

## **History of Castor Oil Packs**

Castor oil has a long history of traditional medical use dating back to ancient Egypt. Derived from the castor bean (*Ricinus communis*), the oil was once used internally as a laxative but is now primarily used externally due to its potential toxicity. Castor Oil has been used therapeutically in ancient India, China, Persia, Egypt, Africa, Greece, Rome, the Americas, and in 17th century Europe. This oil is also known as Palma Christi or the "Palm of Christ". Edgar Cayce mentions castor oil many, many times in his readings. Today it is used as an emollient and skin softener, treatment of gastrointestinal problems, lacerations, and other skin disorders such as psoriasis. Also used to boost your immune system. It is also found in many skin care products.

## **How it works**

A castor oil pack is placed on the skin to increase circulation and to promote elimination and healing of the tissues and organs underneath the skin (like acupuncture). The effect of these oil packs is to enliven, through the activity of the absorption through the perspiratory system, the activities in such natures and measures as to produce a greater quantity (than at present) and a superficial activity of the lymph circulation; hence setting up drainages to such measures that the poisons will be eliminated from the system

## **It is used to / for:**

- stimulate the liver
- various liver conditions such as cirrhosis and torpid liver
- Liver and Gallstones
- toxemia
- relieve pain
- headaches
- increase lymphatic circulation
- reduce inflammation
- arthritis
- Cholecystitis (inflammation of the gall bladder)
- colitis
- improve digestion.
- poor eliminations
- appendicitis
- incoordination between assimilations and eliminations
- intestinal disorders such as stricture and colon impaction
- epilepsy
- incoordination between nervous systems
- scleroderma
- neuritis
- calluses,
- cancer (skin and breast),
- cysts, bunions, moles, tumors and warts

A castor oil pack can be placed on the following body regions:

- The right side of the abdomen to stimulate the liver. Castor oil packs are often recommended as part of a liver detox program.
- Inflamed and swollen joints, bursitis, and muscle strains.

- The abdomen to relieve constipation and other digestive disorders.
- The lower abdomen in cases of menstrual irregularities and uterine and ovarian cysts.
- The lower back, shoulder or any part with pain.

### **What you need for a pack**

1. Undyed wool or cotton flannel large enough to cover the affected area
2. Castor oil
3. Plastic wrap cut 1-2" larger than the flannel (can be cut from a plastic bag)
4. Hot water bottle
5. Old clothes and sheets. Castor oil will stain clothing and bedding.

### **How to do a Castor Oil Pack**

1. Warm Castor Oil (in water bath, do not heat it in a pot as it can easily get too hot)
2. Place the flannel in the container. Soak it in castor oil so that it is saturated, but not dripping.
3. Place the pack over the affected body part.
4. Cover with plastic.
5. put a towel over it
6. Place the hot water bottle over the towel pack. Leave it on for 2 hours. Rest while the pack is in place. Keep it warm
7. After removing the pack, cleanse the area with a dilute solution of water (500ml) and baking soda (2 tsp) to remove any acidity from the skin.
8. Throw soaked parts away, as they are now full of toxins and acidity. Always use fresh cloth and castor oil

The castor oil and flannel can be purchased at a health food store  
A non-electric heat source is best.

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.

It is generally recommended that a castor oil pack be used for 3 to 7 days in a week to treat a health condition or for detox.

Or 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.

### **Precautions**

Castor oil should not be taken internally (unless 100% organic). It should not be applied to broken skin, or used during pregnancy, breastfeeding, or during menstrual flow. Packs should not be used while you are bleeding heavily.

## **Other Recipes:**

For warts and moles

A mixture of castor oil and baking soda applied on calluses on the feet, moles, ingrown toenails and warts.

Apply a paste of baking soda with Castor Oil. Mix together and apply in the evenings. Just the proportions so it makes almost a GUM (not a dough). A pinch between the fingers with three to four drops in the palm of the hand, and this worked together and then placed on - bound on. It may give some irritation after the second or third application, just leave it off for one evening and then apply the next - and it will go away!

For chronic Kidney and Gallstones

Rub the castor oil over the upper abdominal area, after creating a decoction of gingerroot slices. Soak a cotton cloth in the decoction, place it as hot as you can take it over the castor oiled area, place a plastic over it, cover this with a thick cotton towel, wrap a blanket around it all to keep the heat in. Sometimes even use a hot water bottle between the towel and the blanket. Keep it on for about an hour.

You might feel "chemical-burning-like-sensations in the liver as the actions begin... this disappears rather quickly (in minutes) and then the healing has begun...

Serious chronic cases have to do this twice a day for a few days, then cut to once a day, then a few times a week, then once a week...and the liver and gallbladder and kidneys all get strong and after a few months.