Onion Remedies



ONION POULTICE

An onion poultice is an effective way of breaking up mucus in the lungs and then expelling it through coughing or swallowing the mucus, which is then expelled through the digestive tract. This is best used right before bedtime or naptime if dealing with younger ones.

Chop up an onion and place in a pan with some olive oil sauté on low until translucent.
Lay out a cheesecloth or cotton dish towel and pour the warmed onions on the cloth and wrap up like a burrito. Place over the chest and adhere with plastic wrap or lay a hand towel over the muslin bag and adhered with an ace bandage. Have the patient sleep with the poultice. I had my son watch a movie and then placed a hot pad over the poultice to keep it warm, which will help with penetration.

ONION SYRUP

Onion syrup is a wonderful way to treat sore throat, respiratory conditions, coughs, colds and any time you are feeling a tingle or under the weather. The medicinal properties of the onion are extracted into the medicinal properties of the honey and makes a powerful immune tonic.

1 onion, sliced thinly
Raw honey
Optional additions:
ginger
garlic

Place the onion slices in a sauce pan and just cover with raw honey. Turn on low heat or if you have a hot cooking oven like mine, the warming burner. Let it sit on low for a couple of hours until the onions have softened, be sure not to let the heat get above 100 degrees. Rosemary just leaves her onions in the syrup but I had to strain them for Little Man to take - you choose.

ONION PULLING TOXINS AND BACTERIA

Onions can pull toxins from the air and the body. If you cut an onion in half and place it in the bedroom of a sick person, it will pull harmful germs and bacteria from the sick one right into itself. Be sure to replenish with a new onion each day until the person is feeling better.

You can also place a slice of onion on the bottom of the feet and adhere with a sock. First massage olive oil onto the foot to prevent any irritation. The onion will pull out toxins and harmful pathogens from the pores of the feet right into itself.

**garlic can be substituted for onion in any of these remedies*



