

# POULTICES

A still life composition on a light-colored wooden surface. In the center is a small white bowl filled with dark, dried, elongated seeds or herbs. To the right of the bowl is a bundle of fresh green herbs, including leafy greens and stems with small white flowers, tied together with a piece of twine. Scattered around the bowl and bundle are several sprigs of thyme. In the top left corner, there is a piece of white fabric with a dark, patterned border. In the top right corner, a portion of a dark, shallow bowl is visible. The overall lighting is soft and natural, creating a warm and rustic atmosphere.

*North East Natural Health Centre Cooking Corner*

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# POULTICES

*— Home Remedies —*

Poultices:

Poultices are often used to relieve muscular pain, to relieve pain associated with sporting injuries, and to draw pus from boils, ulcers and infected wounds.

To prepare a poultice, hang a sieve containing fresh or dried herbs over a saucepan of water and bring the water to the boil. Cover and steam for a few minutes. Spread the softened herbs on a cloth and place on the affected area.

**\*\* potato, slippery elm and onion\*\***

Cover the poultice with a heat pack & leave on for 5min – 2 hours.

Consider: grated potato, onion, slippery elm, comfry tea, yarrow tea.