



## Castor oil packs



Castor oil packs are recommended as part of this program because of their ability to reduce inflammation to promote healing. They improve elimination and circulation, especially of the lymphatic system, but also blood circulation to the organs and tissues. Castor oil packs are said to aid with detoxing the liver, (and therefore can be helpful in treating hepatitis C), They can aid in relief of pelvic pain and painful menses, and support resolution of fibroids, ovarian cysts, endometriosis, infertility, kidney stones, swollen joints, irritable bowel syndrome, and various other digestive disorders.

Castor oil packs are made with several layers of flannel and cold-pressed castor oil (both of which can be purchased online or from a local health food store – most New Seasons carry them as well as some of the co-ops). When placed on the affected area, the pack acts as a poultice to draw out toxins, reduce inflammation and help the body dissolve scars, cysts and fibroids. You can cover your entire abdomen (depending on the size of heating pad or hot water bottle you have), or focus on a specific area, e.g. liver, pelvic/reproductive region, GI organ systems.

### How to Make a Castor Oil Pack

#### Materials:

- A soft, clean, thick material of flannel or wool
- Castor oil
- A glass bowl or glass jar that you can pour the castor oil in over your flannel
- A hot water bottle or heating pad
- Old clothes that you don't mind getting stained since castor oil stains fabric
- A plastic bag (I find kitchen or regular garbage bags work best)
- A large towel

## **Instructions:**

1. Put on your older clothes.
2. Take your piece of flannel and place it in your bowl or glass container and pour enough castor oil over it to soak it (make sure it's saturated, but it doesn't need to be dripping in oil).
3. Get your hot water bottle or heating pad ready.
4. Place your towel on a flat surface (either a couch, your bed, or the floor). For added protection you can also put down a garbage bag so that your bed or couch won't get stained if oil gets on it
5. Once you lie down, place your saturated flannel over the affected area of your body.
6. Cover the pack with plastic.
7. Place the heating pad or hot water bottle over the pack and let it sit for at least 45-60 minutes. During this time you can rest, read or meditate.
8. When the time is up, remove the pack and wipe your skin clean with warm water and a bit of baking soda dissolved in it. (On Amazon you can buy Castor Oil Pack Kits that include the oil, flannel plus wipes for easy clean up)
9. You can keep the pack in a plastic bag in a cool place or the refrigerator. I keep mine in a sealed glass jar in one of my kitchen cabinets. Just add another tablespoon of castor oil for the next session.
10. Use the castor oil pack for 4 nights in a row, take 3 nights off. Repeat for 4 weeks. Take a 4-6 week break, then repeat. Take a break from castor oil packs during menses.

\* Women with IUD's should avoid castor oil packs since the castor oil can leach copper into your system.