



Oatmeal Relief

Oatmeal has been used medicinally for centuries, particularly for skin problems. Oats contain many active ingredients, including compounds that dramatically reduce redness and itching. Oatmeal has antiviral and antifungal activity as well, making it useful for relieving symptoms of chickenpox, shingles, and ringworm. I add a small amount of baking soda or cornstarch to augment the skin-soothing and itch-relieving properties of oatmeal.

Ingredients:

- 4 cups oatmeal, powdered
- ½ cup baking soda or cornstarch

Directions:

Grind the oatmeal in your blender or electric coffee grinder into as fine a powder as possible. Pour the powder into a

jar and add baking soda or cornstarch. Mix well. Put on the lid, label, and store in a dark cupboard.

How to Use:

This mixture can be made into a paste and applied topically or added to a bath for itch relief. For nasty rashes like poison ivy/oak/sumac, I recommend taking ½ cup of Oatmeal Relief and adding a couple of tablespoons of cool water to make a paste. Spread a thin coat over the affected area, cover it with plastic wrap or a towel, and let it dry for 30 to 60 minutes. (You don't need the saran wrap; it just keeps the poultice from falling off and making a mess!) Rinse the paste off with cool water — hot water will make you itch. Repeat as needed. For a bath, mix one cup of Oatmeal Relief into your bathwater. Make sure the bath is warm, not hot. Soak for 20 to 30 minutes. Repeat as necessary.