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CASTOR OIL PACK

Purpose:

Castor oil is anti-inflammatory and has pain-relieving properties. You may be prescribed this therapy for many reasons of which may include liver cleansing (detoxification), inflammation, clogged milk ducts, closed infection sites, peptic ulcers, colitis and chest colds.

Supplies:

4-6 oz. Castor Oil

Flannel cloth (larger enough to cover treatment area when folded into 4 layers)

Hot water bottle or heating pad

A heavy blanket

Precautions:

If using the microwave to heat the castor oil pack, make sure the heat is evenly distributed and not so hot as to burn you. If using the oven to heat the pack, watch carefully as the cloth can catch fire if left unattended for too long.

Castor oil can stain so make sure the clothes you are wearing and the area on which you are wearing are protected.

Procedure:

1. Streak the flannel cloth in the castor oil. You don't want it dripping, but you do want it to have a good layer of oil. For the first treatment, you will use about ¼ of an 8 oz bottle.
2. Heat the cloth with oil in the microwave, or in the oven on a cookie sheet. The microwave can create hot pockets in the cloth, so use care not to burn yourself! You want the cloth as hot as possible without being hot enough to burn you. Check carefully as the oil can heat in pockets.
3. Find a comfortable place to lay down, place a towel or blanket behind you if you are concerned with staining.
4. Lie down and place the warm castor oil pack over the area to be treated.
5. Place the hot water bottle or heating pad over the pack. You may want to cover the pack with an old towel if you are concerned with staining of your clothes or your heating pad cover.
6. Lay 2 thick towels or a small blanket over you, the pack and the heating source to retain heat.
7. Relax and enjoy the warmth and treatment for at least 30 minutes, or until the pack is no longer warming.
8. After treatment, you may clean the castor oil off by adding 1 tsp. of baking soda to 1 pint of cold water. Dip a cloth in the solution and rub the skin briskly. Best if you can let the castor oil soak in further over time.
9. The saturated flannel can be stored in a plastic bag for up to 6 months and reused. When you repeat the treatment, you only need to streak the cloth with some fresh oil each time.

Follow up:

If you have any questions regarding any aspect of this exercise, please contact High Sierra Natural Medicine at 530.536.5066. No question is ever too small.