



HOME THERAPY

MUSTARD PLASTER

This home therapy is used for chest colds and pulmonary congestion. It will provide soothing deep tissue heating and help to loosen and resolve mucous and phlegm.

The mustard plaster pack can be used twice in one day if needed. It is highly recommended that you use this pack in the evening just before bedtime for a restful sleep.

SUPPLIES NEEDED:

Dry mustard powder, white flour, egg, cheesecloth or paper towels, wool blanket, hot water bottle, washcloth.

INSTRUCTIONS:

- ◆ In a mixing bowl combine 1 tablespoon of dry mustard powder with 3 or 4 tablespoons of white flour. Mix these dry ingredients well. Then, stir in the white of one egg and just enough water to make a **thick** paste.
- ◆ Make a “sandwich” by spreading the thick paste between 2 layers of cheesecloth or 2 paper towels.
- ◆ Lying in bed, place the cheesecloth “sandwich” on the skin in the upper chest area. The paste should not be in direct contact with the skin at any time. Cover the pack and the chest area completely with a wool blanket, making sure to leave no bare skin showing at all. The area will begin to feel warm and skin will change to a pink color. Be sure to check the skin color frequently!
- ◆ The pack should be removed when the skin turns pink. Usually only 5 to 10 minutes are required. It is NEVER advised to leave the pack in place any longer than 12 minutes.
- ◆ After removing the mustard pack, put a damp washcloth in its place on the chest. Cover the chest again with the wool blanket and put a HOT water bottle on the feet. Leave both of these in position for approximately 15 to 30 minutes. They can be removed when the washcloth no longer feels cold (as it will warm up to body temperature during this time). Alternatively, for a truly relaxing effect, the washcloth can be left in position until you fall asleep.

