

Castor Oil Packs

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Castor oil packs can be used to heal many conditions including gastrointestinal complaints and liver congestion to swollen joints and glands. Castor oil works as a counter-irritant, promoting a healing response in many tissue types.

NEEDED SUPPLIES:

A piece of flannel (preferably wool flannel although cotton will do) large enough that when folded in thirds will cover the desired area

Castor oil (available in most drug stores)

Saran wrap

Tupperware container with lid

Heat source (hot water bottle; hydrocolator; heating pad; hot water soaked towel)

A small hand towel

METHOD:

Take the piece of flannel and fold it in thirds

Place the flannel in the Tupperware container and add enough castor oil to cover the cloth.

Let the oil saturate the cloth for a few minutes.

Using your fingers or the edge of the container, wring out the excess oil so that the cloth remains saturated but not dripping.

Apply the castor oil to the affected part or to the abdomen.

Cover the cloth with Saran to protect clothing or furniture from the oil.

Place a hand towel over the Saran wrap

Apply the heat source and let the oil seep in for 30 - 45 minutes.

You can now bath or shower to remove the remaining oil

An alternative approach is to apply the castor oil pack overnight and sleep with it on

RESULTS:

It may take weeks to months to see the full benefit of castor oil packs but the results are worth waiting for. Castor oil has the ability to soften and dissolve scars and adhesions, to improve liver function, to stimulate the immune system and tonify the digestive system. It is wonderful for reducing inflamed tissue and soothing sore joints.

It is inexpensive and a great way to promote the innate healing ability of your body.