CHARCOAL & FLAXSEED POULTICE

A Simple Drawing Poultice to Make at Home

This is a very simple poultice, but a very effective one. Activated charcoal and freshly ground flaxseed, cooked into a thick black paste and laid on warm, are powerful agents for drawing infection and toxins out through the skin.

This Poultice:

- DRAWS boils, infected sores and toxins out through the skin
- EASES earaches and vertigo when placed over both ears
- SUPPORTS tooth, gum and mouth infections from the outside, over the cheek
- RELIEVES swollen lymph nodes, stings and bites

What You Will Need

- 1 cup water (distilled is best)
- 3 to 4 tablespoons activated charcoal powder
- 3 to 4 tablespoons flaxseed, freshly ground
- A piece of old cotton sheet about 12 x 12 inches (cotton gauze, cheesecloth, or a double layer of unbleached paper towel also work)
- Tape, a stretch bandage, two wide sweatbands, or a pair of pantyhose to hold it in place
- Plastic wrap and a washcloth, to keep the heat in

Directions

Step 1 - Grind the Flax. Grind the flaxseed in a blender or coffee grinder.

Step 2 - Cook. Whisk the charcoal and ground flax into the water in a small pot. Bring it to a boil, stirring, until it thickens to a toothpaste-like paste: not so wet that it runs, not so dry that it falls apart. If it isn't thickening, add more flax, or more of both.

Step 3 - Wrap. Spread the hot paste evenly in the center of the cotton cloth and fold it over like a burrito, so the filling is completely contained.

Step 4 - Apply Warm. Let it cool just enough to be comfortable, then lay it over the area while it is still quite warm. The heat opens the pores so the infection can be drawn out. Cover with plastic wrap and a washcloth to hold the heat, and secure it in place.

Step 5 - Leave It On. Overnight is best, or at least 2 to 4 hours during the day.

Step 6 - Throw It Away. Never reuse or reheat a poultice once it has been used. It holds what it has drawn out.

Where to Place It

Earaches and Vertigo: Always place a poultice over BOTH ears, even if only one ear is affected. Two wide sweatbands (about 3 inches), angled low around the head and over the ears, hold them in place easily. A pair of pantyhose works too:

turn the seat around and wear it like a shower cap, then use the legs to tie the poultices over the ears. Nylon stretches with wear rather than tightening. This is especially good for ear infections in children.

Children: Use the pantyhose, not sweatbands; the bands are too large for a small child and could slip down around the neck. Children take well to the pantyhose. Even so, a small child wearing one overnight should sleep with a parent, or be watched through the night in shifts.

Tooth, Gum and Mouth Infections: Place the hot poultice on the cheek over the affected area, top with plastic wrap and a washcloth, and hold it in place with pantyhose tied under the chin or on top of the head. Leave on 4 to 6 hours or all night.

Boils, Infected Sores, Stings and Bites: Place it directly over the area. It can be made any size, from a Band-Aid for a small spot to a whole cotton sheet for a large area.

Swollen Lymph Nodes: Over the neck or the armpits.

Over the Liver: Change it every day until the very bad odor is completely gone for two days in a row.

Before Healing an Ulcer or Deep Wound: Always use this poultice first, to clear any bacteria or infection, before starting the Healing Poultice.

Why It Works

Activated charcoal adsorbs: toxins cling to its surface, rather than simply soaking in. The flaxseed holds the moisture and heat against the skin while the charcoal works.

Helpful Hints

- Grind ahead, but freeze it. You can grind a supply of flaxseed in advance so it is ready when you need it, but store it in the freezer. Ground flax loses its value quickly if it sits out in a warm room.
- Pair it with Herbal Aid 1 or 2 and Echinacea to support the body from the inside.

From Dara's Practice

Several years ago I met a woman whose big toe was scheduled to be amputated the next day. An infection had set in after an ingrown toenail was removed, and no antibiotic had been able to touch it. I made her one of these poultices for her whole foot, and she left it on all night. The next morning she stopped by to show me: the redness and tenderness were gone, and so were the blue streaks that had been running up her leg.

I have used it on myself, too. After a broken tooth was pulled, a pocket of infection in my gum would not clear with all my regular infection work, and I was battling vertigo at the same time. When my left ear began to ache, I put these poultices over both ears, held with two wide sweatbands, changing them every 4 hours over two days. The first few made my ears sore, as if the tissue was full of toxins, and a little Healing Salve took care of that. The pocket on my gum began clearing with the very first poultice, and by the fourth it was completely gone, and my dentist's x-rays later showed me infection-free. I was surprised that a poultice over the ears would pull infection from the gums, but it was the key. I reached for it again recently for an infection in my mouth and the vertigo that came with it.

Watch the poultice made step by step in "Simple Drawing Infection Poultice" (https://youtu.be/IpNAeqUnqUk), and more ways to draw infection from the outside in "Infection topical applications" (https://youtu.be/DxX3cshwi-w).

This information is for educational purposes and has not been evaluated by the Food and Drug Administration. It is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this poultice, see my blog post "A Simple Drawing Poultice: Charcoal and Flaxseed" at www.daradietz.me.