**Castor Oil Packs**

**Purpose:**

Castor oil packs (COP) are used as a soothing, cleansing and nutritive treatment, which stimulate immune function and tonify internal organs. More specifically they are used for uterine fibroids, ovarian cysts, headaches, liver disorders, constipation, diarrhea, intestinal disorders, gallbladder inflammation or stones, conditions with poor elimination, night time urinary frequency and inflamed joints and most importantly general detoxification.

**Procedure:**

You will need:

* Castor oil – small bottle from drugstore
* 36” x 12” piece of cotton flannel or wool flannel
* Hot water bottle or heating pad
* Garbage bag or sheet of plastic
* Old towel

Fold flannel into 2-3 layers so that it will fit over whole abdomen.

1. Drizzle enough castor oil onto the flannel so that you could polish furniture with it. You do not want it soaked just dampened with oil so that when you remove the flannel from your abdomen there is a light oily sheen. Note: The first couple of weeks you use the pack you will have apply a tablespoon of oil about every 3-4 days. Eventually, the pack will be saturated enough that reapplication of oil should only be needed ever couple of weeks.
2. Lay an old towel out on the surface you will be lying on. This will prevent staining as castor oil stains and you will not be likely to get it out, so be cautious.
3. Lie on your back, with your feet elevated (use of a pillow under your knees and feet works well), placing flannel over entire abdomen, cover with a small sheet of plastic and towel and then place a hot water bottle or heating pad on top.
4. Leave pack on for 30-45 minutes. This is an excellent time to now practice visualization , meditation or relaxation breathing. You may read a relaxing book or watch a relaxing tv show if you’d like.
5. After finishing you can remove the oil with a solution of 2 tablespoons of baking soda to 1 litre water or often hair conditioner works well. You can also choose to leave the oil on to be absorbed over time.
6. Store the pack in a large zip-lock bag. Reuse the pack many times (over years), adding more oils as needed to keep the pack saturated. Replace the pack after it begins to change color.
7. For maximum effectiveness, it is necessary to apply the pack as often as possible. Try for at least 4 consecutive days per week for at least 4-6 weeks. Patients who use the pack daily will receive the most beneficial effects.