

## 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
- White flannel or cotton cloth large enough to cover the desired area
- Heating pad, with a low setting or hot water bottle

### Method:

- Soak an eight inch square piece of flannel or cotton in the castor oil
- Place the flannel on area being treated
- May cover with plastic to prevent getting oil on heating source
- Place a heating pad over area and set on low heat for 20-30 minutes
- Rest while the pack is in place. Be careful not to fall asleep with heating pad on
- 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 and sheets

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