

CASTOR OIL PACKS

Castor oil (*ricinus communis*) comes from the castor seed, native to India. It is extremely high in ricinoleic acid.

Composing 90% of the chemical structure of castor oil, ricinoleic acid is a fatty acid believed to be the responsible mechanism by which castor oil exhibits numerous health properties. Ricinoleic acid is released in the intestines and has been found to bind with receptors that line the intestinal tract and the smooth-muscle cells in the uterus therefore promoting natural healing abilities.

Please note that I do **not** recommend using castor oil internally. However, used as a 'pack', as described below, it is perfectly safe and have numerous health benefits.

POTENTIAL HEALTH BENEFITS

Castor oil packs have many potential therapeutic uses including the ability to:

- **Promotes lymphatic drainage**, which helps to remove the build-up of debris and toxins in the body.
- **Promotes healthy digestion and elimination.** Applying castor oil packs to the abdominal region can help you achieve regular bowel movements as well as experience an increase in energy.
- **Supports natural detoxification.** Applying castor oil packs to the skin's surface near your liver (on the right side under the ribs) can assist in the detoxification of toxins from the body.

HOW TO DO A CASTOR OIL PACK

The idea is to keep castor oil on a piece of cloth on the skin for at least 1 hour with a heat source.

1- What you need.

- A high quality castor oil (ideally organic, cold pressed and free of hexane). Here is one good option: [organic castor oil](#).

- A piece of unbleached wool or cotton flannel, large enough to be folded into thirds to make three layers. It should be about the size of a sheet of paper when folded. You can buy this [here](#).
- A piece of plastic (Cling wrap or plastic bag).
- An old towel
- A hot water bottle or other heat pack

Alternatively, you can get one of those [castor oil pack bundle](#).

2- Instructions.

- Soak your piece of flannel with the castor oil until it is saturated, but not dripping with oil.
- Choose a space where you can lay down comfortably. A recliner is fine.
- Put an old towel under you to avoid any oil spillage.
- Put the piece of flannel soaked with castor oil over the area you choose to treat (see below).
- Cover with a piece of plastic.
- Put the heat source over the plastic.
- Keep on for about 1 hour.
- Practice relaxation, read a book or watch your favourite TV show!
- When finished, wash your skin well with soapy water.

3- Storing your pack

Keep the piece of flannel in a zip lock bag or glass container, in the fridge. Add more castor oil when needed to keep it saturated. You can re-use the pack many times. Change when it changes colour or smells rancid.

WHERE TO PUT THE PACK

Traditionally, the pack is done over the liver (on the right side of the abdomen) to help with detoxification.

However, I have also found it to be helpful on the left side to stimulate bowel movement and help with constipation.

Experiment and see what works best for you.