

Instructions for Castor Oil Pack

Castor Oil Packs assist Colonic Hydrotherapy and detoxing. Castor oil is very thick and does not easily penetrate the skin which is why we have to use it as a pack. In this way, the castor oil is slowly absorbed through the skin into the lymph system that irrigates the abdominal cavity, in particular the liver and intestines.

Castor oil softens and relaxes the bowel. It balances the nervous systems and disperses congestion. It is anti-inflammatory and profoundly relaxing.

Dr Christopher (a world renowned naturopathic doctor) also comments, "Castor oil helps to get rid of hardened mucus in the body, which may appear as cysts, tumours, or polyps". Although most often applied on the belly, Castor Oil Packs can be used anywhere on the body where there is inflammation congestion or cyst. It is very useful in the treatment of sprains and injuries.

Castor oil packs are an enjoyable experience which is easy to do.

You will need:

- 250 ml. of castor oil (choose organic cold pressed where possible)
- An electric heated pad or a hot water bottle (not as easy to manage)
- 2 clean muslin cotton cloths (approx. 40cm x 25cm.)
- A large sheet of polythene (i.e. a bin liner)
- A large thick towel which will wrap around the body and a couple of safety pins

Directions:

- 1 - Prepare the large towel by spreading it on the floor and get your heated pad (or hot water bottle) ready.
- 2 - Place a moist cotton muslin cloth over the polythene sheet.
- 3 - Soak the other muslin cloth in 250ml of castor oil.
- 4 - Place it on top of the moist cotton tea towel.
- 5 - Lift the polythene sheet and place over the abdomen with the cotton soaked in oil next to the skin.
- 6 - Place the heated pad (or hot water bottle) over the polythene sheet.
- 7 - Lie on the spread towel and wrap it around the body to hold everything in place. Secure with safety pins.
- 8 - Enjoy this soothing and relaxing pack for one and a half hour. When you have finished remove the pack and place the muslins on a sheet of cling film each, roll them up and store them in the fridge.

Repeat this procedure for three days in a row, re-using the same cloths.

- 9 - The following three days massage with olive oil in a clockwise motion for 5 minutes the entire area. Rest on the seventh day, and repeat the entire procedure again until symptoms improve.

Make sure you have organised yourself well to enjoy your castor oil pack. You can choose between reading, writing, resting, meditating, T.V., conversation or sleep.

The relaxation of the solar plexus and abdominal emotional brain is especially beneficial in the treatment of constipation caused by stress, anxiety and muscular tension (IBS). It is also a valuable addition to liver and gall bladder cleansing.