

Castor oil is extracted from the castor plant (*Ricinus communis*). Taken internally it acts as a powerful laxative and is not recommended to be used in this way. But if applied externally or topically it has unique medicinal actions on the body. It penetrates skin and muscle to reach right into underlying tissue and assists in decongestion and breakdown of inflammatory material through enhancing blood flow and lymphatic flow in the area. This also helps very much in the removal of toxins and the elimination of wastes. Castor oil is also warming to the tissues and this eases stiffness and pain.

Occasions to use a castor oil pack

Lymphatic congestion	Deep infections
Arthritis or Rheumatism	Adhesions
Fibromyalgia Muscle spasms	Fibroids
Abdominal inflammations	Endometriosis
Pelvic congestion	Back ache
Glandular swellings	Muscle tension

Local pain due to inflammation or spasm

How to make a castor oil pack

- Take a piece of flannel or toweling folded 3 or 4 times and large enough to entirely cover the area to be treated.
- Pour castor oil all over it until thoroughly soaked.
- Place over the skin and cover with a large piece of saran wrap.
- Cover this all with a heating pad or hot water bottle and leave in place for one to two hours. During which time rest with a quiet activity such as reading or crossword.
- After use the pack can be wrapped in plastic and stored in fridge (bring back to room temperature before re-use). You may wish to add a little more castor oil with each use. The pack should be discarded after 10 uses.
- Apply the pack at least 5 of 7 days or as directed

Frequency

This will depend on the problem being treated. For acute situations one or two sessions in a 24 hour period may clear the problem. For chronic situations you may need to repeat it daily for several weeks.

DO NOT USE ON, ABDOMEN DURING PREGNANCY OR MENSTRUATION.

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