



NATURAL TREATMENT for chest colds/bronchitis

Add 1 T of fresh ground black (preferred) or yellow mustard seeds (ground in a coffee grinder) to 2 T of rice flour. Add water to make a paste (not too runny). Apply a very thin layer of coconut or olive oil to your chest area then place a handkerchief (or big piece of gauze or thin kitchen towel) a top the oil. Then paint on the paste and place another cloth on top the paste or fold the towel on top itself. Then over the towel, place a heat pack. Leave in place for 15-20 mins. It should not burn, the skin will tingle and turn red, but it should not burn.*

If it burns, remove paste and place it back in the mixing bowl, add another T of rice flour, a bit of water and start over.

We got our guidance on this recipe here:
www.grannymed.com. It's a great resource
for natural cures!



In health,

A handwritten signature in blue ink that reads 'Nadene Neale, ND'.

Dr. Nadene Neale, ND 

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