



Plantain Beeswax Chest Compress Treatment

Indications

Plantain is a noble weed. It carries the gesture of mucous up to the flowering parts where it shows us how to expel the phlegm out in a cough-like burst!

Beeswax is warming, made from the substance worked through by bees- at our own warm body temperature in their hives.

When combined, these make a very healing remedy for chest infections.

Supplies

- Wool outer cloth (may be a piece of a blanket) about 18” wide, long enough to wrap around your body.
- Cotton or flannel inner cloth (a medium sized towel will work).

Directions

1. Rub chest with plantain beeswax salve.
2. Wrap chest in flannel
3. Cover flannel layer in a warm wool wrap.
4. Rest! Either a nap or the entire night.