

Mustard Plaster – Natural Remedies

BIBLE:

3 John 2 – “Beloved, I wish above all things that thou mayest prosper and BE IN HEALTH, even as thy soul prospereth.”

Matthew 4:4 – “...Man shall not **LIVE BY** bread alone, but by EVERY WORD that proceedeth out of the mouth of God.”

Jeremiah 46:11 – “...in vain shalt thou use many medicines; for thou shalt not be cured.”

WHY NOT?

Jeremiah 30:13 – “...thou hast no healing medicines.”

Ezekiel 47:12 – “...the fruit thereof shall be for meat, and the leaf thereof for medicine.”

(In your spare time, please Read **2 Kings 20:1-7** and **2 Chronicles 16:12-13**)

2 Chronicles 20:20 – “Believe in the LORD your God, so shall ye be established; believe his prophets, so shall ye prosper.”

“...All who believe that the LORD has spoken through Sister White, and has given her a message, will be safe from the many delusions that will come in these last days...” --Letter 50, 1906. {3SM 83.5}

“People need to be taught that DRUGS DO NOT CURE DISEASE.” (Ministry of Healing pg. 126)

“The ONLY HOPE of better things is in the education of the people in RIGHT PRINCIPLES.” (MH 127.1)

WHAT TO DO IN CASE OF SICKNESS:

“Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.” (CH 90.1)

IN CASE OF SICKNESS:

1. The **cause** should be **ascertained**.
2. Unhealthful **conditions** should be **changed**.
3. **Wrong habits corrected**.
4. “Then **nature is to be assisted** in her effort to expel impurities and to **re-establish right conditions in the system.**” (MH 127.1)

“The principles of health reform brought into the life of the patient, the **use of nature's remedies**, and the cooperation of divine agencies in behalf of the suffering, will bring success.”
(MedEv, April 1, 1910, paragraph 13)

“It is no denial of faith to use rational remedies judiciously.” (2 SM 342, 2)

“We cannot expect the Lord to work a miracle for us while we neglect the simple remedies he has provided for our use, which aptly and opportunely applied, will bring about a miraculous result.” (2 SM 346.5)

WE ARE TALKING ABOUT MUSTARD AND HOW TO MAKE A PLASTER

FIRST OF ALL, mustard is never to be eaten; it's an irritant to the stomach:

"In this fast age, the less exciting the food, the better. **CONDIMENTS** are injurious in their nature. Mustard, pepper, spices, pickles, and other things of like character irritate the stomach and make the blood feverish and impure." (CD 345.1)

"However, it may be used externally: "When the head is congested, if the feet and limbs are put in a bath with a little mustard, relief will be obtained." (2SM 297.6)

MUSTARD PLASTER:

Uses:

1. Works as a Counter Irritant
2. Can place on Sore Joints/Shoulder/Knee/Hip
3. Great for Chest Congestion/Pulls Blood Away From Chest Area
4. Great for Asthma Attacks and Bronchitis/Opens up Bronchiole Tubes

Items Needed:

1. Mustard (Mustard Powder is best)
2. Whole Wheat Flour
3. Mixing Bowl
4. Water
5. Rolling Pin
6. Saran Wrap

Directions:

1. Mix 4 parts flour with 1 party mustard (Example: 1 c. flour (4¼ cups) + ¼ c. mustard).
2. Add water slowly till desired consistency is achieved (Pie Dough Consistency).
3. Place dough on a piece of Saran Wrap and place another piece on top, sandwiching the dough in between.
4. Roll out dough to 1/8 or 1/4 inch thickness.
5. Remove one side of plastic wrap and apply to affected area.
6. Leave on skin till slight redness begins to occur.
7. Remove plaster and cover area to keep warm.
8. If skin becomes burned, apply olive oil to relieve burning.

Be sure to ask patient if it burns any time during treatment. (This can be left on up to 20 minutes as long as no burning is occurring...be sure to ask patient/client).

To see a demonstration of a MUSTARD PLASTER, go to google **video** and **type in MUSTARD PLASTER...**Or **YouTube** it as well.

EDIBLE MUSTARD RECIPE:

- 1 c. water
- ¼ c. cashew pieces (rinsed well)
- ½ - ¾ T. cornstarch (arrowroot powder may be used)
- 1 scant pinch of turmeric
- ½ t. paprika

¾ t. salt
2 t. onion powder (I use a small piece of fresh onion)
½ t. garlic powder
1 T. fresh lemon juice

Blend all ingredients together for about 2 minutes...Place in saucepan and bring to a boil stirring constantly. Let cool then chill before serving.

KING HEZEKIAH SOUGHT THE LORD IN HIS SICKNESS, THE PROPHET TOLD HIM WHAT TO DO NATURALLY, HE DID IT AND LIVED 15 ADDITIONAL YEARS:

(2 Kings 20:1-7) In those days was Hezekiah sick unto death. And the prophet Isaiah the son of Amoz came to him, and said unto him, Thus saith the LORD, Set thine house in order; for thou shalt die, and not live. Then he turned his face to the wall, and prayed unto the LORD, saying, I beseech thee, O LORD, remember now how I have walked before thee in truth and with a perfect heart, and have done that which is good in thy sight. And Hezekiah wept sore. And it came to pass, afore Isaiah was gone out into the middle court, that the word of the LORD came to him, saying, Turn again, and tell Hezekiah the captain of my people, Thus saith the LORD, the God of David thy father, I have heard thy prayer, I have seen thy tears: behold, **I WILL HEAL THEE:** on the third day thou shalt go up unto the house of the LORD. And I will add unto thy days fifteen years; and I will deliver thee and this city out of the hand of the king of Assyria; and I will defend this city for mine own sake, and for my servant David's sake. And Isaiah said, Take a lump of figs. And they took and laid it on the boil, and **HE RECOVERED**.

KING ASA SOUGHT THE PHYSICIANS INSTEAD OF GOD AND DIED IN HIS SICKNESS:

2 Chronicles 16:12-13 – And Asa in the thirty and ninth year of his reign was diseased in his feet, until his disease was exceeding great: yet in his disease he sought not to the LORD, but to the physicians. And Asa slept with his fathers, and died in the one and fortieth year of his reign.

SOP ABBREVIATIONS:

2SM = Selected Messages, Volume 2
3SM = Selected Messages, Volume 3
CD = Counsels on Diets and Foods
EV = Medical Evangelism
MH = Ministry of Healing

Link to my blog:

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/06/mustard-plaster-natural-remedies.html>

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/12/mustard-plaster-natural-remedies.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/mustard-plaster-natural-remedies.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/03/mustard-plaster-natural-remedy.html>