

White cabbage Poultice
Brassica Oleracea Linn

Medicinal Uses:

This (vegetable) herb is good as a poultice for drawing out pus and other gloomy body exudates.

- Juice of red cabbage used for chronic coughs, bronchitis, asthma.
- Juice of white cabbage used to treat warts.
- Bruised leaves of the common white cabbage used for blisters, and inflammation.

Just take the inner leaves of a common white cabbage, wash them well, and dry them. Bruise the leaves using a rolling pin or some other like instrument to soften them and place them on the affected area. Hold the leaves in place by wrapping a loose bandage or small towel around them. Leave the cabbage poultice on for half to one hour, then replace them with a fresh one.

Chilean recipe for cabbage poultice:

This is used to support the lungs when having a severe bronchitis, cough, or breathing problems.

In a pan heat a cabbage leave until warm enough to place directly on the chest, and cover with news paper or a dry towel . You can also apply a hot water bottle to keep it warm.

Comfrey (*Symphytum officinale*)

Family: Boraginaceae

Comfrey leaves and especially the root contain allantoin, a cell proliferant that increases the healing of wounds. It also stops bleeding, is soothing, and is certainly the most popular ingredient in herbal skin sales for wounds, inflammation, rashes, varicose veins, hemorrhoids and just about any skin problem. Taken internally, comfrey repairs the digestive tract lining, helping to heal peptic and duodenal ulcers and colitis. The leaves moisten the lungs, help dissolve and expel mucus, soothe the throat, lowers fever, relieve cough and treat asthma. It is applied externally as a poultice and taken internally to promote healing of injured tissues and bones.

So use it when you feel the need of healing a tissue, for cuts, burs, any kind of wounds, Comfrey is a great help for bruises too.

When you have “bone pain”, muscle pains, etc

Fresh Comfrey poultice:

- 1: Chop about 3 cups of fresh Comfrey and place them in the blender
- 2: Add about 1 cup of water and blend it in a nice paste and put it in a bowl.
- 3: Add flour and stir. Keep adding flour one or 2 handful at a time and mixing it in until it becomes easy to handle, like peanut butter.
- 4: Spread your poultice onto a cotton cloth and wrap them up.

You can put them in ziplock bags and freeze them until you needed.

This poultices can be applied cold or room temperature or heated gently until it feels right for you.

Dry poultice:

Smash the dry comfrey leaves with warm water or a nice infusion, work it until you feel comfortable with your paste and use it in the affected area.

Garlic (*Allium sativum*)

Family: Liliaceae

Garlic is the perfect example of food as medicine. It is a good thing it is so popular in cooking, for many people are keeping themselves healthy with herbal medicine without even knowing it. Garlic is said to have originated in the plains of central Asia, and has been used medicinally for over 5,000 years.

This seems to be the catch all number for medicine in China since that is what they have recorded evidence for. Most likely, humans in Asia were using it a lot longer than that. Being it keeps so well, it must have been some the earliest traded items when trade routes opened up to other parts of the world to and from Asia

An effective antifungal and antiseptic, it acts swiftly on candida, thrush, all kinds of worms, and skin infections such as athlete's foot, both when taken internally and applied directly to the affected area. It is also used to prevent and treat heart disease, influenza, HIV, arthritic inflammation and high blood pressure and cholesterol.

Garlic is THE MOST powerful herb for the treatment of antibiotic-resistant bacteria. (followed by grapefruit seed extract) Stephen Buhner says " No other herb comes close to the multiple system actions of garlic, its antibiotic activity, and its immune-potentiating power."

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There are entire books written about garlic, such as "The Healing Power of Garlic," by Paul Bergner and "Honey, Garlic & Vinegar Home Remedies and Recipes," by Dr. Patrick Quillin

We are using the bulb and cloves (what the bulb breaks up into) for medicine and food.

- When the cloves are bruised or crushed, garlic produces a byproduct compound called allicin. This compound is mainly responsible for its antibiotic activity.
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Some recipes :

Use Garlic medicinally. Try making an oil with garlic. Not only will this help with coughs, you can also cook in it! You can also make a garlic vinegar with apple cider vinegar. Take this regularly to prevent colds/flu OR take it when you feel a cold coming on (instead of taking raw garlic).

