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CASTOR OIL PACK

Castor oil packs aid in elimination and detoxification processes in the body, through its anodyne (analgesic) and anti-inflammatory properties.

INDICATIONS

Uterine fibroids, non-malignant ovarian cysts, breast infections, plugged milk ducts, headaches, liver disorders, liver cleaning, abdominal pain, peptic ulcers, colitis, constipation, diarrhea, intestinal disorders, pelvic problems, cystitis, gallbladder inflammation or stones, night time urinary frequency and inflamed joints.

CONTRAINDICATIONS

Castor oil packs should be used with caution or avoided during pregnancy, bleeding disorders and active ulcers. Individuals with chemical sensitivity disorders may have an increase in symptoms after using the castor oil pack, especially at the beginning of treatment, as it aids (and stimulates) the process of elimination and detoxification. It may be best to shorten the length of time the castor oil pack treatment initially and should be discussed with your naturopathic doctor.

SUPPLIES

- Flannel Cloth
- Plastic wrap
- Old bath towel
- Hot water bottle or hot gel pack
- Castor oil
- Large zip-lock bag

DIRECTIONS

1. Fold the washed and dried flannel cloth so that it is 2-3 layers thick and fits over most of your abdomen.
2. Soak the flannel cloth 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. Put the castor oil pack in a heat-safe glass dish and place in oven to heat to a comfortable temperature. You want it to be as hot as possible but not burning your skin or the cloth while it is in the oven.
4. 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.
5. Optional: Cover the pack with a sheet of plastic, again to avoid staining, and/or another thin towel to hold pack in place, secure.
6. Place a hot water bottle or gel pack over the towel. Wrap yourself in a warm blanket.
7. Leave the castor oil pack on for 1-8 hours.
8. It is fine to fall asleep with the castor oil pack on, as long as you are not using an electrical heating source.
9. 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 up to 1 year.