



# Mardian Natural Medicine

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## Castor Oil Packs

### Background:

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

Castor oil is absorbed into the lymphatic circulation to provide a soothing, cleansing and nutritive treatment, which stimulates immune function and tonifies internal organs.

### Materials Needed:

- castor oil (preferably organic)
- flannel cloth or cotton wash cloth (old t-shirts work well too)
- hot water bottle or heating pad on low setting or microwaveable bean bag
- piece of plastic or old towel large enough to cover cloth

### Method:

- put some castor oil on the flannel cloth, enough to make it 'sticky'
- pour a small amount of castor oil on \_\_\_\_\_
- cover with the cloth
- cover cloth with plastic
- place a gentle heat source over the plastic
- rest while the pack is in place, about 45-60 minutes, this is a good time to listen to a meditation tape, do deep breathing, visualization or listen to relaxing music
- the cloth with castor oil can be stored in a covered container or ziplock bag and kept in the refrigerator and may be reused numerous times – just add a bit more castor oil each time
- packs may be applied as many as 5 times a week
- this pack can be messy, be sure to wear an old t-shirt, avoid touching other clothing
- try to do these packs as often as you can to maintain optimal health
- avoid using heat during menstruation or stop until the period is over