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CASTOR OIL PACKS

Castor oil is the oil extracted from the castor bean plant. The use of castor oil is found in medical references dating back to ancient civilizations. 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

Uses for Castor Oil

Uterine fibroids, non-malignant ovarian cysts, fibrous changes of the breasts, menstrual irregularities, headaches, migraines, constipation, colitis appendicitis, and other intestinal disorders, gallbladder and liver conditions, arthritis, low back pain, chest colds, and more.

Materials:

Castor Oil
Small glass pan, with lid
Flannel cloth (or wool) of 2 cm thickness, large enough to cover the effected area
Plastic, large enough to cover the flannel cloth (plastic bags or plastic wrap are OK)
Hot water bottle

Method:

- Pour a small quantity of castor oil in the glass pan
- Soak the flannel in the castor oil
- Heat the soaked flannel in glass pan gently on a stove or in oven until warm (do not use microwave)
- You want the pack very hot, but not hot enough to burn your skin.
- Apply castor oil pack to area of body you wish to treat
- Cover with plastic (cut 1-2" larger than flannel) – to prevent oil from ruining your clothes & sheets
- Place hot water bottle over plastic for 50-60 minutes
- Rest while the pack is in place
- After removal, cleanse the area with water or with water and baking soda (1tsp baking soda:1pint water)
- The castor oil pack should may be stored in a covered container in the refrigerator and may be reused numerous times (20-25) after which it should be washed or replaced
- Apply the pack at least 5 - 7 days in a week

CONTRAINDICATIONS: Do not use on uterine growths, bleeding, pregnancy, ulcers or during menstruation.