

The Castor Oil Pack Information

Background:

The castor bean (*Oleum ricini*), also known as Palma Christi, due to its shape and healing properties, is known principally as a cathartic (strong laxative). A gentler use is in the form of a pack placed over the abdomen, usually with heat applied. The oil is absorbed into the lymphatic circulation to provide a soothing, cleansing and nutritive treatment.

Use:

The castor oil pack has many applications, and is specific in cases of uterine fibroids and ovarian cysts that are non-malignant. Other conditions which respond well include: headaches, liver disorders, constipation, intestinal disorders, gallbladder inflammation or stones, conditions with poor elimination, night time urinary frequency and inflamed joints.

It is not to be used with pregnancy, bleeding or during menstruation.

Materials Needed:

castor oil, 2 sheets of plastic (garbage bags ok), 36" X 18", white cotton or wool flannel, hot water bottle, old sheet, pillows, baking soda.

Procedure:

1. Fold flannel into 3 thicknesses to fit over your entire abdomen.
2. Put 3 Tablespoons of castor oil on the flannel in a ziplock bag and massage it so that the flannel absorbs the castor oil.
3. You can heat entire pack in the microwave for 1 to 1.5 minutes.
4. Lay out an old sheet, large sheet of plastic and old towel out on the surface you will laying on. This is to prevent staining.
5. Lie on your back, with your feet elevated (use of pillow under your knees and feet works well), placing the flannel over the abdomen, cover with a small sheet of plastic and towel and then place a hot water bottle on top.
6. Wrap yourself in the sheet.
7. Leave pack on for 45-60 minutes. This is an excellent time to now practice visualization, meditation or relaxation breathing. As you breathe in, force your lower abdomen to swell like a balloon. With each breath out, practice relaxing your jaw and shoulders. As you practice more, relax all muscles in your body. Alternatively, you may just sleep. Some people wear the pack all night using an ace bandage to hold it in place.

8. To remove oil, wash with a solution of 2 Tablespoons of baking soda to 1 quart water or BioKleen Citrus soap.
9. Store the pack in your fridge in a large zip lock bag.. Reuse the pack several times, adding more oil as needed to keep pack saturated. Replace the pack after it begins to change color (usually several months)
10. For maximum effectiveness, it is necessary to apply the pack as often as possible. Try for at least 4 consecutive days per week for at least 4-6 weeks. Patients who use the packs daily will receive the most beneficial effects.
11. You do not need to add oil every time you use the pack. Add only if the flannel feels dry.

The "Do Anywhere" Castor Oil Pack

1. Soak flannel in castor oil until saturated.
2. Optional-heat in microwave 1-1.5 minutes until hot.
3. Apply to abdomen and put an open plastic bag or piece of plastic wrap on top of the flannel.
4. Wrap abdomen with an old towel so it overlaps at the front.
5. Tie this comfortably tight by using 2 ace bandages, one around the ribs and the other around the waist, to keep the pack close to the body.
6. Apply hot water bottle over this to maintain heat.
7. Wrap up in a robe or gown and read or relax for 45 minutes to an hour.
8. Store pack as previously described.
9. Use pack as often as possible.

For more detailed information, please read "The Oil that Heals" by William McGarey.