

HEALING WITH CASTOR OIL PACKS

What is a Castor Oil Pack?

A castor oil pack is an external application of castor oil. A flannel is saturated in castor oil and applied to the abdomen with a hot water bottle/ heat pack. Edgar Cayce recommended castor oil packs to improve assimilations, eliminations, circulation (especially of the lymphatic system) and breaking down scar tissue. (Edgar Cayce was a medical intuitive known as the "sleeping prophet" in the late 19th century).

Centuries ago, the plant was referred to as "Palma Christi" because the leaves were said to resemble the hand of Christ. This association likely arose out of people's reverence for the plant's healing abilities.

This is an excellent self-care tool which can be used for both menstrual health & digestion. I am NOT advocating internal usage for constipation or to bring on labour. Please make sure that the castor oil you buy is a good quality, I always go with organic. (The larger the quantity that you buy, the cheaper it will be).

How does it work?

Castor oil is a triglyceride, comprised of fatty acids, 90% of which is **ricinoleic acid** and it's this component which is thought to be responsible for castor oil's unique healing properties. Research has shown that there is an increase in lymphocytes and T cell lymphocytes after application and indeed for up to 7 hours after use.

In addition to strengthening the immune system, it appears to have a balancing effect on the autonomic nervous system, increases liver activity through the lymphatic system (so is a detoxifier) and improves digestion and constipation. Tumors, fibroids and cysts can be shrunk and eliminated by re-absorption. Traditionally it has been used over the world by women for gynecological issues. This treatment will help break down scar tissue, cysts, endometriosis and blockages in fallopian tubes, eases menstrual pain, draws out toxins and helps to stimulate circulation & so bringing a healthy blood flow to the uterus.

Making and using the Pack

Use an organic, non-bleached flannel, big enough to cover your abdominal area. Put it in a bowl and pour in castor oil until its saturated but NOT dripping. After each use, you will probably need to add a little more castor oil. You can reuse the flannel many times, you just need to warm up the pack & re-saturate with oil on each application. Store it in a zip lock plastic /air tight bag in the refrigerator or cool place. It can be stored for up to 6 months.

Using the Pack:

- ▽ Use the pack in the evening, as you are resting before bed or when you have quiet time, use music/candles/switch off devices to enhance the experience.

- ▽ Spread out a large old towel on the bed so that the castor oil won't leak onto the bed.
- ▽ Warm the heat pack/hot water bottle.
- ▽ Lie down on your back on the towel. Place the pack on your abdomen (womb and or liver), cover with an old towel, place on the heating pad/hot water bottle and then finish with another layer of towel. It should be very warm, but not so hot it burns you
- ▽ Ideally, keep the pack on for 40 to 60 minutes, although anything from 20 minutes onwards is beneficial
- ▽ Have a paper towel handy to wipe the oil off when you get up or use a water/bicarbonate of soda to cleanse the area
- ▽ For liver cleansing/support or to stimulate the spleen, place the pack further up the abdomen, around the bottom of the ribcage/diaphragm
- ▽ During the preparation for conception phase you can perform 3 times a week for a minimum of 30 minutes. If you are **actively trying to conceive**, use only during the first half of menstrual cycle (from after menstruation to ovulation)
- ▽ You can add essential oils to the pack, but I would advise adding it only to the oil that you are using at one time rather than to ALL the castor oil ~ this is because the shelf life of the oil is dramatically reduced with added EO's ~ please ask me for advice as to which to use

Contraindications: during times of heavy bleeding, gaseous stomach, intestinal conditions, during pregnancy or post ovulation if you are actively trying to conceive.

For more information on Castor Oil visit: www.edgarcayce.org