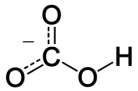




SNAKE & INSECT BITES
CHARCOAL (*neutralizes poison*)

Activated charcoal powder is messy, so put it in a ziploc bag with an equal amount of slippery elm, bentonite clay or psyllium powder and some water. Squeeze out the air, knead mixture until thick. Then, refrigerate or freeze. When needed, cut off one side of the plastic (*keep the other on*) and apply the charcoal side to the wound with a cloth or bandage over it. (*When pus is visible, always use charcoal.*)



TUMORS, CANCER
BAKING SODA

(*alkalinizes body tissue*)

Cancer cannot live in an alkaline body. This DAILY treatment requires 2 people. Put 1 cup **aluminum-free** baking soda in a gallon of very warm water. Stir, immerse cloth, squeeze out the solution and quickly wrap around a body part of the patient (*while they are lying down*). Cover with saran wrap (*to hold in the heat*) and top with a wool blanket. Wrap each arm, leg, breast, abdomen... It'll take about 20 minutes to do the whole body. (*Also, take hot baths with baking soda & avoid acid-forming junk food.*)



COLD, FLU, RHEUMATISM
MUSTARD PASTER

(*breaks up congestion*)

Mix water with 4 TBSP flour (*any kind*) with 2 TBSP ground mustard seed until it is a paste (*not runny*). Put it on a dry cloth and fold it. Do not apply paste directly to skin—it may burn. After about 20 minutes, rinse it off.

SPRAINS, INFLAMMATIONS
COLD, HOT, COLD

Cold narrows blood vessels, **heat** expands them. Therefore, alternating heat & cold can bring relief by causing better circulation of the blood (*& blood HEALS!*)

Start & finish with COLD

Cold (30 seconds) to calm inflammation Fill a sealable plastic bag with one part rubbing alcohol and three parts water, and then freeze (*or use a frozen wet cloth or a bag of frozen peas*). Add a layer of thin cloth between the ice pack and skin to prevent freeze-burns.

If it is an inflamed WOUND (*like a sore finger*), you can immerse it in cold water.

Heat (3 minutes) to draw blood.

For a re-usable heat pack, fill an old sock or small pillowcase with rice or barley, and sew closed. Heat in a microwave oven for about a minute

Or, for a WOUND, immerse in hot water (*but not burning hot—test it first*)

Alternate cold & heat 3 times, always ending with cold to reduce inflammation.

Drink plenty of water!

The quick temperature changes could cause dehydration.

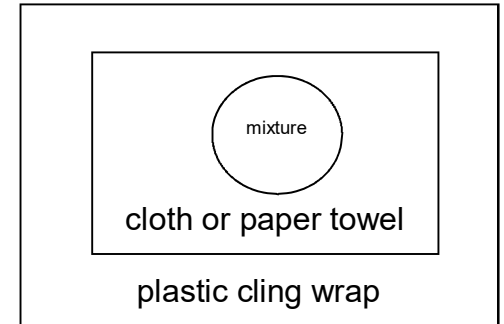
Adjust heat & cold based on how it feels!

You can trust that your body will 'like' what helps it, and won't 'like' what isn't helping. Remember, your body is **brilliantly** designed to regulate itself to kill pathogens with fever, increase blood pressure when needed, and a million other 'medical procedures' daily!

Folk
 Medicine 
Poultices

written by
grandma ginger
 (*no credentials but age*)

3 layers of a **POULTICE**:



Most of these poultices are taken from an **excellent** 'Natural Remedies' lecture available free on You Tube by **Barbara O'Neill** of Misty Mountain Health Retreat in Australia

Disclaimer: This information is given at no charge, and may be copied. It is NOT medical advice, it's just old fashioned methods of treating ailments that have been used in many cultures for many generations. They may, or may not, benefit everyone. Stewardship of your body is totally your responsibility.



CYSTS, STONES, TUMORS

CASTOR OIL (*dissolves/breaks up*)

Put a small amount of good quality castor oil on a cloth on layers of plastic wrap (*you don't want it leaking out*). Place the poultice on the abdomen or breast and bandage or wrap some cloth around to hold it in place (*but not too tightly*). It can take days, months or even years of daily poultices to break up a cyst or breast lump.



