



PLS II

Herbal Poultice and Tissue Healer

One traditional way of using herbs topically is to make a poultice and apply it to damaged areas of the body. PLS II was originally formulated as a poultice blend to be used for topical application to insect bites, bee stings, swollen or inflamed tissues, cuts, sores, and ulcerations. However, it has also proven to be a useful formula to take internally to soothe intestinal inflammation and irritation, ease irritation in the urinary tract, and help injured tissues (such as broken bones, sprains and torn ligaments) to heal more rapidly.

The ingredients in PLS II help to absorb excess moisture and toxic substances, soothing and cooling inflamed tissues. They also have a nourishing effect that promotes tissue repair. PLS II also helps fight infection and reduce stagnation of fluids. Here is what each ingredient in this formula does:

Slippery Elm

Slippery elm is a mucilaginous herb with nourishing qualities. It has been used as a survival food and has proven to be very nourishing to young children and the elderly. It nourishes tissues and promotes healing while reducing irritation and absorbing toxins.

It is an excellent herb for reducing intestinal inflammation. It acts as a mild laxative, but also absorbs irritants that cause diarrhea. Topically, it is a common ingredient in poultices because it absorbs irritants, reduces heat and swelling, and promotes rapid tissue growth and repair.

Marshmallow

Marshmallow root has properties very similar to slippery elm. It is also a mucilaginous herb that soothes inflammation and reduces irritation. Like slippery elm, it is also very nutritious and has been fed to weakened children and adults to aid general healing. It is another common ingredient in poultice formulas.

Golden Seal

Golden seal root is a bitter herb that is also very anti-inflammatory. It is very good at relieving stagnation and subacute inflammation of mucous membranes in the digestive, respiratory and urinary passages. It contains an alkaloid called berberine that also helps fight bacterial infections. Goldenseal has been used for infections in the intestines, respiratory passages, urinary

passages and bloodstream. Applied topically it helps ulcerated, inflamed tissues to heal more rapidly.

Fenugreek

Fenugreek seed is the third mucilant in the PLS II combination. Used as a spice in the Mediterranean countries, it brings energy to the body. It is a legume, providing vegetable proteins and fiber that soothes and protects the digestive tract. It also helps to balance intestinal flora.

Suggested Use

PLS II can be applied topically to abrasions, swellings, ulcerations, insect bites, skin ulcerations, sprains, bruises, torn ligaments, broken bones, boils and other injuries to absorb toxins, reduce swelling and inflammation, and speed healing. To make a poultice, open the capsules and moisten the powder with water, colloidal silver or aloe vera to make a thick paste. A small amount of an essential oil (such as tea tree oil) can also be added to help fight infection. Apply the paste to the affected area and cover with a bandage. Change 2-3 times daily.

Internally, PLS II can be taken to soothe intestinal inflammation, heal chronic inflammation in the lungs, ease burning and painful urination, and speed the healing of injured tissues. It works very well in combination with other formulas for these purposes. For intestinal inflammation use PLS II with Intestinal Soothe and Build. For chronic respiratory problems it combines well with AL-J. For structural repair it can be used with Herbal CA and/or Bone/Skin Poultice. Recommended internal use is 2-4 capsules two to four times daily with a large glass of water.

Sources

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