

Castor Oil Packs

Castor oil packs can be used as a home remedy for all types of problems such as:

- Inflammation
- Congestion
- Constipation
- Liver, kidney, and pelvic disorders
- Arthritis

The function of the pack is to decrease inflammation, relax muscles and to detoxify. Castor oil packs should not be used when pregnant, breastfeeding, on broken skin or during heavy menstrual flow. Castor oil should NEVER be taken internally.

The packs are made by saturating cotton flannel (an old t-shirt will do), folded four-ply with cold-pressed castor oil (cloth should not be dripping). The oil will be very thick and sticky. Castor oil can be purchased at a health food store or drug store.

The oil-saturated flannel is then placed directly on the skin and covered with a piece of plastic, such as a plastic bag or plastic wrap. Heat in the form of a hot water bottle or heating pad, is then applied over the pack. A blanket or towel can be placed over the heat source to keep everything in place.

A castor oil pack can be placed on the following body regions:

- The right side of the abdomen to stimulate and detoxify the liver.
- Inflamed and swollen joints, bursitis, and muscle strains.
- The abdomen to relieve constipation and other digestive disorders.
- The lower abdomen in cases of menstrual irregularities and uterine and ovarian cysts.

The flannel can be stored in a plastic bag and used over again. Add extra castor oil as needed. After the treatment, you can clean your skin with a solution of two teaspoons of baking soda dissolved in one quart of water.

It is generally recommended that a castor oil pack be used for 3 to 7 days in a week for up to several months or as recommended by your health professional, to treat a health condition or for detoxification.