

The mustard poultice is an old folk medicine remedy for chest congestion that has stood the test of time. Mustard increases circulation to the area. This increase in circulation opens up the respiratory tract this encourages the movement of phlegm which helps decrease congestion and may prevent the worsening of chest/lung congestion.

**Caution: The poultice should be removed as soon as a burning sensation is felt. DO NOT TRY TO EXTEND THE TIME BY PUSHING PAST THE PAIN!**

## Ingredients and supplies you will need:

- ¼ cup Powdered mustard seed
- ½ cup Cornstarch or flour
- 2 tablespoons of Hot water (the hottest you can stand).
- Cheesecloth (enough to cover most of the upper chest).
- A hand towel (it may get stained).
- Bowl of cold water

## Directions:

1. Mix the mustard powder and cornstarch or flour together in a bowl.
2. Create a paste by slowly adding the water while mixing. You may need more or less water.
3. Take the cheesecloth and fold it to increase its thickness. Then apply the paste to half and fold the other half over the paste.
4. Keep the poultice in place until you start to feel a burning sensation.
5. When the burning sensation starts, remove the poultice and apply a cold wet towel to the area until the burning sensation stops.
6. When the burning sensation stops, put the poultice back on the chest.
7. When the burning sensation reoccurs remove the towel and reapply the cold towel. Each time you reapply the poultice, the burning sensation will occur in a shorter and shorter amount of time. At first, you may be able to apply the poultice for 6 minutes, then 4, and so forth.
8. Use the poultice at least once daily on the chest for half an hour, or less, if experiencing discomfort. **Do not apply the paste directly to bare skin** to avoid burns.

