



## Horseradish Sinus Compress Treatment

### Indications

Horseradish sinus compresses carry fiery warmth into the too wet sinuses and can relieve sinusitis. This remedy can help in migraines as well. The horseradish concentrates its energy into its strong root- and this compress allows you to release this stored flaming energy for healing!

This remedy can only be used for 1-2 minutes and can certainly burn the skin if not closely attended. Do not apply to infants or those incapable of communicating they are feeling the burn. Also, this will burn the eyes; be careful!

### Supplies

- 2 small cheesecloths
- 1/2 teaspoon horseradish- fresh or from a jar

### Directions

1. Make 2-4 small packs of horseradish compresses that will fit over the frontal and/or maxillary sinuses.
2. Leave in place for 1-2 minutes until burning feeling begins.
3. Remove the packs.
4. Wash hands and face carefully taking care not to get horse radish into your eyes.
5. May perform twice daily as needed.