



New Hampshire
Natural Health Clinic

304 Riverway Place, Bedford, NH (Inside Bedford Commons) 603-623-6800

THE CASTOR OIL PACK

BACKGROUND

The castor bean (*Oleum ricini*), also known as Palma Christi, due to its shape and healing properties, is known principally as a cathartic (strong laxative). A gentler use is in the form of a pack placed over the abdomen, usually with heat applied. The oil is absorbed into the lymphatic circulation to provide a soothing, cleansing, and nutritive treatment.

INDICATIONS

The castor oil pack has many applications, and is specific in cases of uterine fibroids and ovarian cysts that are non-malignant. Other conditions which respond well include: headaches, liver disorders, constipation, intestinal disorders, gallbladder inflammation or stones and conditions with poor elimination.

It is not to be used with pregnancy, bleeding or during menstruation.

SUPPLIES

Castor oil, 2 sheets of plastic (garbage bags OK), 1 yard white cotton or wool flannel, heating pad or hot water bottle, old sheet, wool blanket

DIRECTIONS FOR USE

1. Fold flannel into 3 thicknesses to fit over your entire abdomen.
2. Soak flannel with the oil.
3. Soak flannel with the oil.
4. Sitting or Lying down on your back place flannel over abdomen, cover with a small sheet of plastic and place a heating pad or hot water bottle on top of the plastic.
5. Using a large sheet of plastic and old towel out on the surface you will be lying on. This will prevent STAINING.
6. Wrap an old towel on top of heating pack.
7. Leave pack on for 15-30 minutes. Use visualization, meditation, or just sleep.
8. After finishing, if the oil bothers you, wash with a solution of 3 tablespoons of baking soda to 1-quart water.
9. Store the pack in your fridge in a large zip-lock bag. Reuse the oil and pack several times. Add more as needed. Replace the pack after it begins to change color.
10. Another option is to apply castor oil directly to abdomen before taking a warm bath. Soak in the tub 10-15 minutes, using soap to remove any residual oil when finished.

304 Riverway Place Bedford, NH 03110 tele: 603-623-6800 fax: 603-483-5202

www.nhnatural.com