



HOME THERAPY

ONION POULTICE: BRONCHITIS

This remedy is very useful for congestion and mucous that is in the chest but is so thick that it isn't coming up. It will help to liquefy the mucous.

PROCEDURE:

- ◆ Slice a medium sized yellow or white onion very thinly with a sharp knife.
- ◆ Heat onion in a covered, dry frying pan or pot on the stovetop over a very low heat until the onions begin to sweat, but not until they are completely limp (you will lose the value).
- ◆ Place onions on a cheese cloth, spreading the onions to the size of the area you need to cover. Fold all the edges over so that the onions stay in the middle, tucking in so that none spills out.
- ◆ Place cloth over upper part of chest to the top of the shoulders, cross over the base of the throat just below the Adams apple to the shoulders and wrap it just under the arm pits on each side, to the lower part of the ribs.

INSTRUCTIONS:

- ◆ In women, concentrate up under the arms.
- ◆ In children, place it over the lower part of the ribs. Younger children wiggle so much that you may want to wait until they are asleep, then go in and do the treatment. You can leave it on for the whole night if you wish.
- ◆ You must cover the cheese cloth and onions with a wool blanket close to the body (to minimize air space).
- ◆ Leave on for 1 to 2 hours.
- ◆ This remedy can be done two times per day. It may be used in conjunction with a bronchial expectorant (which also helps to liquefy mucous).

