*Castor Oil Packs*

*Equipment*

* + Flannel or wool cloth
  + Plastic bag or extra cloths
  + Hot water bottle or heating pad
  + Castor Oil

*Benefits*

Castor oil relieves inflammation and pain. It heals lesions and adhesions from surgery, increases circulation of lymph fluid - benefiting the immune system and improves nervous system function. Castor oil can be used for a variety of conditions.

1. Liver and gall bladder cleansing
2. Inflammation, pain or infection (internal or enclosed in the skin)
3. Breast infection, plugged milk ducts
4. Peptic ulcers
5. Maldigestion, colitis
6. Arthritis
7. Chest colds, chronic lung conditions
8. Low immunity

*Procedure*

1. Fold the flannel or wool to a ½ inch thickness.
2. Dampen the cloth and pour castor oil on it until the cloth is saturated.
3. Optional: Heat the oil-soaked cloth in the oven on a low temperature until it’s as warm as you can stand it against your skin.
4. Otherwise, place the cloth over the area to be treated – if you’re treating the liver or abdomen, cover your belly from just below the nipples to the top of your pubic hair.
5. Cover the castor oil-soaked cloth with another cloth or plastic bag to prevent soiling of your clothes or sheets.
6. Place hot water bottle or heating pad on top. The pack may remain in place for hours, but the minimum recommended treatment time is 60 minutes.
7. After treatment, you can either rub the oil into your skin and leave it on, or you can wipe it off. If needed, you can dip a cloth in a baking soda and water solution to remove the oil. Use 1tsp baking soda in 8oz of water.
8. You can store the cloth in a glass container in the refrigerator for weeks to months.

*Prescription*

In acute situations, application 1-3 times daily is usually recommended. For chronic conditions, use the pack 1-3 times weekly. Consult with your doctor for recommendations based on your needs.

*Personal Prescription*

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