

## Castor Oil Packs

Castor oil has been shown to increase circulation and promote elimination and healing of 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. It has also been specifically used in cases of menstrual irregularities, uterine fibroid cysts, and ovarian cysts.

### Materials:

- Castor Oil
- Small glass pan, with lid
- White flannel or cotton cloth large enough to cover the desired area
- Plastic, large enough to cover the flannel cloth (plastic bags are O.K.)
- Hot water bottle, low to medium heat to avoid burning

### Method:

- Pour a small quantity of castor oil in the glass pan.
- Soak an eight inch square piece of flannel or cotton in the castor oil
- Place the flannel on \_\_\_\_\_
- Cover completely with plastic
- Place a heating pad over plastic and set on low heat for 50-60 minutes
- Rest while the pack is in place. Be careful not to fall asleep with heating pad on - may burn
- After removal, cleanse the area with warm water, if desired
- Store the pack in a covered container in the refrigerator to reuse

### Alternate method:

- Place castor oil directly on the desired area.
- Cover the area with cotton – such as an old t-shirt for abdomen or back, a sock for the ankle, etc. and rest for one hour or keep the area covered and go to bed.

Note: the castor oil may leave a stain on your clothing

**DO NOT USE ON ABDOMEN DURING PREGNANCY OR MENSTRUATION**