Plantain - Charcoal poultice

Plantain and charcoal are drawing while lavender soothes the pain and comfrey with its high mucilage content soothes the wound, and protects the tissue. Plantain, lavender, and comfrey are analgesic, anti-inflammatory, and antimicrobial.

Yield 3 applications

Ingredients:
- 2 tablespoons plantain, dried
- 1 tablespoon lavender flowers, dried
- 2 tablespoon comfrey leaf, dried
- 1 tablespoon activated charcoal
- 3 large tea bags, press and seal

Directions:
Add the ingredients to a bowl. Mix well with a whisk, being careful not to make the charcoal powder airborne as you mix. Add 2 tablespoons full of the mixture to each tea bag.

Cover your ironing board with a washable towel. The charcoal tends to leak in these before the tea bag is sealed. Set your iron to "cotton" and press the closure of each tea bag to seal it. Place the tea bags in a tin with a tight lid, and label the tin.

To use:
Use this poultice for bites, spider bites, bee stings, where the bite site is swollen and hard. This is also useful for slivers and boils. The herbs are drawing and antiseptic. The sooner the poultice is applied the less tissue damage from the venom.

Put the tea bag in a heat proof mug or cut. Pour boiled water of the tea bag until the tea bag is just moistened, but not dripping. Allow it to sit until the bag is cool enough to handle but still warm. The tea bag should be saturated but not dripping. Press any excess moisture out of the bag so that it doesn't drip.

Place the still warm tea bag directly on the injury being careful not to burn the skin. Cover with a warmed wash cloth. Hold on the site of the bite or sting for 45 to 60 minutes or longer. The poultice can be rewarmed and used one more time.

Remove the poultice. Wash the site with cold water. Repeat as often as needed until the swelling and pain is resolved.

For bites from ticks and poisonous spiders take the person to the hospital emergency. If possible take the spider or tick with you so that it can be tested for disease.