



## Castor Oil Compress Treatment

### Indications

Castor oil compresses aid in the detoxification of the body. The castor oil pack has many applications and is used in many conditions including uterine fibroids, non-malignant ovarian cysts, swelling, ascites, headaches, migraines, constipation, intestinal disorders, and gallbladder and liver conditions.

### Supplies

- White Flannel cloth (cotton or wool; 20-40" x 24-48")
- Dedicated Bath Towel for applying over castor oil pack to protect sheets, and/or dedicated "Castor Oil Flannel Shirt" (eg., from Good Will) to protect sheets
- Hot water bottle
- Cold-Pressed Organic Castor oil (Heritage or Home Health brands)

### Directions

1. Choose a container in which to store your Castor oil pack. A Ziploc bag is fine.
2. Pour oil onto flannel until it is well moistened but not dripping.
3. Lie down placing flannel directly on skin over the treatment area (from just below chest to above pubic bone).
4. To prevent possible staining of clothes or bedding you can place a bath towel under the treatment area.
5. Apply hot water bottle over the treatment area.
6. A typical treatment is 30-60 minutes though longer is not harmful. The effect is cumulative and better if done every day for several days.
7. Rest. You may sleep, use visualization, or meditation at this time. Deep breathing relaxation gets you the double benefit of excreting toxins from your lungs. Keep yourself covered and warm throughout your treatment.
8. When done, you may store the castor oil pack in a ziploc bag under your bed. This flannel and oil may be used for 6-8 months without washing. Every week or two you will need to add a bit more castor oil to the pack.
9. To remove the oil after a session, wash skin or towel in a solution of 3 tablespoons baking soda per quart of water, or just use a mild soap. Other people like to just rub the oil in and leave it on.

### Effect

Castor oil is a unique substance which has the ability to stimulate both lymphocyte production and accelerate lymphatic flow, providing thus an effective means of increasing lymphatic drainage of toxicity from the body. It renews the body's "watery organism" and is especially indicated in chronic disease, where facilitating elimination of toxins is a crucial adjunct to ALL therapies.