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### **Castor Oil Pack**

It has been shown that castor oil on the surface of the body enhances immune function and aids in detoxification, even in healthy people. Since castor oil is so important, here are instructions to make a castor oil pack.

#### **Materials:**

1. Flannel cloth (preferably wool flannel but cotton is fine - organic or well used and old)
2. Plastic sheet (medium thickness)
3. Bath towel
4. 2 Safety pins
5. Castor Oil

#### **Instructions:**

Fold the cloth 2-4 times to measure between 5-8 inches in width and 8-10 inches in length after it is folded. This is the size and thickness needed for abdominal application. Other areas may need a different size pack. Pour some castor oil onto each layer of cloth. Make sure to have the plastic sheet underneath the cloth to keep from getting oil on anything else. Make sure the cloth is wet with oil but not dripping. Apply the cloth to the area that needs treatment.

Next, apply a plastic covering over the soaked flannel cloth. On top of that place a heating pad or hot water bottle set at medium to begin with, then turning it up to high if the body tolerates it. It may help to wrap a towel around the entire pack to help keep everything in place and fasten with safety pins.

The skin should be cleansed afterward by adding 2 tablespoons of baking soda to 4 cups of water and rinsing the abdomen. You may also use the baking soda water to clean any stained fabric. Keep the flannel pack in an airtight container for future use. It does not need to be discarded after one application as it can be reused 4-8 times.

You may use a castor oil pack 1-4 times a day. You may also sleep with one on if it is more convenient.