



Waterdown Clinic  
of Functional and Integrative Medicine

## **MUSTARD PACK FOR CHEST CONGESTION**

### ***Ingredients:***

3 tablespoons of mustard powder  
3 tablespoons of whole wheat flour  
(or gluten-free flour)  
Add a couple of pressed garlic cloves  
Add enough water to make a paste

### ***Instructions:***

Combine ingredients to form a thick paste. Put ingredients into a thin cloth and apply the pack to chest for 10-15 minutes.

Once complete, wipe away any residue with a damp cloth and soothe the tissues by massaging the area with castor oil.

*Warning: if you use mustard alone, it may cause burning*