

Castor Oil Pack – Instructions

Necessary items:

- **Castor Oil**, preferably organic cold pressed, (approx.) 2 tablespoons
We recommend [Premier Castor Oil](#) from Premier Research Labs
- **Organic Cotton Flannel or Wool** (3 - 4 pieces or layers about 10" x 12" each)
We recommend [Certified Organic Cotton Flannel](#) from Premier Research Labs
- **A Large Plastic Bag** (13-gallon trash bag works well if cut along the edges, giving you two identical rectangular pieces)
- **A Large Electric Heating Pad** or hot water bottle. Do not microwave!
- **An Old Sheet and Wear Old Clothes**—castor oil stains!

Application:

1. Place one large piece of plastic over the area where you will be laying
2. Place an old sheet over the plastic
3. Take other plastic piece, place it crossways to the sheet, under lower back
4. Saturate flannel pack with castor oil
5. Lie down on your back on the plastic bag
6. Place pack directly on skin of specific area
7. Cover with plastic sheet
8. Put heating pad over plastic sheet (keep it warm but not too hot)
9. Leave on for 30 -90 minutes
10. Remove pack, cleanse area with mild soap
11. Best to discard pack but may be reused, if so, refrigerate until next use

May be used daily or 2-3 times a week or per advice by health consultant.

Helpful Hints:

It is best to use the pack while resting and relaxing. Set it up where you will be comfortable, with a pillow under your head and another under your knees.

Oil *always* drips from the pack, so it is important to protect bedding, cushions, or pillows (some people prefer to be undressed or wear old clothes).

It is recommended just before and after using a pack to have a cleansing drink such as Premier Research Labs [Gallbladder-ND™](#) before and [AloePro](#) afterwards.

Placement:

A castor oil pack is typically placed on the following body regions:

- The right side of the abdomen for liver detoxification
- Inflamed and swollen joints, bursitis, and muscle strains
- The abdomen to relieve constipation and other digestive disorders
- The lower abdomen for menstrual irregularities and uterine or ovarian cysts
- Interference fields
- The lungs during colds/flu

Recommendations:

External applications are recommended to:

- Stimulate lymphatic function
- Relieve constipation (and other intestinal conditions)
- Support and activate liver detoxification/disorders
- Open up the gallbladder ducts and reduce inflammation or stones
- Reduce nighttime urinary frequency
- Soothe inflamed joints and sunburn
- Relieve headaches and migraines
- Break down biofilms* in the gut (used externally)
- Break down dental plaque (oil pulling with 1 teaspoon for 1-2 minutes)
- Breakup adhesions of the lacteal glands
- Reduce pain of menstrual cramps
- Improve skin and reduce wrinkles (used externally)
- Dissolve fibroids and warts, heal wounds
- Use as an anti-infective and anti-inflammatory

Avoid using castor oil packs if:

- You're pregnant or breastfeeding. The effects of castor oil on a baby aren't known
- You have an IUD which could cause it to dislodge or release excess copper
- There is internal bleeding, or if you struggle with IBS, Colitis, or diarrhea
- You have open or irritated skin, such as scratches or cuts