

# CASTOR OIL PACK

Supplies Needed:



1/2 yard of 100% cotton flannel or 100% natural color wool (Enough fabric to create 4 thicknesses of fabric large enough to cover from just under the breast to the pelvic area and from side to side –approximately 1 yard)



Castor Oil



Plastic wrap or Plastic Bag



Heating Pad



Flora Synergy or Core Botanical

Saturate the fabric with enough castor oil to completely saturate the layers of fabric (Saturated but not “dripping”). The Castor Oil may be slightly heated if desired. After saturating the fabric, place on the abdomen from just under the breast to pelvic area and from side to side or to the area of concern. Cover the felt fabric with the plastic wrap or bag. Place a heating pad or other type of heating device or hot towels over the plastic wrap or bag. Cover the entire pack with a folded towel to insulate the area and hold in the heat. If using a heating pad, use the medium temperature setting. Leave the castor oil pack on for a minimum of 20 minutes and up to 1 1/2 hours every day for 3 to 4 days, continuing each week for 4 weeks. Thereafter it is suggested that this should be done 4 consecutive days once per month for maintenance. For digestive imbalances consider Flora Synergy mixed as a light paste with a little water, 1-2 capsules of Flora Synergy. Place in the navel.

Option: Any of the condition correlating Core Botanicals or homeopathics may be used for topical application to the affected area prior to applying the castor oil pack. Practitioners find this enhances and increases the healing process in acute and chronic conditions. Also use of the products orally is helpful. Examples: **Core Hydrangea**

**Blend** and/or **GB-Tone** for gallbladder attacks; **Core Goldenrod** or **Core Queen of the Meadow Blend** with **Kidney-Tone** for Kidney stones, **Gentle Pathway** and/or **Colo-Chord** for constipation etc.

Castor Oil Pack supportive physiological effects:

- Improves elimination in the gastrointestinal and genitor-urinary tract
- Stimulates peristalsis
- Maintains the mucous membrane lining
- Improves assimilation in the gastrointestinal tract
- Balances acid secretion in the stomach
- Stimulates liver, pancreas and gallbladder secretions
- Improves coordination of the functions of major organs, glands and systems
- Stimulates the nervous system
- Supports Regulation of the metabolism
- Improves lymphatic circulation
- Draws acids and infections out of the body