

CASTOR OIL PACK

Materials Needed:

Castor Oil
1 piece of plastic wrap
Unbleached wool flannel 3 - 4 pieces 12"x 14" (can be found at health food stores)
13 gallon trash bag cut at seam to open up
Old towels (2)
Heating pad or hot water bottle
Baking soda
Washcloth

Instructions:

Cut piece of plastic wrap slightly larger than flannel pieces.

Layer flannel on plastic wrap and pour castor oil enough to saturate but not dripping.

Place open garbage bag and old towel on top of bag on the surface you will be laying on.

Lay down.

Place Castor oil pack (castor oil side to skin) on abdomen (most common for detoxifying) or other affected area. **For Kidneys:** Place pack mid-back.

Place old towel on top of plastic.

Place heating pad on top of old towel and turn on to medium setting.

Keep the pack on for at least one hour.

When finished, remove heat pad and towel. Then remove the pack with the plastic wrap in place. Fold it in on itself and store it in a leak proof container such as a Ziploc bag. It can be re-used for up to 4 months.

Wipe off excess oil then clean the skin with a solution of 1 pint water with a teaspoon of baking soda. This solution effectively cuts through the remaining oil.

Use caution when laying on furniture or bedding. Protective sheets or towels are always recommended.

Liver:

Use the pack for 3 days in a row then take a break for 4 days then repeat for 3 weeks. Repeat as necessary. After completing the first series (3 week course) on the final day, take extra virgin olive oil. Begin with a teaspoon or up to 2 Tablespoons. This is for conditions of the gall bladder, liver and colon. Take nightly.

Kidneys:

It's helpful to drink a cup of Parsley tea each day while using the kidney pack.

To make Parsley tea: In a large pot bring 3 quarts of water to boil. Place one bunch of fresh organic parsley in boiling water and boil for 5 minutes. Reduce heat and simmer for 5 minutes. Remove from heat. Allow to cool. Remove parsley. Store liquid in the fridge.