

A close-up photograph of a field of white daisies with bright yellow centers. The flowers are set against a dark, moody blue background, which makes the white petals and yellow centers stand out. Some flowers are in sharp focus, while others are blurred in the foreground and background, creating a sense of depth. The overall tone is serene and natural.

PLASTERS

North East Natural Health Centre Cooking Corner

PLASTERS

— Home Remedies —

Plasters:

A cloth soaked in a herbal infusion or decoction and apply externally to the skin. Plasters can be very effective in relieving bruising, swelling, pain and inflammation, and for soothing headaches and fevers. They can also be used to help clear skin complaints such as acne. To use a plaster, soak a clean cloth or towel in the herbal infusion (boil a cup of water and infuse 2 tsp of dried herbs for 10 mins), wring out the excess and apply as hot as possible to the affected area. *If it has cooled you can put a heat pack on top or top up with a Quarter cup boiled water.

Consider: chamomile tea, relax bath salts, pain and inflam bath soak, herbal tincture of eyewash, Boswellia for acne, THU/thuja for molluscum.