



# CASTOR OIL PACK

## Background

The castor bean (*Oleum ricini*), also known as *Palma Christi*, due to its shape and healing properties, is primarily known as a cathartic (strong laxative). A gentler use 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, which stimulates immune function and tonifies internal organs.

## Use

The castor oil pack has many applications, and has been used in specific cases such as uterine fibroids and ovarian cysts that are non-malignant. Other conditions which respond well are headaches, liver disorders, constipation, diarrhea, intestinal disorders, gallbladder inflammation or stones, conditions with poor elimination, night time urinary frequency and inflamed joints and general detoxification.

It is to be used with caution in pregnancy or during menstruation as it may create additional bleeding.

## Materials

- Castor oil from a Health Food Store ONLY
- 36" x 10" white cotton flannel or wool flannel
- hot water bottle or heating pad
- sheet of plastic
- old towel

### ***For your liver, lymphatic circulation and immune system...***

This is essential to the success of your treatment. Refer to the next page for detailed instructions. During the procedure, include or more of the following:

MUSIC - Turn on a favorite relaxing CD while breathing.

ANY RELAXING ACTIVITY YOU ENJOY!

HEALING VISUALIZATION - While in a relaxed environment, breathe in healing energy and direct it to the system or organ of concern. Exhale any waste or tension in the area. Picture your body in its optimal state of health and realize only YOU can achieve that level of well-being.

### ***For your lungs ...***

DEEP BREATHING - Do this in conjunction with the castor oil pack. Lying flat on your back with your head lower than your body, place your left hand on your upper chest and your right hand on the abdomen. Inhale deeply through the nose, while pushing outward with the stomach so the right hand can feel the abdomen rise. Try not to move the left hand while inhaling. In other words, breathe in with your stomach muscles not with your chest. Purse your lips and exhale slowly pushing the abdomen inward and upward toward the ribs moving your right hand as you do so. Try to exhale as long as you can before inhaling again. Once you have mastered this breathing technique, the breathing may be done at other times throughout the day. Try to do at least 100 breaths each day.

### ***For overall physical and mental health ...***

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**MOVEMENT** - As another aid to circulation, we recommend that you move your muscles daily. Walking, rebounding (mini-trampoline), yoga or qi gong are all excellent ideas. Aerobic activity and stretching are also very helpful. **SLEEP** - Try to go to bed at the same time everyday and get up at the same time everyday. Every hour of sleep before 12:00 midnight is worth 2 hours after midnight. A good night's sleep will also improve your memory and help balance your hormone system. It has been suggested that up to 60% of males have a hormone imbalance. It is recommended that you get between 7-8.5 hours of sleep EVERY night for optimal wellness! **PLAY** - Do something FUN everyday! LAUGHTER is essential for stress management.

#### Procedure

1. Fold flannel into 2-3 thickness to fit over entire abdomen.
2. Drizzle approximately \_\_\_\_\_ cup of castor oil to flannel. Fold flannel in half to saturate. Unfold and apply to abdomen. Note: the first couple of weeks you use the pack you will have to apply a tablespoon of oil every 3-4 days. Eventually, the pack shall be saturated enough that re-application of oil should only be needed every couple of weeks. The pack should not be dripping with oil. As an example, it should have just enough oil to make a slight oil mark on furniture as if you were going to polish it.
3. Lay an old towel out on the surface you will be lying on. This prevents staining, as castor oil stains and it will be very unlikely to get the stain out.
4. Lie on your back with your feet elevated (pillow under the knees and feet works well), placing flannel over entire abdomen, cover with a small sheet of plastic and old towel and then place a hot water bottle or heating pad on top.
5. Leave pack on for 45-60 minutes. This is an excellent time to now practice any visualization, meditation or deep breathing.
6. On finishing you may remove the oil with solution of 2 tablespoons of baking soda to 1 quart of water or hair conditioner. You may also choose to leave the oil on the skin and allow it to be totally absorbed over time.
7. Store the pack in a zip lock bag. Re-use the pack many times, adding more oil as needed to keep the pack saturated. Replace the pack as it begins to change color (usually several months).

For maximum effectiveness, it is necessary to apply a pack as often as possible. Try for at least 4 consecutive days per week for at least 4-6 weeks. Patients using the pack daily are usually the ones receiving the most benefit.



#### The "Do Anywhere" Castor Oil Pack

1. Soak flannel in castor oil until saturated.
2. Apply to abdomen and cover with piece of plastic.
3. Then wrap abdomen with an old towel so it overlaps at front.
4. Tie this comfortably tight by using 2 ace bandages, one around the ribs and the other around the waist, to keep the pack close to the body.
5. Apply hot water bottle or heat pad to maintain heat.
6. Wrap up in a robe / gown and read or relax for 45 minutes to an hour.
7. Store pack, as described above.  
Use pack as often as possible.

#### *Alternative Method*

Many patients allow the castor oil directly to the abdomen without the flannel pack. You then proceed as before covering with plastic, towel and place the heating pad or hot water bottle. This is often applied for the entire night and in the morning the castor oil will be completely absorbed through the skin.

Remember to use old sheets on your bed, as the castor oil stains.

While this method is more convenient, it is not as effective as using the flannel pack.

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