



Castor Oil Pack

What you will need:

1. Flannel or wool cloth
2. Hot water bottle or electric heat pad may be used
3. Plastic wrap
4. Castor oil
5. Towel

Benefits of COPs:

- Extremely anti-inflammatory
- Stimulated the liver to produce *Glutathione peroxidase*
- Stimulated immune function
- Moves the lymph
- Anti-fungal, anti-bacterial
- Supports healthy liver and digestive function

Preparation:

1. Make sure you are in old clothes and that you are laying on a towel or something that you don't mind getting oily.
2. Make sure the wool flannel is a suitable size to cover your abdomen from hip bones to solar plexus.
3. While laying down, generously apply castor oil to your entire abdomen.
4. Apply wool to the abdomen.
5. Place sheet of plastic over wool. This is to protect your clothes and linen from getting oily. Not totally necessary.
6. Place hot water bottle or heating pad on the abdomen on top of plastic
7. Cover abdomen with towel or blanket to keep the heat in.
8. Treatment should continue for at least 30 minutes. Longer treatments are not harmful.
9. When finished remove the wool using it to wipe residual oil from abdomen.
10. Fold your wool and place in plastic container in the frig for storage until your next COP. Easy Peasy!

****Wool can be reused 20-25 times, after which it should be washed or dry-cleaned.****

Usage of Castor Oil Pack

COPs can be done daily. They are especially useful during a cleansing program. You may also using COPs for indigestion, abdominal discomfort, gas, and cramping.

Contraindications: Do not use heat with uterine growths, bleeding, pregnancy, ulcers or while menstruating. Do not fall asleep while using the electric heating pad.