Garlic Oil : putting 8 bulbs in a blender (or chop well), put in a quart jar and cover with olive oil. Shake well. Keep it in a warm place for a few days, and stir it around once a day. Strain, and store in a cool place. Use it for ear aches, on the feet for heavy coughs, or in your salads and stir fries. :)

Garlic foot wrap: As an alternative to antibiotics for bacterial infections such as pneumonia: Mince 4 cloves of garlic. Make a thick paste adding olive oil. Spread the mixture carefully on the soles of both feet. Then cover with a cotton sock and send your loved one to bed. Note: For a child or an adult with sensitive skin, spread mixture on a cloth and put the cloth between garlic and foot. Child's dose: 1 clove per foot.

Garlic Plaster: Put 8 to 10 cloves of garlic in the food processor and cover with oil until you have a nice thick paste. Place it in a cheese cloth , fold it and place it in the chest to support the lungs when having congestion , severe coughing and even pneumonia. Place a hot bottle water on top to keep warm (THIS IS ANOTHER EXAMPLE OF FOMETATION)

Garlic honey: Press or chop about 6 small cloves of garlic and place in an 8-ounce jar. Fill the jar with honey. Use after a day or let it sit for a couple of weeks. When ready, leave garlic in or strain it off. Add the honey to your salad dressing or drizzle over any cooked foods. Keep it on the counter through any challenging period and take a teaspoon from time to time.

Garlic vinegar:(Follow steps above using vinegar instead of honey.) It makes a great base for salad dressings or other sauces.

Mud Poultice

This will help soothe any inflammation, it can be used for:

Poultices

Place a piece of gauze or cloth (or even paper towel), folded in two, using a wooden spoon spread an even layer of mud onto the prepared cloth.

Compresses

To use as a compress soak a fine bandage in thin mud. Squeeze out the excess water. Wrap the soaked bandage around the injured area, not too tight, and cover it with another bandage. For even more relief try applying a layer of mud on top of the injury before applying the compress.

Sunburn

Mineral mud soothes burned skin, relieves pain, draws out the heat, diminishes redness and prevents blistering. The mud removes dead skin cells then repairs and rejuvenates the cells damaged by the sun, drawing out any impurities lying under the skin. Applying mud to the burned areas as soon as possible may assist in avoiding problems in the future like skin cancers and melanomas.

Apply thin mud to the whole sunburned area as soon as possible. When the mud dries rinse it off with cool water and repeat the application as often as needed to ease the pain and soothe the skin. You'll find the mud will get hot as it draws out the heat. Apply it more thickly to very burned areas. Continue reapplying the mud until it no longer goes hot on the skin, it usually takes two or three treatments.

Minor Burns

Burns are treated in a similar way as sunburn. If the burn is very bad and the skin is broken don't run it under running water as the skin may become even more damaged, soak it in a basin of cold water instead, then apply mineral mud using a poultice. Continue applying mud after the pain has gone to prevent scarring. Nasty burns have healed very quickly without blistering and scarring.

Headaches

Headaches, sinusitis, ear inflammations, persistent headaches treatment consists of applications of mud on the nape of the neck alternating with local poultices. For migraines, use poultices alternately on the nape of the neck and forehead.

Warm mud may work better on some headaches than cold mud. Mud works well on its own, however adding a few drops of essential lavender oil to the mud may also help.

Itches and Stings

In tropical areas every insect bite and open wound has the potential to become a tropical ulcer. Applying mineral mud straight away stops the bite or wound from becoming infected in the first place.

Furthermore, mud relieves the sting or itch from bites very quickly and eliminates scratching, another cause of infection.

Varicose Veins

Spread an even layer of thin mud over a large area of leg. Light applications repeated as often as possible are best, but you will have to persevere with the treatment. Put on the mud whenever you have the time, even if it's only for 10 or 15 minutes.

Onion poultice

Allium Cepa

Onions have a variety of medicinal effects. Early American settlers used wild onions to treat colds, coughs, and asthma, and to repel insects. In Chinese medicine, onions have been used to treat angina, coughs, bacterial infections, and breathing problems.

