

Castor Oil Packs

Castor oil is derived from the bean-like seeds of the castor oil plant. These seeds have been found in 4,000 year old Egyptian pyramids. Some of the healing properties of castor oil are its lymph stimulating abilities and its anti-inflammatory qualities. It also acts to coordinate the activity between the function of the organs in the body. The body responds to castor oil extremely well. It has a primary effect on the lymphatic, digestive and nervous systems. Castor oil is one of the most effective agents for stimulating muscular and mucous membrane activity.

It increases the movement of lymph fluid throughout the body. The oil is absorbed by the tissues and its vibratory action stimulates the parasympathetic nerves located in the area being treated. This action in turn will force the lymphatic's to drain the area under stress more adequately. Such activity will benefit any organ or part of the body where circulation is restricted. Castor oil packs applied to sprains, bruises or other body traumas will relieve pain and reduce spasm. Application will expedite the healing process by minimizing swelling and relaxing the injured area.

There are many external applications. Castor oil can be massaged directly into the skin. This oil can be absorbed up to 4" into the tissue and can be used for deep infection, congestion and old, hard to heal injuries. The most effective application is the castor oil pack. Its purpose is to relieve congestion and to act as a counter-irritant. Use cotton flannel or wool of at least two thicknesses, large enough to cover the area being treated. Cotton gauze squares work well for small areas. Castor oil packs can be placed directly over the organ.

The packs will assist in cleansing the gall bladder and liver of toxins. Castor oil packs can be applied to soften scar tissue, stretch marks, moles and warts. With continued treatment these marks will eventually disappear. After applying the oil-soaked cloth, cover the area with plastic. This acts as a vapor barrier to hold the castor oil in. Tape or an elastic wrap can be used to secure everything in place. Then apply heating pad. The body will absorb the castor oil in a miraculous way. When applying the pack over a large area wear an old sweater, sock, etc.

This will protect and help to keep the area warmer for better absorption. Protect bedding to prevent staining. The packs may be applied in specific cycles, such as 12 hours on and 12 hours off, or 2 days of use alternated by 2 days of rest, etc. Re-apply castor oil as needed. Use muscle monitoring, when in doubt, to determine length of time and cycle to apply.

Store oil pack in a protected container for future use. Castor oil is not recommended for internal use. Do not apply to open wounds.