

The Infection Poultice

The Charcoal/ Flax Seed Poultice will pull infection, boils, ECT... right out of the body. This is also excellent for Ear Infections in children. It is a very simple poultice, but, nonetheless, very effective. The charcoal and flaxseed are powerful agents to pull the infection out of the body.

You will need:

1-cup water

4 tablespoonful charcoal powder

4 tablespoonful flaxseed [freshly ground]

**Do not reuse or reheat this poultice.*

1) Add all ingredients to small pan on stove, mix with a whisk to blend.

Heat to a boil. It should thicken to a black mix of goopy goop.

2) Remove from heat and spread still hot mixture on piece of cotton material.

Fold material over black goop and close with a piece of tape or safety pin.

3) Allow to cool just enough so as not to cause discomfort when placed on the body. Place over infected area while still quite warm. Secure with ace bandage or other material. Leave on at least 4 hours or overnight. The heat will open the pores allowing the infection to be drawn out.



Items Needed to Make Poultice



Grind Flax Seed in Blender or coffee Grinder



Whisk Charcoal & Flax with 1 Cup water



Until water is absorbed



Spread Black Goop on Cotton Material



Fold edges to make a pouch or pocket



Place Poultice over affected area while still quite hot.