**Poultice Reference Sheet**

**Cleansing and Drawing Treatments**

**Onion Poultice** - Congestion, Sore Throat, Ear Ache

Warmed onion, put in cotton cloth, place on chest, throat or feet, cover with plastic. Place a towel or wool cloth over poultice to keep warm

**Potato Poultice** - Inflammation of muscle tissue

Shredded Potato put in cotton cloth, place on any area that is inflamed. Wrap with plastic to keep in place

**Ginger Poultice** – Joints

Grate ginger put in cotton cloth, place on achy joints

**Charcoal Poultice** – Poisons, snake bites, bee stings

Grind Flax seed then mix with equal part charcoal. Add enough water to make a slurry. Place mixture in absorbent bed pad, place charcoal side down on affected area, wrap to hold in place

**Castor Oil Pack** – Congestion of the internal organs

Apply castor oil on a cotton cloth, place on affected area, cover with plastic. This application can be reused by adding more castor oil to cloth as needed