

MUSTARD PACK

When placed over the chest, a mustard pack will stimulate the lungs to expectorate, or loosen up a tight chest and dry cough. Don't leave on longer than 10 minutes for a child or 15-20 minutes for an adult. Avoid sensitive tissues such as nipples. Be aware of irritation to the skin, removing the pack if painful and glowing red.

Directions:

1. Add 1-2 tablespoons of dry mustard (depending on its freshness and potency) to 1 cup flour. Mix dry ingredients together.
2. Add enough hot water to make a paste.
3. Spread mustard paste over a thin cloth and cover with another cloth, making a "mustard sandwich". Cheesecloth or an old T-shirt would work well.
4. Place the cloth over the chest, covering it with a layer of plastic wrap. Place a hot water bottle or hot gel pack over the top.