Chest Plasters

Plasters work like a poultice in drawing out toxins, relieving inflammation, cooling, moistening, pain relief, stimulate circulation and to promote proper cleansing and healing of an area. The difference between a plaster and a poultice is that herb material is placed between a thin cloth or dense material such as flour or cornmeal is added to the base.

Plasters are a wonderful healing tool for lung congestion as they break up mucus, draw out toxins and bring pain relief. Always apply olive oil or even better, glandular oil to the chest before applying the plaster to protect the skin and aid with deeper penetration. Leave on for 20-30 minutes.

MUSTARD PLASTER

Mustard plasters have been used for centuries to aid the body in breaking up and expelling mucus from the lungs. Because of the heat in the mustard always add to a base material such as flour or cornmeal.

¼ cup ground mustard seed
½ cup flour or cornmeal
warm water

Place the mustard and flour in a bowl and stir until well incorporated. Slowly add warm water while stirring until a smooth paste is formed. Take a cheesecloth and fold it to have three layers thickness. Apply the paste and fold up like a burrito. Apply to chest for 20 to 30 minutes. You can also apply a heating pad on top for deeper penetration.



HERB PLASTER

Choose any expectorant or lung support herb. Comfrey is a favorite of mine so I like to combine it with other herbs such as mullein or peppermint or you can just use it alone.

½ cup dried or powdered herb material or use fresh leaves
warm water

Place the plant material in a bowl, if using powdered herbs add enough water to make a paste. Dried herbs will need less water and add just enough for the material to absorb the water.

Fresh herbs add just a little water and mash up with a mortar and pestle or other method of your choosing.

Apply moistened plant material to a cheesecloth folded in three layers and wrap like a burrito. If there is too much water, gently "wring" it out so it isn't dripping.

ONION/GARLIC PLASTER

Chop up an onion and mince garlic. Place in a pan with some olive oil sauté on low until translucent then pour over the cheesecloth to create the plaster.

