

## **Castor Oil Pack**

Most often applied as a pack placed over the abdomen, the oil is absorbed into circulation providing a cleansing, nutritive, and relaxing treatment. Having personally tried to give up caffeine and sugar both with and without the use of castor oil packs, I highly recommend them any time you eliminate a food or substance from your diet and therefore your body. For me it completely eliminates the symptoms of withdrawal such as headache and irritability. Now I can't even fathom trying to make such a change without the use of castor oil packs.

### **Supplies Needed**

Castor oil  
Plastic sheet (can use plastic wrap or trash bag)  
1 yard white cotton or wool flannel  
Heating pad or hot water bottle  
Old sheet,  
Wool blanket

### **Instructions**

1. Fold flannel into 3 thickness' to fit over your entire abdomen.
2. Soak flannel with enough castor oil to fully saturate the cloth.
3. Gently heat the oil soaked flannel in a glass casserole dish in the oven until warm, or in a microwave for 1 - 1 1/2 minutes.
4. On the surface you will be lying on, lay down a wool blanket, covered by an old sheet, an old towel, and large sheet of plastic. These will prevent heat and prevent staining.
5. Lie on your back placing the oil soaked flannel over your abdomen.
6. Wrap yourself in the plastic piece and place a heating pad or hot water bottle on top of the plastic. Continue to wrap the towel, sheet and wool blanket around you.
7. Leave pack on for 60-90 minutes. During this time rest quietly. You may want to listen to quiet music or meditate.
8. After finishing, if the oil bothers you, wash with a solution of 3 tablespoons of baking soda to 1 quart water.

9. Store the pack in your fridge in a large zip lock bag or the casserole dish used to heat the pack. Reuse the oil and pack several times. Add more oil as needed to keep the pack well saturated. Replace the pack after it begins to change color. This may occur in days, weeks, or months.

### **Timing/Duration**

The castor oil pack will be most effective when left on for 60-90 minutes and done for 4 or 5 consecutive days per week for 1 month.

### **Benefits**

The castor bean, (*Oleum ricini*) also known as Palma Christi, as been seen to facilitate elimination through the digestive and urinary tracts, improve intestinal absorption of nutrients, dissolve lesions, reduce inflammation, relieve pain, improve coordination of the nervous system, and improve function in many vital organs.

### **Indications**

Castor oil packs are recommended in numerous circumstances such as Cleansing and detoxification regimens, inflamed joints, constipation and other intestinal disorders, PMS and other conditions caused by hormonal imbalance, liver disorders, headache, liver and gallbladder conditions, and non-malignant growths such as uterine fibroids and ovarian cysts.

### **Cautions**

Castor oil packs should not be used with pregnancy, bleeding, or during menstruation.