

CASTOR OIL PACK

Supplies Needed: You can find fabric, oil, probiotics, and add-on botanicals available for purchase

- 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—organic fabric is best)

- Castor Oil - again organic is preferred
- Plastic wrap or Plastic Bag
- Heating Pad
- Flora Synergy or other probiotic and/or targeted Core Botanical

DIRECTIONS:

- Saturate the fabric with enough castor oil to completely saturate the layers of fabric (Saturated but not “dripping”). This is easily and neatly done by putting the fabric on a paper plate.
- 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 hot water bottle 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. We do not recommend re-use of the same flannel because the pack is designed to absorb and trap toxins not removed by washing.

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, toxins and infections out of the body

ADD-ONS: For digestive imbalances consider Flora Synergy or similar probiotic mixed as a light paste with a little water, 1-2 capsules of Flora Synergy. Place in the navel.

OPTION: Core Botanicals or homeopathics may be used for oral use as well as topical application to the affected area prior to applying the castor oil pack.

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.