

Castor Oil Pack -I

Supplies

- ½ yard of 100% cotton flannel or 100% natural color wool. (Enough fabric to create 4 thicknesses of fabric large enough to cover just under the breast to the pelvic area and from side to side.
- Castor oil to completely saturate layers of fabric. (Saturate but not “drippy”). Oil can be slightly warmed if desired.
- 1-2 capsules of **Flora Syntropy**
- 1-2 capsules of **Wild Oregano Oil**

Directions

- Mix the **Flora Syntropy** and **Wild Oregano Oil** with a bit of castor oil to form a paste, and insert into the navel. The Flora Syntropy and Wild Oregano Oil will be absorbed transdermally and assist in re-colonizing and additionally clearing pathogens from the intestinal tract following removal of toxins.
- The packs are made by saturating the cotton flannel, folded 4-ply, with cold pressed castor oil (cloth should not be dripping). The oil will be very thick and sticky.
- Place the oil-saturated flannel directly on the skin and cover with a piece of plastic, such as a plastic bag or plastic wrap.
- Apply heat (use a hot water bottle, heating pad or hot towel) over the plastic wrap.
- Place a blanket or towel over the heat source to help hold in the heat.

Leave the castor oil pack on for a minimum of 1 ½ hours every day for 3-4 days, continuing each week, for 4 weeks. The treatment can be done 4 consecutive days once per month for maintenance. After the treatment, you can clean your skin with a solution of two teaspoons of baking soda dissolved in one quart of water.

A castor oil pack can be placed on the following body regions:

- The right side of the abdomen to stimulate and detoxify the liver.
- Inflamed and swollen joints, bursitis, and muscle strains.
- The abdomen to relieve constipation and other digestive disorders.
- The lower abdomen in cases of menstrual irregularities and uterine and ovarian cysts.