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### **Castor Oil Packs**

Castor oil has been shown to increase circulation, reduce inflammation and enhance the healing process. The application of the pack stimulates the release of metabolic toxins in the tissues and can reduce abdominal adhesions. It is particularly effective at being absorbed into lymph circulation, improving immune function, digestion and reducing swelling in injured joints and extremities. Castor oil packs are specifically used in cases of constipation, menstrual irregularities, uterine fibroids, and ovarian cysts.

#### **Materials:**

- Castor Oil
- Flannel cloth (approximately 2cm thick) large enough to cover the affected area
- Hot water bottle
- Clean towel (may be stained by castor oil so use an old one)

#### **Method:**

Buy a bottle of natural castor oil at any health food store. You will also need a soft flannel cotton cloth (a diaper or receiving blanket is ideal).

Fold the cloth to two or three thicknesses, so it measures about 8" x 12". This is the approximate size for abdominal application, although you may need to adjust the size for other areas of the body or for children. Soak the cloth with the oil, so it is saturated but not dripping. Heat the oil soaked pad in a warm oven for 5 minutes. Apply the cloth to your skin, over the area to be treated. Cover with a clean towel and place a hot water bottle (not a heating pad) over all.

Rest comfortably with your feet up, or go to bed. Keep the pack in place at least one hour (or overnight). Repeat for three days, and then stop on the fourth day. You can repeat this 4 day cycle as often as necessary.

You can keep this castor oil pack in a plastic bag or in a covered pan for future use. It need not be discarded after one application.

**Do NOT use on abdomen during pregnancy or menstruation.**