

CASTOR OIL PACK

The castor oil pack has many applications and *may* be beneficial in cases of uterine fibroids and ovarian cysts that are non-malignant. Other conditions that *may* respond well include: headaches, liver disorders, constipation, intestinal disorders, gallbladder inflammation or stones, conditions of poor elimination, night-time urinary frequency, and inflamed joints. The oil is absorbed into the lymphatic circulation to provide a soothing, cleansing, and nutritive treatment.

It is not to be used during pregnancy, bleeding, or menstruation.

Materials Needed - castor oil, white cotton or flannel, heating pad or hot water bottle (preferred), old sheet, warm blanket, pillows, baking soda, plastic or an old towel to protect your surrounding area (i.e. your bed or couch.)

Procedure - fold flannel into 2 thicknesses to fit over your entire abdomen, liver or other desired area.

- Soak the flannel in castor oil. Fold flannel and gently press out excess so it is not dripping.
- The oil will stain whatever it touches so the blanket, sheet and plastic/towel is used to protect the surface you will be laying on and for covering yourself.
- Lay on your back with your feet elevated (using a pillow under your feet and knees works well). Place oil soaked flannel over your abdomen, cover with a small sheet of plastic and a towel and then place the hot water bottle on top.
- Wrap yourself up and keep warm.
- Leave pack on for 45-60 min. This is an excellent time to practice relaxation breathing or enjoy relaxing music or read a good book.
- When finished, to remove the oil, wash with a solution of 2 TBSP of baking soda to 1 quart of warm water. (optional-you do not have to remove the oil after if you don't want to)
- Store your pack in the fridge in a large zip-lock bag. The pack can be used several times, adding more oil as needed to keep the pack saturated.
- For maximum effectiveness apply the pack everyday for at least 4 consecutive days per week for at least 4-6 weeks. Those who use the pack daily will receive the most benefit.

Quick Method

Some find it easier to apply the oil directly to the skin on the abdomen without the flannel. You then cover it with plastic, a towel, and hot water bottle or just plastic and hot water bottle. This is often applied for the entire night and in the morning the oil is totally absorbed through the skin. Or it can be left on for a short time and removed. Remember to use old sheets on your bed as the oil will stain and cannot be removed.

A patch test is a good idea for those who have numerous allergies and sensitivities. Tape a small piece of oil soaked flannel to the inside of your arm or any soft skin area. Leave on for a couple of hours. If there is no reaction, then it is safe to use on the entire abdomen.

This information is for educational purposes and is not intended to diagnose or treat disease. My focus is to educate people to make better choices in order to build and maintain better nutritional balance. For the diagnosis or treatment of any ailment or disease, please contact a licensed physician.

