HEALING POULTICE

Herbal Support for Wounds That Need to Fill In

The Healing Poultice is a powdered blend of five herbs for wounds that need to rebuild: deep wounds and gouges, ulcers, bedsores, and any serious tissue injury where flesh has been lost. Mixed into a paste and packed right into the wound, it forms a protective herbal scab, and the body takes in its nutrients as it grows new flesh. The wound becomes shallower as the tissue fills in, healing from the inside out, often with little or no scarring.

This Poultice:

- FILLS deep wounds, gouges and ulcers with nourishing herbs
- FORMS a protective herbal scab while new tissue grows in
- FEEDS the body the raw materials it needs to rebuild flesh
- SUPPORTS healing from the inside out, often with little or no scarring

This Herbal Combination

Slippery Elm Bark. The main herb. Its soothing mucilage binds the paste together, protects tender tissue and nourishes it.

Plantain. A classic wound herb, traditionally used to draw out infection and support healing.

Goldenseal Root. Long used to keep tissue clean and to support it against infection.

Comfrey Root. Known as “knitbone,” traditionally used to support the growth of new cells and tissue.

Cayenne. Just a pinch, to bring circulation into the area and help stop bleeding.

First, Clear Any Infection

Any time you are working to heal an ulcer or a deep wound, use the Charcoal & Flaxseed Poultice first, to be sure the area is clear of any bacteria or infection. Infection left in the wound will keep it from healing. Once the area is clean and clear, begin the Healing Poultice.

Making the Paste

We blend the powders here. To use, mix a small amount of the powder with distilled water, aloe vera juice or aloe vera gel to make a stiff, mud-like paste. Mix only what you need for each application.

Applying It

Step 1 - Clean the Wound. Get any bleeding under control and gently clean the area.

Step 2 - Pack It. Fill the open wound with the paste.

Step 3 - Cover It. Cover with gauze or another natural-fiber bandage. Natural fiber lets the skin breathe; under plastic or synthetic bandages the cayenne can feel hot.

Step 4 - Let It Work. As it dries, the poultice often hardens into a protective herbal scab over the wound.

Step 5 - Daily Care. Remove the bandage and soak or rinse the area during the daily bath. If the poultice material flushes out, repack the wound and cover it again. If the scab holds in place, simply add more paste on top as needed. Don't be concerned if some of the material does not come out; the body absorbs it and uses the nutrients to grow new flesh.

For Ulcers and Bedsores

Hot Cayenne Water: Before each application, soak the area in hot Cayenne water, made with ½ teaspoon Cayenne tincture to each gallon of hot water. This brings circulation into and around the wound.

Feet: Soak the foot right in the hot Cayenne water.

Back and Bottom: Soak a towel in the hot Cayenne water and lay it over the area, changing it as it cools, for ½ hour. Then apply the Healing Poultice and bandage.

Hot and Cold: Alternating 7 hot and 7 cold applications (buckets or a hand-held shower wand) during the daily bath also helps the circulation.

Infection Salve: Using Infection Salve around the top of the ulcer speeds the healing. Keep it to the edges: the oily salve makes it hard for the poultice to stay in the wound.

Pairs Well With

Infection Salve around the wound's edges; the Charcoal & Flaxseed Poultice, always first; Herbal Aid 2 to support the body from the inside; and BF&C Salve for injured soft tissue.

Watch How It's Done

See wound and bedsore care step by step in my video, "Wound Care Bed Sores": https://youtu.be/gTBODxZl6oc

And for clearing infection first, see "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 "Filling In Deep Wounds and Ulcers" at www.daradietz.me.