

The Healing Power of Nature

JACINTA WILLEMS | NATUROPATHIC DOCTOR

THE CASTOR OIL PACK

Use:

The castor oil pack has many uses. Conditions that respond well include: headaches, liver and gall bladder disorders, constipation, intestinal disorders, uterine fibroids & cysts, 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"x18" cotton or wool flannel, hot water bottle, old sheet, old towel, wool blanket, pillows, baking soda.

Procedure:

Fold flannel in 3 thickness to fit over your entire abdomen and soak with castor oil.

Lay wool blanket, old sheet, large sheet of plastic and old towel out on the surface you will be lying on. This will prevent staining.

Lie on your back with your feet elevated (use of a pillow under your knees and feet works well), placing flannel over abdomen, cover with a small sheet of plastic and towel and then place hot water bottle on top.

Wrap yourself in the sheet and wool blanket.

Leave pack on for 45-60 minutes. This is an excellent time to practice visualization, meditation, or relaxed breathing. Alternatively to these you may just sleep. Some people will wear the pack all night using an ace bandage to hold it in place.

After finishing, to remove the oil, wash with a solution of 2 TBPS baking soda to 1 quart water, or biokleen citrus soap.

Store the pack in your fridge in a large zip-lock bag. Reuse the pack several times, adding more oil as needed to keep the pack saturated. Replace the pack after three uses or about once a week.

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.

THE "DO ANYWHERE" CASTOR OIL PACK

Apply the flannel soaked with castor oil to the abdomen, cover with plastic and 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. Apply hot water bottle over this to maintain heat. Wrap up in a robe/gown and read or relax for 45 minutes to an hour.

ALTERNATIVE METHOD

Apply the castor oil directly to the abdomen not the flannel pack. Proceed as before covering with plastic, towel and place a hot water bottle on it. This is often applied for the entire night and in the morning the castor oil will be totally absorbed through the skin. Use old sheets on your bed as the castor oil does stain which can't be removed.