

CASTOR OIL PACKS

Castor Oil has been used for centuries to support the body's natural abilities to heal and function. Castor oil is absorbed into the lymphatic and circulatory systems to provide a soothing, cleansing and nourishing treatment.

The liver performs about 500 chemical functions, among them being processing and neutralizing toxins that enter the body through inhalation, ingestion and contact. Some of the functions of the liver are hormone manufacture, support and regulation, nutrient conversions, cholesterol/protein/sugar breakdown, manufacture, storage and regulation, creating glutathione- the body's master antioxidant, and the list goes on. The liver also produces 800-1000ml of bile per day to help with fat digestion which is necessary for all the above functions to work properly.

Because of our modern society and nutrient depleted "foods", our liver is under constant assault and can be easily overwhelmed and not function as well as we need it to. The liver filters approximately 1.5 liters of blood per minute which means your total blood volume is filtered through your liver every 3 minutes and this is done about 500 times per day.

By supporting the liver, we are also supporting the kidneys which filter about 1 liter of blood per minute.

Castor oil packs are especially helpful with uterine fibroids and ovarian cysts, menstrual cramps, headaches, hormonal imbalances, intestinal and lung disorders, constipation and poor elimination, gallbladder inflammation and stones, urinary frequency, inflamed joints and body pain, fatty liver, alcohol and medication users.

Do not use the pack with heat during pregnancy or on a cancer site.

MATERIALS NEEDED

Castor oil, flannel or cotton cloth large enough to cover your entire liver area, large old towel to lie on in case oil drips onto it, hot water bottle. Castor oil can stain, so use old shirts/towels. (your liver is on your right side. Your cloth should cover the lower two ribs reaching down to just past the top of your hip bone, almost touch your belly button and extend to your right side.)

1. Soak the abdomen cloth with the castor oil well, but not enough so that it's dripping.
2. Lay down the old towel that you will lie on to catch any drips.
3. Place oil soaked cloth on your liver area with the hot water bottle for 20-60 minutes at least 4 consecutive times per week for 4-6 weeks. Daily use is the most beneficial and therapeutic. While laying down, practice deep breathing, meditation, or just reading or sleeping.
4. Leave the oil on the skin overnight to be absorbed.
5. You can re-use the pack by placing it in the fridge after use, and taking it out to get to room temperature before use. Launder the pack when it starts to change colour (usually about 20 uses).
6. Do not to use the pack right after meals. Use it between meals or especially right before bed as this will provide the best benefits.

NOTE: Extremely sensitive people or those with a high level of toxicity may experience an increase in their symptoms or a rash at the site of the pack. To reduce this, drink extra water, and reduce the amount of time you are wearing the pack until you can tolerate longer therapy times.