

Castor Oil Packing Protocol:

Why Do Castor Oil Pack:

- ✓ It can move stagnant blood and help to relieve cramps, bloating and PMS symptoms.
- ✓ It engages the lymphatic system and your circulatory system to help get toxins moved and eliminated from the body.
- ✓ Supports liver detoxification.
- ✓ Helpful for stomach ache, bloating, pain, diarrhea, and constipation: gets the bowels moving.
- ✓ Helps to reduce inflammation in general and can be used on sore joints or muscles as well.
- ✓ Some studies show castor oil packs can improve ovarian and uterine health.

What You Will Need:

- ✓ 2 old towels (the oil will stain, so don't use your good towels)
- ✓ 1 large, BPA free, zip lock bag, cut open so they lay flat like a rectangle or cling wrap
- ✓ Unbleached and Dry Free Wool Flannel – can be used up to 30 times
- ✓ Large mason jar or other glass jar with an airtight lid
- ✓ Heating pad or hot water bottle
- ✓ Castor oil

How To Do a Castor Oil Pack:

Before Beginning:

1. Cut a large piece of flannel and fold into third to make three layers. Your original piece will be like 20-25 inches by 10-12 inches and when folded something like a 8 X 10.
2. Place folded flannel inside mason jar/container and then thoroughly soak (but do not completely saturate) the flannel in castor oil. You will start with 2-3 tablespoons oil, the let that sit and soak for 20 minutes, then add more oil 1-2 tablespoons at a time until the cloth has absorbed the oil in all areas but is not dripping. This pack will last you about **30 uses**, discard and start fresh again.

Using the Pack:

1. Lay an old towel on the couch, bed, floor (wherever you are laying).
2. Lay down on the towel and elevate your feet to help blood flow to your gut/liver area.
3. Carefully remove and unfold the castor oil soaked cloth and then place it in a double layer over your desired body part (wherever the pain is, on your gut, or on your liver).
4. Cover pack with the zip lock bag or with cling wrap to help it stay in place & avoid a mess.
5. Then lay the second towel on top of the plastic bag.
6. Place the heating pad or hot water bottle on top of towel.
7. Lay there for 30 minutes or up to 60 minutes if you want. You may hear some gurgling in your tummy – this is your lymph system moving☺
8. Relax, focus on deep breathing, mediation, reading or napping.
9. After desired time, remove pack and return flannel to glass jar. Seal for next use and store in fridge.
10. Use a towel to wipe remaining castor oil off your skin so you don't transfer it to your clothes or bedding. Use natural soap or a mix of baking soda and water if any oil is left on skin.

Frequency of Therapy & Additional Notes:

You can do this everyday if it feels good to you, but try to get in at least 2-3 times week. For liver packs, do not exceed 3 times/week. For gut and pain relief, use as often as daily to help move gut or/and relieve pain. Also make sure that you are well hydrated when you do your pack as that will help get things moving easier.