo cleansing. Here are some treatments you can try:

- **every morning take liquid clay on an empty stomach (if you can get some from store).**
- **before lunch have an herbal preparation good for the liver, and before dinner take any food or herb tea which is good for blood purification.**
- **Take hot water mixed with lemon after dinner (half a lemon squeezed in a glass of water).**
- **put a poultice of clay on the liver before going to bed.**
- **be careful not to touch affected area, for this would retard the healing which depends so much on cleansing and purifying**
- **apply clay poultices on affected area, renewing them every hour, more or less, depending on condition. Clay should be prepared soft for it dries very quickly. Apply clay until there are shooting pains. Then temporarily interrupt the clay treatment and use one of the following:**
  - **a poultice of cooked onion, or a plaster prepared by diluting 1-2 teaspoons of sea salt in some water and placing it on a flame, stirring constantly. Add clay powder until it becomes a heavy batter.**
  - **Continue to stir for awhile and return from fire.**
  - **Place on a thin cloth and apply this very hot against skin. Put one plaster on at night and one in the morning. Keep in place permanently.**
  - **Cabbage leaves may also be alternated with the clay poultices; Cook whole leaves in a mixture of equal parts of lemon juice and water for several hours and apply.**
- **once abscess has 'ripened', meaning the pus is gathered under the skin, resume the regular clay poultices in the daytime. At night use a large wet compress (cheese cloth soaked in clayish water). Do not cover with anything that does not allow it to breathe; rather, cover with a cabbage leaf which will maintain the humidity and let air enter.**
- **Place cheese cloth on top of the cabbage**
- **keep the area humid so that the cavity does not close, keeping non-evacuated matters inside.**
- **by prolonging the clay applications even when the abscess or boil is well-emptied, the chances of a scar remaining are considerably reduced. Space the poultices further apart and leave them on for 2-4 hours. Between poultices wash the area with unboiled salt water (1 handful salt in 1 quart of water).**
- **Apply Calendula Ointment directly to abscess.**
- **Make Horsetail compress. Put 2 generous handfuls horsetail herb in sieve, heat them up over pot of boiling water. When piping hot, wrap it up in clean linen cloth and apply directly to affected area, binding gently into place with another cloth. Leave for several hours or put on before going to sleep and leave it overnight.**
- **Can apply a little undiluted Swedish bitters to abscess several times a day.**
- **Pour a little milk into a pan just enough to cover bottom completely. Add 4 oz cottage cheese. Mix milk and cottage cheese well, warm them up gently on low heat, stirring constantly. When warm, spread on clean linen cloth and lay on your chest overnight, binding it into place with another cloth and layer of plastic film to protect bedclothes.**

Types of poultices to try to help healing:

- **poultice of carrot**
- **poultice of potato**

- **poultice of slippery elm, wild sage, lobelia (equal parts)**
- **poultice of 3 pt mullein, 1 part lobelia is good**
- **poultice of flaxseed, lobelia and goldenseal**
- **poultice of leek boiled in milk**
- **poultice of ground ivy and yarrow**