

# Common Poultices



**HEAL-ALL TEA** – Use as a poultice on all manner of injuries, infections (including staph infections), diaper rash, bed sores, boils, pimples, cysts, wounds, etc. It is our strongest cleanser with herbs that encourage cellular detoxification and regeneration!

**BAYBERRY** – Can be applied on skin for cancerous and ulcerated sores. It is a strong cleansing and regenerating herb.

**CLAY** – Excellent healing agent. Good for skin problems, such as eczema. A swollen liver can be helped with clay packs. It is suggested that clay should be taken internally a few days before using as a pack on the body. It can be used for boils, carbuncles and tumors. Use under the guidance of a knowledgeable practitioner.

**COMFREY** – An excellent wound and bone-knitter. Can be applied externally for burns, sprains and wounds. It has been used as a hot poultice in helping ease the pain from bursitis.

**GINGER** – Add powdered ginger to boiling water. Soak a cloth in ginger water, and apply to help relieve pain, or to bring blood to surface in congested areas. Ginger baths, and soaking the feet in ginger tea will help reduce pain.

**HOPS** – A poultice soothes inflammations and boils and helps reduce the pain of toothaches. The Lupulon and Humulon properties help to prevent infections.

**MULLEIN** – Used for swollen lymph glands and lymph congestion by using 1 part lobelia and 3 parts mullein.

**PLANTAIN** – This is a valuable first-aid remedy. Apply mashed or crushed herb on a cut, swollen sore or running sore. Secure with clean bandage. Discard pulp, replace as needed.

**POTATO** – Good for drawing infections, tumors and warts. Use by grating raw potato and add ginger (to stimulate the action of the potato).

**WHITE OAK BARK** – Use for hemorrhoids and varicose veins.

**YARROW** – This is a good poultice for wounds and inflammations, and to reduce swellings and ease earaches. The poultice will also soothe bruises and abrasions. For nosebleeds, the leaves are steeped in water and then placed in the nostrils. Also useful for nicks and cuts. It can be used as a wash for eczema, rashes, and poison ivy.

# How to Make a Poultice

We will often recommend that a member use the Heal All Tea as a poultice for wounds, swollen lymph nodes, skin issues, and a variety of other ailments. You can also use our accompanying poultice handout to create your own personalized poultice.

Here are the instructions for making a poultice with either the Heal All Tea or other herbs you may choose to use.

Grind dried herbs with a mortar and pestle and place in a bowl. Add just enough hot water to make a thick paste. If using fresh herbs, you can simply grind and soften the herbs to a gooey mass, or you can grind and then simmer the herbs in water for a couple of minutes, using about twice as much water as herb.



Spread the herbal paste over a piece of clean cloth that is large enough to cover the affected area of skin. Gauze, muslin or other light cotton fabrics work well.

Place the fabric with the poultice over clean skin (just-cleaned is best) and then cover with a hot cloth. If it gets messy, then wrap the entire area with a towel. Leave the poultice on anywhere from one hour to twenty-four hours.

You can repeatedly warm the area by replacing the hot cloth or by applying a hot water bottle instead.

