

Materials:

- Castor Oil
- Ideally, unbleached or white cotton or wool flannel cloth of 2 cm thickness, large enough to cover your abdomen. It must be a clean cloth, never used before, that has been rinsed with hot water to remove any residue.
- Plastic, large enough to cover the flannel cloth (plastic bags are OK)
- Heating pad with a low setting or hot water bottle.

Note: Ecoqol Inc. makes and distributes the Oja paks to make doing castor oils packs simple and easy.

- <http://www.ecoqol.ca/products.html>

Method:

- Pour some Castor Oil on the flannel cloth, enough to saturate the cloth. The cloth should not be dripping in oil.
- Place flannel on abdomen or over the liver area (right side of body under the rib cage)
- Cover with plastic (cut 1-2" larger than flannel)
- Place the hot water bottle over the area or a heating pad, set on low heat.
- Rest for 30 - 45 minutes while the pack is in place - be careful not to fall asleep with heating pad on, you could receive a burn. During this time, do visualizations, listen to gently music, do whatever you can to relax and take time for yourself.
- After 30 - 45 minutes, remove the pack and cleanse the area with water or with water and baking soda (optional).
- The castor oil pack can be stored in a covered container in the refrigerator and it may be reused numerous times, up to one year.
- Apply the pack as often as you can, ideally at least 5 of 7 days of the week.

Rationale:

Castor oil has been shown to increase circulation and promote elimination and healing to tissues and organs underneath the skin. It is particularly effective in being absorbed into lymph circulation which can improve digestion, immune function, and reduce swelling in injured joints and extremities. It has also been specifically used in cases of menstrual irregularities, uterine fibroid cysts, and ovarian cysts.

* DO NOT USE ON ABDOMEN DURING PREGNANCY (the additional heat is not good for the baby) OR MENSTRUATION (will increase your menstrual flow)*

Castor oil can stain, so be sure to also place plastic or old sheet/towel underneath you so that the oil does not get on the bed clothes or the furniture that you are sitting on.