

The Castor Oil Pack - II

PURPOSE

The castor oil pack has many applications, and is being used as part of your detoxification program to facilitate deep cleaning and to assist the detoxification of your body. Other conditions that respond well include: headaches, liver disorders, constipation, intestinal disorders, gallbladder inflammation or stones and conditions with poor elimination. It is specific in cases of uterine fibroids and ovarian cysts that are non-malignant.

SUPPLIES NEEDED

The following supplies are needed for preparing a castor oil pack:

- Castor oil
- Flannel cloth (folded into 3 layers, the right size to cover your abdomen from below the breast to above the pubic bone)
- Plastic wrap (Clear kitchen wrap or plastic bag without ink)
- Bath towel
- Hot water bottle or heating pad
- thin towel or old sheet

TO INITIALLY PREPARE THE CASTOR OIL PACK:

1. Warm the castor oil in a pot or microwave and soak the flannel so that it is saturated in the castor oil. It should not be dripping with oil, but nicely soaked. Strip off the excess oil.
2. Once the pack is made, it can be stored in a container and used for a couple of months before needing to be replaced.
3. The pack is now ready for use.

DIRECTIONS FOR USE

1. Fold the flannel or wool cloth into 3 layers (suitable size to cover your abdomen).
2. Lay an old sheet down on the surface you will be lying on. This will prevent any oil getting onto your bed or furniture.
3. Lie on your back placing flannel over abdomen,
4. Place plastic wrap that is 1-2 inches larger than the flannel on all sides to prevent staining of clothes or bedding.
5. Wrap another towel or old sheet around body over the flannel and plastic .
6. At this time place the hot water bottle or heating pad over the treatment area. Rest.
7. Please take this opportunity to do some breathing exercises. It is also a good opportunity to do some relaxation techniques and/or healing visualizations. You may sleep.
8. Leave the pack on for 30-45 minutes up to one hour.
9. After finishing, if the oil bothers you, wash with a solution of 3 tablespoons of baking soda to 1-quart water.
10. Store the pack in a large zip-lock bag or a glass container. It is possible to reuse the oil and pack many times. Just add more heated oil as needed or heat in the microwave.
11. Discard and replace the pack after it begins to change color.
12. The treatment should ideally be done every day (nightly to assist in your sleep). Patients who use the pack daily will receive the most beneficial effects.