

CASTOR OIL PACK THERAPY

Procedure:

- Use either an organic cotton flannel and cut into desired body location size, or use a compress pack that you can attach to your body. I like the brand queen of thrones.
- Apply the castor oil evenly over the flannel. Drizzle it on and spread in with your hand. Don't worry if every inch is not covered, as most will soak in after a while anyway.
- Apply the soaked flannel to the area needed. If using a flannel and not a compress pack, you'll want to put a barrier over the soaked flannel, like a towel. Next, apply a hot pack over the castor pack or towel. Electric packs are best, as warm water packs or 'seed' bags cool off too quickly. Hot packs are not essential, but I've found over the years it makes the therapy a bit more effective.
- Consider using a large towel or similar under your body part so any flooring or furniture is not dripped on by the oil if it leaks. Leave on for 1-2 hours per session. Use 1-5x a week, depending on the issue. For children, you might want to do it at bedtime, as they move around during the day.
- Each castor pack, once the oil has been applied, may be used 3-4 times. Simply place in the refrigerator, or if you are using a compress pack wash after a few sessions.
- Do not use heat in cases of any suspected appendicitis, infection, pregnancy, or open wounds of any type.

WHY? Castor oil pack therapy has a long history of clinical use for its anti-inflammatory, anti-spasmodic, analgesic, lymph and immune benefits. Testimonials, clinical experience, and books have shown positive health benefits for over a hundred years. This is the easiest way for children to get the bowels moving in order to eliminate the pathogens/toxins.

References:

- 1) *International Journal of Naturopathic Medicine*. 2012 March; volume 5.
- 2) *Complementary Therapy in Clinical Practice*. 2011 Feb; 17 (1): 58-62.

