POULTICES

A poultice is a herbal preparation of soft, semi-liquid mass made of some cohesive substance mixed with water, vinegar or other substances and used for supplying heat and moisture to an area, or to act as a local stimulant. Have the herbs ground or granulated. When using fine powder, just use enough moisture to make a thick paste; and when using the granulated form, a thick paste may be made with a mixture of water and cornmeal (or flaxseed meal). If fresh green leaves are used, simply heat, bruise, triturate or chop them up finely and apply to affected parts.
Poultices are excellent for enlarged or inflamed glands (neck, breast, groin, prostate) and also for eruptions, boils, carbuncles, abscesses. A simple ripening or suppuration poultice is made as follows:

Prepare a soft composition with bread and milk, adding a quantity of boiled or raw onion (soften with vegetable oil or fresh butter where necessary). dosage: be generous when making poultices, covering the afflicted area thickly.

For external use, herbs can be made into poultices or compresses (also called fomentations) and into salves and oils.

Difference between Compress and Poultice:

A COMPRESS is a cloth wet with a hot herbal infusion used on the skin. A POULTICE is a cloth with the moistened dried herb (the tea dregs) wrapped in it and placed on the skin.

With fresh herbs, place the crushed herb leaf directly on the skin.

USING POULTICES

A poultice is a soft, semi-liquid mass placed directly on the skin, covered with a cloth to hold in place, or put in gauze bag or thin cloth bag and applied to the skin.
Poultices are not used on large, open wounds. They are used for inflammation, boils, strains, slivers, abscesses, cysts, tumors, chest congestion, insect bites and sprains and work by helping the circulation to the area, drawing out poisons or toxins and soothing inflammation.

Before doing a poultice, clean the infected area. Once you have used the food or herb, discard it and do not reuse.

Note: Mustard, onion, garlic, or cayenne can be irritating and cause the skin to blister.

Examples of Poultices:

Bread and milk: Add a quantity of boiled or raw onion that has been softened with vegetable oil. Cover the area thickly.

Tea poultice: moistened dried crushed or chopped herb with the tea bits wrapped in it thin cloth and place on the skin.

Fresh herbs: place the crushed herb leaf directly on the skin.

Grated raw potato: highly alkaline, draw out acid irritations. For congestion in the head if you have a cold, sinus trouble, hay fever and asthma. Use on veins so they can drain and function. Slice of raw potato will help bee stings.

Cooked mashed potatoes: For earaches. Put warm between thin layers of cloth and apply to area until pain subsides.

Red beets: powerful drawing effect when grated and applied to the affected part. Draws out pus,

infections, splinters that may be deeply imbedded in external areas.

Onion: for boils. Chop onion fine, put between two pieces of cloth, apply directly to area for at least an hour.

Raw Cucumbers: grated or liquidized are good for the skin by simply applying them as compresses or poultices. Use slice of raw cucumber on bee sting.

Plaintain leaves: pick, macerate and apply to insect bites.

White Oak Bark: made into a decoction, then as a compress or poultice to the area for 30 minutes at a time, many times a day to help blood clotting and stagnation.

Plantain or Comfrey Leaf: Insect bites and poison ivy rashes respond wonderfully to poultices of comfrey leaf, plantain or jewelweed and bee stings to a slice of raw cucumber, potato, squash or zucchini.

Carrot: for small wounds. Peel, boil, chop until soft and mushy. Apply warm to wound and wrap with cloth to keep in place. Usually feel stinging or throbbing for first 20 min.

Potato: highly alkaline, draw out acid irritations.
Cut, grate or liquidize and apply as compress or poultice to jugular veins. Relieves congestion in the head which is usually experienced in the common cold, sinus trouble, hay fever and asthma. Relieves the swelling in the veins so they can drain and function.
Slice of raw potato will help bee stings.
For bronchitis use Potato Pack/poultice: Cook whole potato with skin on. Mash. Mix with lard, wrap in a tea towel. Apply as hot as possible. If needed use hot water bottle. Apply for 1-2 hr.

Onions, Mustard, Bran, Clay: Naturopaths rely on hot poultices of onions, mustard, bran or clay to detoxify the body in various ills and congestions. There are wonderfully soothing. See the printout on clay separately.

Salt Poultice. Water follows salt, therefore a salt poultice pulls stuff out. Wet the skin, sprinkle with salt, wrap it with something eg. tie a scarf on it.

Mustard Poultice. Mix 4 tbsp flour, 2 1/2 tbsp mustard and 2 tbsp vinegar with lots of water to make a thin paste. Cover the area eg. the full length of the spine with the mustard mixture spread on a cloth.

Frequency? For acute situations, one or two sessions in a 24 hour period may clear the problem. For chronic situations you may need to repeat it daily for several weeks.