

Castor Oil Pack

Castor oil packs aid in elimination and detoxification processes in the body. They help move lymph, an essential part of detoxification and modulating inflammation. Castor oil, by triggering receptors and modes of information within the skin, improves liver and gallbladder function. In doing so, it helps the liver to better metabolize hormones such as estrogen. Castor oil also helps in the reduction of adhesions in cases of past surgery.

CONTRAINDICATIONS

Castor oil packs should be used with caution or avoided during pregnancy, bleeding disorders and with active ulcers.

SUPPLIES

- Plastic wrap (clear kitchen plastic wrap or plastic bag without printing)
- Wool flannel sheet
- Old bath towel
- Hot water bottle or heating pad
- Castor oil

DIRECTIONS

1. Fold the wool so that it is 2-3 layers thick and fits over most of your abdomen, or the area specified.
2. Soak the wool in castor oil. Strip or loosely wring out the excess oil. There will be excess oil for the first few applications, after that the castor oil pack should not drip excess oil.
3. Lay down in a comfortable position. You may want to place an old towel or plastic under you during the initial applications to avoid oil stains from getting on your bedding, upholstery or carpeting. Place the castor oil pack directly on your abdomen.
4. Cover the pack with a sheet of plastic, again to avoid staining. Wrap plastic to completely cover the flannel, you will want to wrap it all the way around your body.
5. Wrap an old towel around your abdomen to hold the castor oil pack in place, and secure. Place a hot water bottle or heating pad over the towel.
6. Leave the castor oil pack on for 30-45 minutes.
7. It is fine to fall asleep with the castor oil pack on, as long as you are not using an electrical heating source.
8. When you are done, store the pack in a large zip-lock bag in the refrigerator. The pack can be used repeatedly, adding more castor oil as needed. The castor oil pack can be used for several months.