



## *Mustard Plaster*



**Indications:** Chest colds or coughs, it is especially helpful for conditions of a tight chest with a dry cough.

**Effects:** Mustard & mustard oils are absorbed into the skin and act deep in the lung to encourage expectoration or the loosening of mucus. Mustard is also antibacterial and can help eliminate lung infection in addition to its clearing effects.

**Procedure:**

1. In a ceramic bowl stir together dry mustard and flour (as indicated below) then mix in one egg white. Slowly add in warm water to make a thin paste.
2. Spread the paste onto one half of a thin dishtowel and fold in half.
3. Apply a thin layer of oil, such as coconut or almond to the chest. This protects the skin from blistering.
4. Place the plaster onto the oiled chest.
5. Cover with a hot water bottle or a heating pad on low and a thick towel.
6. Wrap up in a blanket and relax for 10-30 minutes.
7. Remove the plaster if you feel burning.
8. Clean the area well after the treatment.

**Precautions:** It can be irritating to the skin and the pack should be removed if you experience pain or notice a glowing redness on the skin. Avoid contacting this preparation on sensitive tissues including the nipples, genitals, face and especially eyes. For children, do not leave application on for longer than 10 minutes and for adults no longer than 15-20 minutes. Check frequently as mustard can blister the skin especially in young children.

Example of plaster on towel:

<b>Adult:</b> <b>1tbsp Mustard/4tbsp Flour</b>	<b>Child:</b> <b>1tbsp Mustard/8tbsp Flour</b>	<b>Infant:</b> <b>1tbsp Mustard/12tbsp Flour</b>
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