

## Castor Oil Pack

### Benefits & Instructions

#### Benefits

Castor oil is a vegetable oil that is used for a wide range of cosmetic and medical purposes.

It comes from seeds of the *Ricinus communis* plant, which is native to tropical areas of Africa and Asia. Castor oil is thought to have anti-inflammatory, antimicrobial, moisturizing, and other useful properties.



Castor oil has also been used to treat a range of medical conditions, most notably digestive issues. It is broken down into ricinoleic acid in the small intestine. This speeds up the process of digestion.

#### Using a castor oil pack placed directly on the skin can produce many health benefits:

- *Stimulation of liver and lymphatic function, which unblocks stagnant bile and lymph flow.*
- *Reduces inflammation, especially when applied over acute muscle and/or joint injuries.*
- *Helps to alleviate menstrual cramps and pain.*
- *Produces a temporary, yet significant, increase in T-cell lymphocytes. This boosts antibody levels and other immune defense mechanisms.*

#### Instructions for Applying a Castor Oil Pack

- Saturate a [small piece of cotton fabric](#) or [gauze bandages](#) with [castor oil](#).
- Place the saturated cotton fabric over your breast and/or armpit (or any other body part); wherever the area of concern is.

- Place an old towel or plastic grocery bag over the saturated fabric to keep the castor oil from saturating through the fabric.
- Apply a [hot water bottle](#) over the towel or plastic bag. Be sure to avoid using a heating pad due to EMFs.
- Relax for 20-60 minutes. You may also wear the pack for several hours, or even overnight.
- Wash the cotton fabric or dispose of the gauze. Do not reuse.
- Wash the skin where the pack was applied (due to toxins released). Then relax with a bath or foot soak, if desired. (See the [Bathing Rituals](#) document available on the website under Patient Resources for ideas and our favorite organic bath products)

A castor oil pack is safe to use 2-3 times a week for general detoxification. It can also be beneficial before an enema, colonic, or liver/gallbladder flush. Or used during chelation treatment or visceral massage. It is helpful when experiencing menstrual cramps or abdominal pain. Simply follow the instructions above and place the packs on the liver or abdominal area.

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