FROSTBITE, NEUROPATHY BLOOD CLOTS, BLEEDING,

ULCERS, (& even HEART ATTACK)

CAYENNE (*stimulates blood*)

Cayenne (*capsicum*) is **not** chili pepper! In a cayenne poultice, use a drop of oil to hold the cayenne powder together and apply it directly to the feet or other skin—it won't burn skin, only draw blood to the area—great for cold feet. Wrap & sock.

To activate a sluggish thyroid, apply a cayenne poultice to that area. To heal an open wound, immediately apply cayenne powder. It will **briefly** tingle (*sting*) but quickly begin mending the tissue.

Use cayenne pepper internally (*in food or drink*) to heal ulcers & boost hydrochloric acid levels (*necessary for digestion*).

(Note: drinking 1 tsp cayenne powder in a glass of water might stop a heart attack.)

SPRAINS & FRACTURES

COMFREY LEAVES

have been used for centuries to knit bones back together. That's why it's called 'knit-bone' or 'bone-knit' in herb books. The leaves are a bit prickly but can just be wrapped around an area with a cloth or sock to hold in place. (*A friend of mine did this & it mended her ankle fractures in 2 days.*)



EAR INFECTION, SINUSITIS

GARLIC (*anti-biotic*)

For an **ear infection**, use a clean eyedropper to put fresh squeezed garlic **juice** in olive oil in the **ear**. Lie down on the other ear for 30 minutes. For **sinusitis, pneumonia, cancer** or other fungal issues, grate garlic and put in a poultice on the **bottoms of the feet**. Put it on a **cloth**—rather than thin paper towels—because garlic can blister tender skin. The garlic will penetrate the entire body and kill pathogens (*you may taste garlic after applying it to the feet*).

For female problems, a peeled, pierced garlic clove can be inserted like a tampon for quick relief. (*Women can even use this to stop a severe sore throat or flu.*) The **BEST** blood thinner is to drink 2 liters of **water** per day but **garlic is the 2nd best blood thinner** (& *hence, blood pressure reducer*). It also can chelate heavy metals out of the body and, as an anti-biotic, is 6 times more potent than tetracycline.



GOUT, ARTHRITIS, BACK PAIN

GINGER (*draws out pain*)

A grated ginger-root poultice wrapped around an arthritic finger or on a lower back can alleviate the pain and will 'heat' up the area—though not burning the skin. It's best applied at night before bed. Drink fresh ground ginger root tea for stomach pains or nausea or cramps. The ginger root is anti-fungal, regulates blood sugar, lowers cholesterol, eases inflammation, improves digestion and kills cancer cells (*as does garlic*).



COLDS, COUGHS, EARACHES

ONION (*draws out congestion*)

For a cough: Cut up a **RAW** onion, put it in 2 plastic bags. Then put a foot in each bag, tie loosely at the ankle and put a sock over each bag. Go to bed. In the morning, discard bags.

For earache pain: Steam an onion (*with peel on*). Slice in half, let cool a few minutes, test for heat, squeeze out a little juice and put in ear, then apply the halved onion & top with plastic to keep warmth in (*if it gets cool, the pain returns, do it again*).



SPLINTERS, SPRAINS, STYES

POTATO (*cools inflammation*)

This is gentle and alkalizing. Grate a small amount—so it won't be too wet—and put in the center of a cloth or paper towel on top of some plastic wrap (*see diagram*) and **secure to hurting area** with medical tape or bandage. Let pus form and come out. Repeat process. It keeps skin tissue soft—so things like splinters can't get lodged in. It calms inflammation. It can also be used on **styes** or conjunctivitis. (*Note: egg white will also remove a splinter when it dries—the skin tightens & the splinter pops out.*)

Disclaimer: This is written by a very healthy grandma who has NO medical credentials at all and has no intention of making any profit from sharing this information. It is not medical advice. It's what folks have done for thousands of years.

Your body is YOUR responsibility! This is just what I've learned and it seems to work for me. It's up to you to discover what helps your body get and stay healthy!