

HOW TO MAKE A CASTOR OIL PACK

Use a piece of wool flannel (which can be stored in a plastic bag for re-use many times)

Heat the castor oil in a pan gently - it heats up very quickly – and saturate the wool flannel in the oil. Place a large piece of disposable plastic on your bed – a black bin bag is good for this - and fold a large towel over this (so that you can wrap this right around you when the castor oil pack is in place). Lie down and then place the saturated wool flannel over the part of the body being treated and then apply the heating pad, turning up the heat gently until it is at a comfortable very warm temperature, but not so hot that it would burn you. Leave the castor oil pack in place for at least an hour. Some people leave a castor oil pack in place for longer and occasionally all night!

Use a paper towel or sponge soaked in a solution of baking soda and water to wipe off any excess castor oil after use. Alternatively you can take a shower or bath using soap to clear of small excess amount of oil .

Repeat using the castor oil pack for 3-4 days consecutively then leave off for a couple of days and start again. Otherwise follow explicit directions given in the readings or as instructed.

As for me, my family and friends, we have all used castor oil packs as a remedy for many reasons – bruises, sprains, after fracturing a bone in the foot and wrist, a child falling and hitting their head; bolstering the immune system; an external liver stimulant or to aid the immune system. The uses are so varied that it is only possible to list a few applications.

Always remember that castor oil was referred to from the Middle Ages as the Palma Christi due to its amazing healing properties. The cold-pressed castor oil packs are wonderful and do not have any side effects.