

## Castor Oil Packs

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**Objective/Goal:** to reduce inflammation, and aid detoxification of liver and through other digestive organs

Materials:

1. **Castor Oil:** organic or USP grade (does not have to be suitable for ingesting, i.e. food grade) but preferred if it's not much more expensive
2. **Flannel cloth:** approx. 3 ft. by 1 ft. (will be folded in 3 layers)
3. **Plastic wrap**
4. **Heating pad or hot water bottle**
5. **Plastic bag**

Description:

- Pour castor oil onto flannel cloth to dampen the entire piece.
- Fold the flannel in 3 layers.
- Place the flannel over the abdomen (or area of pain), starting over the liver.
- Place a piece of plastic wrap over the flannel, and place the heating pad/hot water bottle over that.
- Sit/rest with the pack in place for 20-30 minutes.
- Please do this every day for at least 2 weeks.

**Store in refrigerator** between uses (to prevent rancidity). You can warm the pack up under heating pad/hot water bottle before using.