

## Instructions for Castor Oil Pack Treatment

Supplies needed:

- Cold pressed castor oil (available here, or at health food stores)
- A piece of wool or cotton material (enough to fit over the abdomen folded four-ply)
- Piece of plastic (bag or saran wrap)
- Hot water bottle

### Directions:

Warm a bottle of castor oil up in very hot water. Completely saturate the wool or flannel material with the warm castor oil. Fill your hot water bottle with scalding hot tap water. Make yourself a comfortable place (ideally in bed) to remain for at least an hour or overnight. Place the heated material over the affected area (intestines, liver, bladder, kidneys, cysts, fibroids, etc.), cover with the plastic wrap, then the towel, and finally the hot water bottle. Cover yourself with blankets and relax or go to sleep. Pay attention to thoughts, feelings, and images that arise.

This form of therapy is effective for treating scarred and stressed tissues and organs. The oil is very similar to natural oils in the body so it penetrates the cells easily, healing and rejuvenating them. Castor oil decongests and drains. It detoxifies, heals cysts, growths, warts, and nervous system disorders. It stimulates the body's deep circulation and heals body tissues. It treats liver disorders, chronic bladder infections, menstrual pain, dry intestines, and cramped or overstressed muscles.

Castor oil packs can be used as needed. Repeated applications are necessary over time to heal certain conditions. An option of applying the packs for 4 days in a row and then left off for 3 days can be followed. This can be repeated for several weeks to months or until the condition is healed.

The oiled material can be stored in the freezer in a zip-lock bag and reused in the next treatment. If you do this, warm the cloth up on a cookie sheet in the oven on about 250 degrees before it's used again.

You may need to add more oil so it is completely saturated.

*Ask about Castor Oil Pack Holder, available at the office, for added convenience.*