

# POKE ROOT POULTICE

## FOR BREAST CANCER

HEAL Information Sheet  
*Compiled from the writings of*  
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The Poke Root Poultice is a Powerful Healing Tool which should only be used in conjunction with the Incurables Program. The instructions provided in this sheet need to be understood and followed carefully.

- 1) Establish the Foundational Programs of Bowel Cleansing, Immune Boosting with Echinacea, and Nutritional Food Program.
- 2) **When ready begin first week of Liver Flushing, followed by Kidney Flushing week. During Second Liver Flush Week begin using the Poke Root Poultice.**
- 3) Increase Echinacea to two ounces a day six days each week during the entire time poultice is being used.
- 4) **Continue to use M&L Salve over Tumor and any Swollen Lymph Nodes, along with nightly Castor Oil Packs over the liver.**

### Poke Root Poultice for Cancer of the breast:

- Poke root fresh and ground fine (*Phytolacca decandra*)
- Poke root fluid extract (**diluted** to 1/16 strength); or use infusion of the fresh root
- Bayberry powder (*Myrica cerifera*)

### Preparation:

- 1) Use the fresh root each time and **grind** sufficient only for one use
- 2) Cut a piece of muslin, cheesecloth or other thin material, large enough to cover the breast entirely
- 3) Cut a hole large enough for the nipple
- 4) Using a rolling pin Roll the ground poke Root in a thin layer (¼ to ½ inch deep) onto and into the prepared material

### Administration:

- Apply the poultice to the breast,
- Moisten once daily with the fluid extract,
- Cover with plastic to help retain moisture;
- Leave on 3 days, then apply fresh poultice.

## What to Expect

In 2 weeks (or sooner) the surface of the breast will break out in pustular sores;



Continue applying the poultice for one to two weeks after breakout begins.

Change Poultice every 2 to 3 days depending on the amount of waste coming from the breast

To Support the body during this time it is strongly suggested doing an ELF (Emergency Liver Flush) each night for up to five nights in a row.

If the bowels begin to tighten up increase the LBF #1 until they are moving well again.

It may be helpful to do a Lymphatic Flush. The Prune Juice Flush will change out about a gallon of old lymphatic fluid each time it is done. Instructions can be found in the member's area.

Within one to two weeks from the beginning of the breakout, **if the breast and lymphatic system do not become too backed up to continue**, all hardness will be gone from the breast area.

When all the puss and waste has been expelled from the breast wash carefully with diluted apple-cider vinegar, then cover with bayberry powder and allow the entire breast surface to dry; in 7-10 days thereafter the entire surface will be healed.

## Supporting the Process

Keeping the lymphatic system moving will be a tough job during this program. The huge amount of waste being eliminated will cause a swelling of the breast and several to many lymph nodes. Applying the M&L Salve will aid in keeping the waste moving as will rebounding 10 to 15 minutes a couple times a day.

We have found using the HOT Charcoal/Flaxseed poultice over the swollen lymph nodes, and liver very helpful. This poultice will help draw out the waste as well as aid in keeping the lymph from backing up. Apply as hot as can be tolerated over the affected area and change out every 3 or 4 hours during the day. Apply again at bedtime for the entire night.

**Packs over The Liver:** Apply the Charcoal/Flaxseed Poultice over the liver during the day and the Castor oil pack during overnight.

**Food Program:** Juice Fasting, use at least 32 ounces carrot juice daily along with the rest of your juices, superfood ect...

**Hydrotherapy:** When the poultice is off for changing do a good series of Hot & Cold changes in the shower. This will open and drain the current batch of pustules while opening the pores for better elimination of waste.

## Testimony

My first attempt to use this poke root poultice did not go so smoothly because of misreading directions. So first off, let me urge you to read and re-read these instructions carefully before doing this. I did not dilute the extract, but instead applied 2 dropperfuls of extract to my fresh root (which was already moist and really did not need any extract added). This resulted in burns and blisters on and around my breast. I kept the poultice on for about 24 hours before becoming extremely weak, dizzy and faint. At this point, I removed it to find the damage I had done to myself. I was surprised at how quickly I healed up even after my mistake. Within about a week, my skin was back to normal!



My second attempt with this poultice produced amazing results. This time around I did not add any extract at all because the root was moist. It was not as uncomfortable to wear, a little itchy and it did have a sting to it. I had applied the poultice on a Saturday afternoon and by Sunday night when I checked it, my breast was covered in pustular sores! It was amazing to see how much garbage was being pulled right out through my skin! I left the poultice on for 2 more days and by Tuesday night, there was a terrible smell coming from the sores, almost like a sour milk smell. I was diagnosed with invasive ductal carcinoma, so the tumor I have

is inside a milk duct and this smell definitely was an interesting addition to the sores. I continued to use this poultice for the rest of the week and I watched these sores drain and refill as the root pulled waste from my breast. By the weekend, I started to notice that my lymph nodes were painful and swollen and I needed to take a break from the poultice to let my body catch up with the waste that was being removed. I did 2 lymphatic cleanses, lots of rebounding, liver flushing and even a nap helped. The pain quickly went away from my lymph nodes.



**How I made the poultice:** I did not do this alone; I had help from my support person.

- We cut a piece of the fresh root and we ground it up fine in our Norwalk juicer.
- Next we cut a piece of cheesecloth to fit over my breast and we also cut the whole for the nipple at this time. We found it to be much easier to cut the hole before the root was rolled onto the cloth.
- We then took small spoonful's of root and spread it around the cloth.
- Using a rolling pin, we leveled everything out and pressed it somewhat into the cheesecloth. We used between 1/8 and 1/4 inch of poke root spread across the cheesecloth.
- I laid down while my support person placed this on me, the fresh root against my skin.
- We used a piece from an old cotton t-shirt to go over the back side of the cheesecloth followed by plastic wrap. We held it in place and pulled it tight by using tape. This seemed to do really well at keeping everything moist.

I attempted to try the poke root poultice again after a 2 day break, but my body was not ready. Within 1 hour of applying the root to my breast, I was burned and blistered again. The root had pulled all that my body was ready to release for the time being, and I needed a break. I applied warm charcoal flaxseed poultices to the area continually and this was very soothing and again I quickly healed up. The charcoal flaxseed continued to pull out waste that the poke root had stirred up and I also had that same sour milk smell coming out.



Used Poke Root Poultice

So did the poke root poultice dissolve my tumor? Not yet...My body is still working on that, but I believe that this poultice took things to a whole new level. If you decide to try this poultice, know that it isn't pleasant, it isn't comfortable, but it is powerful! Don't be afraid of the sores and swelling. You will be back to normal within a few days. This poke root is a powerful cleaning tool for your body to use to effectively get the old garbage out. I hope to be able to use it again in the near future. -LB, Harrison, MI