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**** INSTRUCTIONS FOR THE CASTOR OIL PACK ****

You will need:

Castor Oil – purchase from Drug Store or Health Food Store.

Wool or Cotton Flannel or old soft cloth that you don't mind getting full of oil. It should be large enough to cover the upper abdomen or your whole abdomen, or the body part you are treating. (Wool is best as it keeps the heat in longer.)

Pan to put cloth in.

Oven to heat it in at 200 F for about 30 minutes. (You can skip this step if in a rush)

Hot water bottle or heating pad.

Plastic, or a large plastic bag.

Some old towels to put under you when doing this procedure.

Instructions:

First you put the oil on the cloth, you saturate it in oil by scrunching the oil into the cloth. Put it in the pan to heat up for 30 to 40 minutes in the oven at 200 F. While it is heating put old towels under the spot you will be using to lay on. If you are using a hot water bottle get it ready, or the heating pad. I always recommend the hot water bottle, because it cools off as it sits on you. **CAUTION: A heating pad can burn you if left on too long especially if you fall asleep with it on.**

Remove oil-soaked cloth from the oven. Test it on your skin to make sure it is not going to burn you. Apply the cloth to any part of the body to reduce swelling and inflammation. Experiment to see where you get the most relief. After applying the oil-soaked cloth, put on a layer of plastic to cover the cloth, then a towel, then the hot water bottle or heating pad. Allow to soak in about 40 minutes at least. This will take down the inflammation and should give you a bit of relief. In some cases this will really take the pain away.

The castor oil pack is also used to soften hardened material in the colon.
(Apply to abdominal area to achieve this.)