



## CASTOR OIL PACK INSTRUCTIONS

Castor oil therapy has been used for centuries for helping with healing issues in the body and more specifically the reproductive system. By applying the oil externally, positive benefits have been due to the oil being absorbed into circulation providing a cleansing, nutritive, and relaxing treatment.

### What is a Castor Oil Pack?

A Castor Oil Pack is a cloth soaked in castor oil which is placed on the skin to enhance circulation and promote healing of the tissues and organs underneath the skin.

Castor oil packs can play a major role in healing a number of conditions. The main places on the body where they are used are: over the liver & gallbladder, over the lower abdomen, on the breast, and over the kidneys.

Used over the liver & gallbladder, they can:

- Improve circulation to these organs
- Enhance detoxification pathways ([read this post for more on detoxification](#))
- Reduce gallbladder inflammation & gall stones
- Stimulate the lymphatic system
- Stimulate bile flow, which aids in digestion and helps prevent constipation

Used over the abdomen / reproductive organs, they can:

- Improve circulation to the reproductive organs
- Help shrink & eliminate ovarian cysts, uterine fibroids, and endometriosis
- Help dissolve pelvic adhesions and scarring
- Reduce menstrual cramps
- Clear blocked fallopian tubes
- Stimulate the lymphatic system
- Energize the intestines and support healthy bowel movements
- Increase lymphocyte production, which supports a strong immune system

Castor oil packs can also be used on the breasts to help with cystic breasts, cyclical breast pain, and over-engorgement from nursing. You can apply oil directly to the breast, apply deep massage all along the breast and into the armpit (where the lymph of the breast extends) before applying the pack. Please note that if you use castor oil on your breasts while breastfeeding, you must thoroughly clean the area with soap before nursing again as ingestion of castor oil would be toxic to your child.

## Supplies Needed

- High quality organic castor oil. I recommend [this brand](#), because not only is it organic but it comes in a glass bottle, which is ideal OR you can purchase the [Organic Castor Oil Pack Kit](#) which contains everything you will need to do a castor oil pack
- Wool or cotton flannel, which you will soak in the oil. You can buy packages made specifically for castor oil application, [such as this one, which is an organic cotton flannel](#). Although flannel is ideal, you could also use a cotton rag, or an old shirt if you are on a tight budget. You will want to cut a piece of the flannel to size, depending on where you will be applying it. Generally, a 8"x8" piece will suffice.
- Plastic wrap (piece large enough to cover your entire abdomen)
- Heating pad (not electric) or hot water bottle
- Old sheet or towel
- A glass jar. You can place your soaked piece of flannel into it after you are done. You can place the jar in the fridge when you are done, as this piece can be re-used several times.

## Instructions

1. Fold flannel cloth into 3 thickness' to fit over your entire abdomen (from belly button to pubic bone, hip bone to hip bone).
2. Pour enough castor oil into a quart size Ziplock so that you can fully saturate the flannel cloth.
3. Add cloth & oil to the glass jar, soak cloth with enough castor oil to fully saturate the cloth.
4. On the surface you will be lying on, lay down an old sheet or an old towel.
5. Lie on your back and pour a quarter-size amount of castor oil on your abdomen. Use the oil to do your [Self Fertility Massage](#) first.
6. After you've done your fertility massage, begin by placing the oil soaked flannel over your abdomen. Place the piece of plastic wrap over the soaked cloth and then place a heating pad (not electric) or hot water bottle on top of the plastic. You can wrap the old sheet or towel around you for warmth.
7. Leave pack on for 60-90 minutes. During this time rest quietly.
6. After finishing, if the oil bothers you, wash with the included cleaning solution. Or just rub the oil into your skin.
7. Store the pack in your fridge in the glass jar. Reuse the oil and pack several times. Add more oil as needed to keep the pack well saturated. Replace the pack after it begins to change color. This may occur in days, weeks, or months.

## Timing/Duration

The castor oil pack will be most effective when left on for 60-90 minutes and done for 4 or 5 consecutive days per week. Don't do while menstruating, and if you're actively trying to conceive– don't do after ovulation.

For **general reproductive health & fertility**, you can use castor oil packs every other day throughout your entire menstrual cycle, but should stop while you are bleeding.

If **currently trying to conceive**, you would only want to do the packs during the first half of your cycle. My recommended schedule is to do them on cycle days 6 through 10 – so 4 days in a row. Since most women ovulate between days 12 and 16, following this schedule will ensure that you are done before ovulation.

If you **bleed heavily or have flooding menses**, I recommend following the protocol above and not doing the packs during the second half of the cycle, and never while bleeding.

For specific conditions like **ovarian cysts and fibroids**, you can use castor oil packs daily, but I do recommend stopping during menstruation. Because these treatments can produce a significant detoxification effect, it is good to take breaks.

If you have **very light & short periods** (for example, only 2 days of red bleeding), or have several days of brown spotting before or after real bleeding... then I recommend doing packs throughout the cycle, every other day, and then every day while you are bleeding. This will help your uterus contract and release more efficiently. Be aware that using castor oil packs while bleeding could increase the flow of your blood, and you may even experience more and/or bigger clots than usual. Do not be alarmed, this means your body is releasing old blood and tissue that needed to come out, it means the packs are working! Of course, use your judgement, and if bleeding seems excessive (for example, needing to change pads every hour) stop using the packs altogether. This is unlikely, but some women could experience a stronger effect from using the packs during their periods.

For **detoxification or digestion**, you can use the packs every other day for general support. For acute situations, such as wanting to address constipation or a spastic gall bladder, you can use the packs for 3-4 days in a row, stop for a day to assess improvement, and repeat if necessary.

For **breast pain**, castor oil packs can be used several days in a row until breasts feel less tender. If the pain is cyclical, use as soon as the discomfort presents itself, and combine castor oil pack treatments with self-massage.

## Benefits

The castor bean, (Oleum ricini) also known as Palma Christi, as been shown to facilitate elimination through the digestive and urinary tracts, improve intestinal absorption of nutrients, dissolve lesions and scar tissue, reduce inflammation, relieve pain, improve coordination of the nervous system, and improve function in many vital organs. When it comes to reproductive health, Castor Oil packs are an incredibly supportive and relaxing therapy for women experiencing:

- PMS
- Menstrual clotting
- Ovarian and uterine cysts
- Blocked fallopian tubes
- Uterine Fibroids
- Ovarian Cysts
- Endometriosis
- PCOS
- Detoxification before conception
- Poor liver health

## Indications

Castor oil packs are recommended in numerous circumstances such as cleansing and detoxification regimens, inflamed joints, constipation and other intestinal disorders, PMS and other conditions caused by hormonal imbalance, liver disorders, headache, liver and gallbladder conditions, and non-malignant growths such as uterine fibroids and ovarian cysts.

## A few words of caution

It is very important to drink a lot of water for the 24 hours following the application of a castor oil pack, as their use can release a lot of toxins that will need to be flushed out of your system.

Castor oil packs are generally considered very safe, but they are contraindicated in a few situations. They should **never be used by pregnant women, or by anyone with cancerous fibroids, ovarian tumors or breast tumors**, unless under the supervision of a physician. They are also **contraindicated for use over the abdomen for women who have an IUD (intra-uterine device)**.