

Mustard Plaster

Raphaology Medicine

This plaster is used for removing fluid and congestion from the lungs and bronchia, pulling toxins away from organs or muscles through the skin, and repairing damage to organs and tissues. This can be applied to chest, abdomen, back, limbs, or any area by making the appropriate size cloth to cover the affected area and covering the plaster cloth with plaster paste. When made properly this plaster will cause stimulation to skin as mustard vapors cause energy in the form of heat to increase circulation of blood and fluids and pull toxicity and fluids out through the skin and into the plaster. It is likely that fluids will drip from plaster site down and off skin, precipitating the need for towels to be placed around area to catch fluids as they drip.

Plaster Paste

6 tablespoons whole wheat flour (red winter wheat flour if possible)

1 ½ tablespoons *Coleman's* mustard powder (in the yellow tin)

Add enough water to make into a paste the consistency of toothpaste (approximately 1/3 cup)

Mix dry ingredients into a 4-6 cup mixing bowl.

Add water gradually and stir until all dry ingredients are blended and smooth.

Spread onto natural cloth (making it the size needed to cover the affected area) such as cotton handkerchief, old cotton T-shirt, or cotton fabric to cover the surface leaving one inch at the edges.

Cover with another layer of cloth or plastic wrap and lay cloth side against the skin for up to one hour. Adding an extra towel and placing a book atop the plaster can bring comfort and speed healing in larger areas. If skin becomes too warm, remove the plaster and rub skin with extra virgin olive oil, this will immediately reduce heat. Wait 2-5 minutes and replace plaster over affected area, repeating as often as necessary up to one hour.

If plaster does not get warm, the mustard may be inactive or flour may be too old. Often times doubling or tripling the amount of inactive mustard may cause the plaster to activate, or changing to fresher whole wheat flour will also make a difference. *Coleman's* mustard is the most active, but other mustard powders kept in glass or tin may also work as well.

Plaster can cause blistering to sensitive skin or if left on excessively long. Check skin for excess pinking, redness or blisters every 15-20 minutes, in which case rub with oil and do not replace plaster and do not repeat for 24 hours. Some redness is natural but burning sensation should not be left unattended or allow blisters to form.

Mustard Plaster can be used two times and then either discarded or the plaster mix can be scraped off the cloth, which can be washed and reused.