The World Health Organization (WHO) supports the use of onions for the treatment of poor appetite and to prevent atherosclerosis. In addition, onion extracts are recognized by WHO for providing relief in the treatment of coughs and colds, asthma and bronchitis. Onions are known to decrease bronchial spasms. An onion extract was found to decrease allergy-induced bronchial constriction in asthma patients.

Onions are a very rich source of fructo-oligosaccharides. These oligomers stimulate the growth of healthy bifidobacteria and suppress the growth of potentially harmful bacteria in the colon. In addition, they can reduce the risk of tumors developing in the colon.

Antiseptic, diuretic, expectorant and rubefacient. Onion's antiseptic properties as a juice or paste have been used for wound healing, skin complaints (acne), insect bites, hemorrhoids, boils, toothache, ('as moch for that purpose as to lay an unyon to my lytel fynger for the tothe ache', Brinklow, 1545), earache and respiratory complaints. The raw juice is diuretic and the whole onion is an appetite stimulant and digestant. It has been used as a vermifuge. It is believed to stimulate the liver and is beneficial to the heart and nervous system.

Use at home to reduce the acute condition of cough, croup, bronchitis, strep throat, kidney infection, eye infection , arthritis and whatever else it hurts.

- 1: Chop 3 or 4 onions fine.
- 2: Saute them in oil (it doesn't matter what kind of oil)
- 3: Cook the onion until they become translucent, but don't cook them too much.
You want them to be hot and flexible, not mushy.
- 4: Now, slowly pour on some apple cider vinegar (just enough to almost, but not quite, float the hot and flexible onions)
- 5: Turn the flame down for the next steps to prevent the Onions from sticking to the pan.
- 6: Add Cornmeal or Flaxseed meal. Both of these are high in fat, so they absorb, and later radiate the heat.
- 7: Using a spatula, mix together and knead the onions, the oil, and the meal into a wet mass.(not too wet, not too dry, but peanut butter like).
- 8: When this is done to your satisfaction, put it on a piece of cheesecloth, muslin, etc, fold it over like a flat omelet
- 9: Apply the hot onion poultice to the body.

(When treating the lungs, following a chest poultice, turn the person over and apply another onion poultice on the upper half of the back)

Onion Poultice for Earache:

To make and apply an onion poultice for relieving the pain of an earache:

- 1: Cut a medium size Onion I half and bake it at low temperature until it is soft.
- 2: Place the warm flat surface of the baked onion directly on the ear.
- 3: Secure it with a cloth bandage wrapped around the head, (Van Gogh fashion).

This will soothe the ear and relieve the pain.

Plantain: *Plantago major*, *Plantago lanceolata*

Family: Plantaginaceae

Here are a few things to know about plantain...

It is well known for its ability to "draw." That may come from its ability to draw up minerals to the soil. Well, it also draws things like dirt, stingers, insect venom, and infectious materials.

- It's drawing power is also helpful for abscesses around teeth and other tooth infections.
- It's helpful for bronchial infections and pneumonia.
- It's cooling, drying, and moistening. Its seeds are mucilaginous.
- It has vitamin C and B. You can eat the young, tender leaves in a wild foods salad.
- It has many medicinal uses, but most often talked about for afflictions of the skin, open wounds, boils, burns, irritations, sun burn, poison ivy, acne and even eczema.

It's an herb that you can access simply by chewing it up and placing it on a wound. The laying on of leaves is very powerful medicine. And, it's one you can easily share with anyone. A friendly plant that is always around to help us in need.

Preparing plantain leaf:

- **Spit poultice:** Pluck a fresh plantain leaf and chew it well; then spit it on the wound.
- **Pounded poultice:** Pound a large fresh plantain leaf between two stones; apply to wound.
- **Infused oil:** Fill any dry glass jar, large or small, with chopped fresh plantain leaves. Then fill jar to the very top with olive oil. Cover well. Label. Place in a bowl or on a plate. After six weeks, decant and use.
- **Ointment:** Warm infused oil. Add a large spoonful of beeswax to the warm (not hot) oil and stir with your finger until it melts. Then pour your liquid ointment into small jars. The more beeswax you use the harder the ointment will be.