

Castor Oil Packs

This is one of the best home treatments you can do on a regular basis to improve your health. The target of the treatment is to thin the lymphatic fluid and promote its circulation throughout the body with special attention to the liver, spleen, and intestines.

Lymphatic fluid is essentially the "sewer system" of the body. Dead cells, functional immune complexes, and debris from all over the body are absorbed into the lymphatic fluid and brought to the liver and spleen for filtering. When lymphatic fluid becomes slow and stagnant it effects digestion and gut immunity leading to inefficient bowel movements, susceptibility to viruses, and worsening food sensitivities.

Castor Oil when applied topically to the abdomen is absorbed through the skin directly into the lymphatic fluid. Its has a special property that causes it to thin the lymphatic fluid thereby improving circulation to the vital organs and correcting the aforementioned processes.

Materials needed:

- Castor Oil (preferably organic)
- Cotton flannel "pack" (36" x 10")
- Old towel or t-shirt
- Hot water bottle or heating pad

Procedure

1. Pour approximately 1-2 tablespoons of Castor Oil onto your cotton flannel and apply to the upper right quadrant of your abdomen, just under the ribcage (location of liver).
2. Place your old towel or t-shirt over the flannel to keep any excess oil from touching your sheets.
Note: Castor Oil will stain sheets so be careful!
3. Place a hot water bottle (or other heat source) on top of the towel. Temperature should be high enough for you to feel the warmth on your skin but not get burned.
4. Relax for 30-45 minutes while your skin absorbs the oil.

This is a nice ritual to do before going to sleep while reading or relaxing in bed. You can keep a container next to the bed so that when you are ready to go to sleep it is easy to drop all materials into the container without getting out of bed.

To achieve maximum benefits of this therapy we recommend doing it at least four consecutive nights a week.