

Carrot Throat Pack

Indications

Helpful for sore throats, particularly when there are swollen lymph nodes. This has especially good results in children under six years old.

Contraindications

Carrot allergy or sensitivity, over open wounds

Materials

- One large carrot (grated)
- Cotton cloth (12" x 12") - handkerchief, cheesecloth, etc.
- Wool scarf
- Plastic wrap
- Ice Chips

Procedure

1. Grate a large carrot then place it on the center one third of the cotton cloth. Fold the other two thirds of the cotton cloth over the carrot, creating a packet (with one thickness of cloth under the carrot). Expect that the grated carrot will discolor the cloth.
2. Apply the single thickness side of cloth and carrot packet to the front of neck and cover with plastic wrap and a wool scarf, fasten in place.
3. Leave poultice in place for a minimum of 30 minutes.

Poultice can be made either hot or cold, depending on which feels best:

- For a cold poultice, combine crushed ice with the carrot.
- For a hot poultice, place cloth and carrot packet in hot water and squeeze out excess water before applying to neck, or alternatively, apply a hot water bottle over the poultice.

Note: Do not wrap the cloth or scarf around the neck too tightly. It should be firmly against skin but loose enough to insert a finger between the cloth and neck.

Resources

Boyle, W. and Saine, A. *Lectures in Naturopathic Hydrotherapy*. 1988. Buckeye Naturopathic Press, OH. P. 115.