

CASTOR OIL PACKS

What they are, indications for use, communication protocol to teach clients.

~ Lubricate visceral body tissues ~ Mechanically relieve congestion within tissues so that fresh healing blood and lymph supply can clean up cysts, tumors, and so that the lubrication will allow stuck material to freely leave the body.

~ Promote elimination in various ways, most particularly via colon

Explain

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Specific indications for use as a treatment: Feeling of tension, vague pain, (shooting pains are strong signals of trouble) , constipation, tendency to cramps, restriction: skin, lower layers of tissues, scar tissue....

Castor oil packs are recommended, in among other sources, in Christianne Northrup MD's book *Womens Bodies Womens Wisdom*. Often the protocol sounds really fussy and puts people off. It need not be so fussy. It is a very simple poultice. Skip the unnecessary steps in some books, and learn how to do the poultice as demonstrated.

Simple set up: Select a clean washcloth, a hot water bottle (the red rubber kind is best, so it lays flat on the body) , and a quart of castor oil (about 8\$) from a health food store . A gallon of castor oil can be had via special order check internet. **SOURCES: Heritage Products distributes widely through local natural foods stores and offers a web site for personal online orders through their catalog. Practitioners may find they wish to order by the gallon, and also have on hand several quart bottles at a time to offer for sale to clients who will be doing the protocol at home.**

It is not uncommon for a practitioner to use a gallon within months or during a longer treatment plan with clients.

Fill the bottle about half full of water from the kettle- VERY HOT. (I bring my water to a boil and use a good red- rubber type bottle- one can obtain these from amazon.com)
Cap tightly. *Make sure the air bubble is out* before capping, by folding the flexible bottle upwards sort of in half so the air can escape.

Apply 1/4 cup castor oil to lower abdominal area, or sigmoid colon is, and your lower intestine.
OR: in case of bowel problems, ON THE COLON, AND LIVER NOTE: Castor oil packs may be applied in a number of areas- the goals of the treatment dictate where.

Fold the cloth in half and cover- **this application is called a poultice**. Put the bottle top- it should fold over the body if it is filled properly - and place another towel on top of the hot water bottle to insulate and keep the heat in longer.

That is it. No need to have complicated methods for this.

The oil should be checked and reapplied within 1/2 hour – do use enough - the body is then best prepared for absorption of the oil. Do use a sufficiently *hot* water bottle- the blood supply will not rise to the surface to absorb oil if conditions are not warm enough. **The hydrotherapy principle at work here is “vasodilation” -meaning the blood vessels expand to be able to carry the CO back to the body areas.**

Electrical fields introduced by heating pads discouraged here. The packs nourish the nervous system. They are great treatments for people who get "knots" in their abdominal area, and even pelvic congestion, while under duress. This occurs with many people consciously or subconsciously. CO packs relieve congestion in various types of inner tissues. They lubricate- quite literally, providing for release. No need for ingestion or insertion anywhere. These treatments soothe and strengthen the solar plexus, a center of important nerves, and of course an energy center. They act in supportive ways on the immune system, which has structures placed throughout the body, (lymph nodes, peyers patches, etc.) able to absorb the castor oil.

For enrolled program students: ASSIGNMENT: Over the winter break, DOCUMENT a minimum of 7 sessions of use of castor oil pack on yourself, for at least one hour duration. Best results obtained physiologically when the packs are done 3 X or more in a row- meaning 3 days /or nights in a row. INCLUDE any body reactions, changes or shifts you noticed, WHERE the pack was administered (liver/gallbladder, colon, pelvic area /uterus; left side/pancreas, or widely applied.