



## THE CASTOR OIL PACK

### Background:

The castor bean (*Oleum ricini*), also known as Palma Christi due to its shape and healing properties, is known principally as a cathartic (strong laxative). A gentler use is to take the oil of the bean and create a pack to be placed over the abdomen with heat. The oil is absorbed into the lymphatic circulation to provide a soothing, cleansing, and nutritive treatment.

### Use:

The castor oil pack has many applications and is specific in cases of uterine fibroids and ovarian cysts that are non-malignant. Other conditions which respond well include: headaches, liver disorders, constipation, intestinal disorders, gallbladder inflammation or stones, conditions with poor elimination, night time urinary frequency and inflamed joints. It is not to be used with pregnancy, bleeding or during heavy menstruation.

### Procedure:

1. Fold a piece of cotton or wool flannel into 3 thicknesses to fit over your entire abdomen.
2. Soak flannel with the castor oil on the side that will go against the abdomen.
3. Warm the entire pack for **1-2 minutes** in the oven on WARM.
4. To prevent staining, you can use any combination of the following below you or wrapped around you while doing the pack: an old blanket and sheet, plastic, old towel.
5. Lie or sit placing the flannel over your abdomen, cover with a small sheet of plastic and towel and then place a hot water bottle/heatable bean pillow on top.
6. Leave pack on for 45-60 minutes. This is an excellent time to now practice visualization, meditation or relaxation breathing.
7. After finishing you may remove the oil with a solution of 2 tablespoons of baking soda to 1-quart water or BioKleen Citrus soap™. Removing the oil is not necessary but is a matter of personal preference.
8. 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 it begins to change color. If you are using it daily, it is not necessary to store it in the fridge every night.