

## **CASTOR OIL PACKS**

Castor oil has been shown to increase circulation and promote elimination and healing to tissues and organs underneath the skin. It is particularly effective in being absorbed into lymph circulation which can improve digestion, immune function, and reduce swelling in injured joints and extremities. It has also been specifically used in cases of menstrual irregularities, uterine fibroids and ovarian cysts.

**Caution: please do not use on abdomen during pregnancy or menstruation.**

### **Recipe for Castor Oil Pack**

**Materials:**

- Castor oil
- Small glass pan, with lid
- White flannel cloth of 2cm thickness, large enough to cover your abdomen
- Plastic (large enough to cover the flannel cloth)
- Heating pad (with low setting) or hot water bottle

**Method:**

1. Pour enough castor oil over the flannel to soak it
2. Heat the soaked flannel in a glass pan gently on the stove until warm
3. Place flannel on the abdomen
4. Cover with plastic (cut 1-2" larger than the flannel)
5. Place heating pad (or water bottle) over plastic and set on low heat for 45-60 minutes
6. Cover abdomen with towel or blanket to keep deep heat in
7. Rest while the pack is in place. Take care not to fall asleep with the heating pad on, as it may burn
8. After removal, cleanse the area with water or with water and baking soda
9. The castor oil pack should be stored in a covered container in the refrigerator and may be reused numerous times.