

# A Comfrey Poultice for Pain Relief

One of the easiest herbal remedies you can make with fresh or dried herbs is a poultice. This topical remedy is an effective remedy for bug bites, pain, muscle cramps, and more.



- About a dozen fresh comfrey leaves (stem included)
- 1 cup water
- 2 handfuls flour or French green clay
- A few old dish cloths (or another small piece of cloth you're no longer using)

- 1 Use a knife to coarsely chop your comfrey leaves.
- 2 Place leaves in a blender. Add water.
- 3 Blend for about 30 seconds, until the water and leaves have combined. The consistency should be a somewhat chunky paste.
- 4 Put this freshly-blended paste in a bowl. Add a handful of flour or clay to the paste and stir it in with your hands.
- 5 Place a cup of comfrey poultice in the middle of your cloth and flatten it down with a spatula. Now fold in the sides of your cloth and wrap it around the comfrey.
- 6 Repeat this process until you've wrapped up all of your comfrey paste in cloth.
- 7 You can now either use these poultices fresh or store them in your freezer.
- 8 When storing them in the freezer, place a piece of wax paper between each poultice (so it's easier to separate them later). Now place your poultices in a plastic gallon freezer bag for storage.

**Yield:** 3–4 poultice packs

**Note:** once you've used a poultice once, you can compost the herbs. The cloth can be washed and then re-used.