



Castor Oil Packs

Castor oil has been used for centuries for various medicinal uses. The castor oil pack is a very soothing and comfortable way to stimulate the immune system. There is lymphoid tissue located in the abdominal area and it is this reason why I recommend the placement of the pack over the abdomen. The liver and spleen are nearby as well, so these organs will be assisted as well.

Items Needed:

1-2 Tablespoons of a high quality castor oil
Piece of flannel or old cloth that is comfortable
Heating pad or Flaxseed Pack

Directions:

Heat your flaxseed pack approximately 1-2 minutes in the microwave, until warm.

Lie down either in bed or in a comfortable place where you can read, listen to music or rest.

Rub 1-2 TBS of castor oil over abdomen from just below the ribcage to below the belly button.

Cover your abdomen with the piece of cloth/flannel.

Place the heating pad or flaxseed pack over this.

Relax and enjoy for 15-20 minutes (longer is ok) for at least 3 nights in a row, per week.

If using this method regularly, take at least one week OFF per month.

Special Notes:

*Do not use heat if you are pregnant.

*This is very soothing for children prior to bedtime!

*Flaxseed packs with washable covers are available via Cross Natural Health

*Be careful not to get oil on bedding or clothes as it can stain. If this happens wash with baking soda and your regular detergent in the washing machine.

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