

Various Recipes

Charcoal Poultice: For Infections, Wounds, Stings, Bites, Inflammation, Gout, Pain, Cancer, Eye Infections, Dental Infections.

- Charcoal
- Flax Seed, or Oatmeal
- Psyllium Seed Powder
- Mix Well
- Add Water
- Roll out in between plastic
- Wrap ¼ thick
- Place wet paper towel on wound with charcoal poultice on top of paper towel
- Poultice storage: short term in refrigerator 5-7 days/ Long term in freezer

Smoker's Blend (for smokers trying to quit):

- ¾ cup fresh lemon juice
- ¼ cup Honey
- ⅓ tsp. Peppermint Oil
- Take a nip when you get a craving

Rocket Fuel (Immune System):

- 5 to 10 Cloves of Garlic
- 2 Lemons
- ½ Onions
- 1 Thumb of Ginger
- 2 Tsp Local Raw honey

- ⅛ to ¼ tsp Cayenne Pepper
- 1 tsp Elderberry Extract
- Add a little Warm Water
- Blend
- Add enough Water to Net 1qt

Immune Drink:

- 1 Grapefruit
- 1 Orange
- 2 lemons
- 3 Cloves of Garlic
- ½ Large Onion
- 3 Drops Peppermint Essential Oil
- Cut fruit and onion into pieces.
- Blend it all up

Mustard Plaster (Respiratory Illness):

- 1 part Mustard
- 3 Parts Whole Wheat Flour (Whole Wheat is less sticky than White, Though White will work)
- Mix well
- Add enough Water to make a past like a Biscuit Dough
- Place on chest

Caster Oil Pack (skin conditions, blood circulation problems, and digestive issues):

- Flannel or material Which Wicks Well
- Soak in Warm Caster Oil
- Place on Affected Area
- Place Plastic Wrap or any kind of plastic over it

- Place a hot water bottle or heating pad on pack

Wound Salve:

- Clean Wound
- Hydrotherapy (Hot 3 minute, Cold 1 minute, 3-7 times a day)
- Salve (Golden Seal, myrrh, Aloe Vera, Pine Sap, Pine Oil and/or Bee Propolis)

Hydrogen Peroxide (Food Grade 35%) Promotes Healing:

- 5 oz. distilled water
- On an empty stomach
- Three times a day
- Add one drop of H₂O₂ to each cup of distilled water the first day

Garlic Oil (General Health):

- 1 cup Chopped Garlic Cloves
- Cover with 2 cups Cold Pressed Olive Oil
- Let it sit for 7 days
- Shake daily
- Strain oil into dark glass bottles
- Store in refrigerator

Potato Poultice (infections, abscess, and more):

- Grate an Irish Potato
- Place on Affected Area
- Cover it with a Dressing to hold it On
- Secure With Tape, Ace Bandage, Etc. To Secure

(Pine Sap) Uses:

- Wounds
- Gum Disease
- Mouth Sores
- Immune System
- Pain
- Headaches

(Activated Charcoal) Uses:

- Food Poisoning
- Indigestion
- Acid Reflux
- IBS
- Detox
- Foot Bath, Gout
- Don't use within 2 hours of taking meds, before or after

Garlic (Allicin) Uses:

- MRSA
- VRSA
- H-Pylori
- C-Difficile
- E. Coli
- Common Cold
- IBS
- Dysentery
- Salmonella
- Diverticulitis
- Parasites

- Pseudomonas
- Cholesterol