

## **The Castor Oil Pack**

The castor bean, also known as Palma Christi, due to its shape and healing properties, is known principally as a cathartic (strong laxative when taken internally). 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, which stimulates immune function via lymphatic stimulation and tonifies internal organs.

### USE:

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

It is to be used with caution in pregnancy or during menstruation as it may create additional bleeding.

### MATERIALS NEEDED:

- Castor oil
- 36" x 10" white cotton flannel or wool flannel
- Old towel
- Hot water bottle or heating pad (optional)

### PROCEDURE:

1. Fold flannel into 2-3 thickness to fit over your entire abdomen. In many cases (especially if there is breast or lung issues), cover the ENTIRE chest and abdomen.
2. Drizzle approximately 1/8 cup of castor oil to the flannel. Fold flannel in half to add the oil. Unfold and apply to abdomen. Note: the first couple of weeks you use the pack you will have to add an additional tablespoon of oil about every 3-4 days. Eventually, the pack will be saturated enough that reapplication of oil should only be needed every 1-2 of weeks. The pack should NOT be dripping with oil. As an example, it should have just enough oil to make a slight oil mark on furniture as if you were going to polish it.



3. Lay an old towel out on the surface you will be lying on. This will prevent STAINING as castor oil stains and you will not be likely to get it out, so be cautious.
4. Ideally, lie on your back, with your feet elevated (use of a pillow under your knees and feet works well), placing flannel over entire abdomen (or chest), cover with a towel and then place a hot water bottle or heating pad on top. (Note: heat is NOT required during warm weather months).
5. Leave pack on for 45-60 minutes. This is an excellent time to now practice visualization, meditation or relaxation breathing. (This involves placing one hand on your diaphragm and the other on your lower abdomen. 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 to these you may prefer to just sleep. Some people will wear the pack all night using an ace bandage to hold it in place.
6. After finishing, if necessary, you can remove the oil with a solution of 2 TBSP of baking soda to 1 quart water or often hair conditioner works well. You also choose to leave the oil on the skin to be totally absorbed over time. (NOTE—there should only be a VERY thin film of castor oil on the skin when you finish the treatment.)
7. Store the pack in a large zip-lock bag. Reuse the pack many times, adding more oil as needed to keep the pack saturated. Replace the pack after it begins to change color (usually several months).
8. 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 pack daily will receive the most beneficial effects. Once the pack has been used at its' effectiveness felt, most patients will continue to use the pack on a regular basis for many years.