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## CASTOR OIL PACKS

Castor oil has been shown to increase circulation and promote elimination and healing to 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, fibrocystic breast tissue and ovarian cysts.

### Materials:

- Castor Oil
- Flannel or cotton cloth (ideally white or raw/uncolored) large enough to cover the effected area. Can be an old t-shirt or rag; something you don't mind getting stained with oil.
- Hot water bottle (or microwavable flax/wheat/"magic" pack)

### Method:

- Liberally apply castor oil directly to skin over affected area.
- When applying oil to the abdomen (and any time stroking the abdomen) it is imperative that the direction of the strokes be **CLOCKWISE** to support the natural rhythm of peristalsis (healthy progressive movements of the bowel.)
- Place flannel/cloth over affected area
- Place hot water bottle over castor oil for 40-60 minutes
- Rest while the pack is in place
- If you choose to re-use the cloth for future applications, it can be stored in a covered container in the refrigerator.
- Re-apply the castor oil pack daily.

### Additional information and cautions:

- Applied **topically** over unbroken skin, castor oil is safe for anyone, even newborn babies! (It's amazing for colic!)
- Topical application of castor oil has been shown to penetrate deep into tissues to increase circulation, release cramping, promote lymphatic circulation and facilitate healing of tissues and organs even deep under the skin. It can improve digestion, immune function, and reduce swelling in injured joints and extremities.
  - Yes! That means it will help healing of injuries of all kinds. Sprains, strains, tears, even chronic injuries. Castor oil can penetrate deeply, especially with heat application. It has even been found effective to help heal liver cirrhosis and hepatitis!
- Castor oil is also wonderful for the skin. It is an excellent moisturizer, can help heal and align scar tissue (to reduce appearance of scars) and because it is mildly antimicrobial it's excellent for acne problems.
- Taken internally, castor oil is a very strong laxative (purgative) and can cause cramping and diarrhea. It can also stimulate uterine contractions and increase menstrual flow. Therefore, even topically, it **SHOULD NOT BE USED ON ABDOMEN DURING PREGNANCY.**