

Cold Carrot Poultice

If your child does come down with a sore throat, a cold carrot compress is a simple way to knock it back, without asking that sore, scratchy throat to swallow anything. The sooner it's used at the first signs of a sore throat, the more effective it will be.

Carrots are a natural source of beta-carotene, a precursor to a potent immune-fighting vitamin, vitamin A. Our skin is like a sponge. Adding natural beta-carotene to the skin allows it to soak into the capillaries of our skin and join the local bloodstream. There it can be converted to Vitamin A, a favorite fuel for immune cells.

SUPPLIES

Winter scarf
Paring knife
1.5 feet of cheesecloth (ideally) or paper towel
Vegetable grater

INGREDIENTS

2 medium carrots, chilled

(*Note: Putting the poultice on while it's cold will encourage more blood flow to the area as your child's body tries to warm the chilly spots. This helps absorb more nutrients and disperse inflammation.)

DIRECTIONS

1. Moisten cheesecloth or paper towel, and lay out lengthwise.
2. Chop off the top ends of the cold carrots, then grate directly onto cheesecloth or paper towel in two piles, 4-6 inches from each other.
3. Fold over lengthwise to make a neck wrap.
4. Wrap while still cold around child's neck, placing carrot piles over neck lymph nodes.
5. Wrap the scarf around the child's neck to keep the poultice in place and hold in warmth.
6. Keep wrapped until very warm to the touch, usually 20 minutes.

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