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Castor Oil Pack

Background:

The castor bean (*Oleum ricini*), also known as Palma Christi, is known principally as a cathartic. This means that when the oil is taken internally it acts as a strong laxative. Using it in a pack applied to the abdomen is a gentler way to harness these healing properties. The oil is absorbed into the lymphatic circulation to provide a soothing and nutritive treatment.

The castor oil pack:

- Reduces inflammation
- Improves bowel movements
- Helps recycle glutathione (body's master anti-oxidant)
- Helps break down biofilm (bad gut bugs)
- Induces relaxation

It has many applications:

- uterine fibroids
- ovarian cysts (non-malignant)
- headaches
- constipation
- diarrhea
- night time urinary frequency
- inflamed joints
- general detoxification

It is to be used with caution in pregnancy or during menstruation as it may create additional bleeding.

Materials Needed:

Castor Oil
Old Towel
36" x 10" white cotton flannel or wool flannel (approx. size; see procedure notes)
2 ace bandages
Robe or gown
Hot water bottle or heating pad (optional)
Large zip-lock bag for storage

Castor Oil Pack Procedure:

Fold flannel in a 3 layer thickness to a size that fits over your entire abdomen. If you are treating breast or lung issues, cover the ENTIRE chest and abdomen.

Add castor oil to the flannel until it is saturated but not dripping

Apply to abdomen or entire chest, per doctor's orders

Wrap abdomen with an old towel so it overlaps at front

Tie this comfortably tight by using 2 ace bandages, one around the ribs and the other around the waist, to keep the pack close to the body

Apply heating pad or hot water bottle to maintain heat (if desired)

Wrap up in a robe/gown and read or relax for 45-60 minutes

Store the pack in a large zip-lock bag. Reuse the pack many times, adding more oil as needed to keep the pack saturated. Replace the pack after it begins to change color (usually several months)

Ask doctor about frequency of use.