

CORE HEALTH
NATUROPATHIC WELLNESS CENTER
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CASTOR OIL PACKS

Materials:

Castor Oil

Small glass pan, with lid

White flannel cloth of 2 cm thickness, large enough to cover the effected area

Plastic, large enough to cover the flannel cloth (plastic bags are O.K)

Heating pad, with a low setting

Method:

- Pour a small quantity of castor oil in the glass pan Soak the flannel in the castor oil
- Heat the soaked flannel in glass pan gently on a stove until warm
- Place flannel on _____
- Cover with plastic (cut 1-2" larger than flannel)
- Place heating pad over plastic and set on low heat for 50-60 minutes
- Rest while the pack is in place. Careful not to fall asleep with heating pad on - may burn
- After removal, cleanse the area with water or with water and baking soda
- The castor oil pack should be stored in a covered container in the refrigerator and may be reused numerous times
- Apply the pack at least 5 of 7 days or as directed by your naturopathic doctor

Rationale:

Castor oil has been shown to increase circulation and promote elimination and healing to tissues and organs underneath the skin. It is particularly effective in being absorbed into lymph circulation which can improve digestion, immune function, and reduce swelling in injured joints and extremities. It has also been specifically used in cases of menstrual irregularities, uterine fibroid cysts, and ovarian cysts.

DO NOT USE ON, ABDOMEN DURING PREGNANCY OR MENSTRUATION.