

CASTOR OIL PACKS

From CAYCE.com

Castor Oil has been used throughout the ages as a natural therapy. Castor oil is applied externally in the form of "packs" is very popular with natural health practitioners. The Cayce Readings inform us that castor oil packs are to be used to improve assimilation, elimination, and circulation; especially of the lymphatic system. A castor oil pack is made from several layers of flannel like material, enough to absorb and hold the castor oil during application. The flannel material is wool, cotton or the newly designed disposable pack, which you will need to saturate with cold-pressed castor oil before using.

A common area to apply the castor oil pack is on the right side of the abdomen, between the upper part of the rib cage and the upper edge of the hipbone. Another common area is across the abdomen from the right to the left side of the body, covering from the sternum to the pubic or groin area. Application is usually for 1-2 hours. A heating pad is placed on top of the castor oil pack to keep it very warm during application. It is best to consult your health care practitioner to determine frequency of application. You can use the same castor oil pack for additional applications. It is important to discard the pack after a certain number of uses or when it becomes rancid. It may be helpful to store the pack in a plastic storage container and refrigerate between uses. The wool and cotton flannel packs can be used for approximately 25-30 applications before they are to be discarded.

The function of the packs is to improve blood flow (works like acupuncture). Applied to the lower abdomen, at least three times per week for sixty minutes each time to improve blood flow. This regimen should be followed for at least three months and then can be tapered to once a week.

- Castor oil packs are made by saturating wool, cotton flannel, or a rag, with cold-pressed castor oil (cloth should not be dripping).
- The oil saturated flannel is then placed directly on the skin of the right lower abdomen and covered with a piece of plastic, such as a plastic bag.
- Heat, in the form of a hot water bottle or heating pad, is then applied over the pack. A blanket or towel can be placed over the heat source to keep everything in place. A non-electric heat source is best.
- Recline with this on your lower abdomen for 1-2 hours. A supplement to this is that during this treatment you pay attention to thoughts, images, and feelings that arise and make note of them in a journal.
- After your session, clean the oil from your body with a diluted solution of water and baking soda.
- Many people store the castor oil packs in a plastic storage container between uses. Be sure to keep the pack out of the sun and in a cool dark place.
- After 3 days of using the castor oil pack take about 1 teaspoon of olive oil (**not castor oil**) by mouth. Taken usually in the evening before retiring.
- Always seek medical advice prior to use. **Do Not** use during pregnancy or during menstrual flow.

Preliminary studies on castor oil packs done at George Washington School of Medicine indicate that they improve immune system functioning. The flannel can be stored in a plastic bag in the refrigerator and used over again. Add extra castor oil as needed. After the treatment, you can clean your skin with a solution of two teaspoons of baking soda dissolved in one quart of water.