

## **Castor Oil Packs**

Regardless of the method you use, the castor oil should stay on the abdomen/liver area for at least 30-45 minutes a day, at least every other day, and ideally 4-5 times a week if not everyday. There is no harm in having the castor oil on the body for extended periods of time. The only possible contradiction is pregnancy. **DO NOT APPLY THE CASTOR OIL ONTO YOUR ABDOMEN DURING PREGNANCY.** Castor oil does not come out of the fabric of your clothes very easily. The T-shirt, shirt, underwear and pants will probably all get some oil onto them when you do this procedure. Therefore, whatever clothes you choose to put on during or after the application of castor oil onto your body should not be your favorites. Also, do not wash your castor oily outfits with your regular laundry as the oil will come out of your oily clothes and get into the other clothes and potentially ruin them. The castor oil is so extremely healing to the internal organs that I believe it is well worth the risk of some of your old clothes being potentially ruined. It is well worth it!

### **Easier methods of applying castor oil onto the abdomen:**

1) If the weather is cold enough or if you happen to be on the cold side so that you need to wear two layers to bed, then the following idea might work:

Apply a small amount of castor oil (perhaps 2 Tablespoons) onto the areas overlying the liver (which is hidden behind the ribs, immediately below the right breast) and intestines. Simply rub the oil into the skin. Then, put on an old T-shirt or some shirt or outfit that you no longer have any use for since the castor oil will probably ruin this shirt. If you wear two layers to bed, then you can put a second layer on top of this and simply go to bed like this.

2) If the above method won't work for you because the weather is warm or you don't or can't wear two layers to bed, then consider the following alternative:

After applying the oil onto the liver and intestinal area, either don't put any clothes on top of it (if the weather allows), or ideally put one layer on (an old T-shirt, etc.), and simply go about doing your tasks at home.

Regardless of which method you use (a regular castor oil pack, or the above two methods), after the oil has been in contact with the skin for a minimum of 30-45 minute, ideally you shouldn't wash it off. Some people feel the need to do so to feel that they are clean. If you have to do that, go ahead. It is definitely preferable to not wash your skin immediately afterwards so that as much oil is absorbed into your skin (and consequently the internal organs) as possible. After the pack or the oil itself has been in contact with your skin for 30-45 minutes, then either take the pack off or take the shirt off that has been in contact with your skin and is oily now. Grab a dry towel and wipe off a good amount of the oil (or none if you can do so), and wear another old outfit on top of this, and either go about doing your tasks around the house or simply go to sleep like this. You can take a shower in the AM. To get the oil off your hands after applying it over your body, you can wipe most of it off using tissue.

### **Heat is not necessary:**

Applying heat over the castor oil pack or over the abdomen (after you have rubbed the oil onto the abdomen and liver area) is a bonus and very soothing, but it is not necessary.

***Applying heat over cancerous tumors should definitely be avoided.***

### **Use a non-electric heating pad:**

If you want to apply heat, it is best to avoid electric heating pads. Use a non-electric source for heat. You can use a hot rice pack or hot water bottle for this purpose. Apparently, Fred Meyer has a bag that is filled with a gelatin like substance which can be used as a heating pad, and it fits right into the castor oil pack holder (which can be obtained from our pharmacy). You can place the hot pack in the microwave, and once warmed up, it will be great as a source of heat over the castor oil pack or the oil that is already applied onto the abdomen/liver.

Please do not put your castor oil pack in the microwave. The electromagnetic waves can potentially change the nature of the castor oil. Happy healing... ☺