CABBAGE POULTICE

External applications of raw cabbage can be helpful in encouraging local circulation thus relieving lymphatic congestion and reducing inflammation. They can also help to draw out infected matter and toxins from the body. They are useful in treatment of arthritis, chest infections, laryngitis, tonsillitis, lymphatic blockages, tumors, gangrene, sciatica or other nerve pains and skin infections.

To Make a Cabbage Poultice:

- **Finely chop green cabbage sufficient for the area to be treated.**
- **Place cabbage in a blender with just enough water to make a thick paste.**
- **Spread the cabbage past 1" thick over a piece of cheesecloth, muslin or a clean tea towel. The size should be sufficient to cover the desired part of the body.**
- **Place the cloth, cabbage side only on the skin, over the area to be treated.**
- **Cover with a clean, dry cloth, then wrap the whole area in a thick towel or flannel cloth.**
- **Leave the cabbage poultice in place for 15-60 minutes depending on the severity of the condition and the reactions of the person. It is intended that the treated area should get red and warm but no burning should be allowed to occur. If the person becomes uncomfortable, then remove the poultice and wash the area with cool water.**
- **Have the person lie down and rest during the duration of the application.**
- **After removing the poultice, wash the area with tepid water.**
- **The cabbage poultice can be repeated 2-3 times daily as needed, using fresh cabbage each time.**