

## CASTOR OIL PACKS

Warm castor oil packs help to alleviate muscle and bone pain, spasms and cramping, including those in the liver area or in any part of the body that is painful. They increase circulation, relax muscles and disperse toxicity, and act fast and reliably.

To prepare a castor oil pack, a piece of white wool flannel (cotton flannel is acceptable) is cut into three identical pieces large enough to cover the affected area. The usual size is about 9 x 11 inches. One piece of flannel is placed on a flat surface and covered with a thin layer of castor oil. The second piece goes on top of this and is also spread with the oil. The third piece covers this, making something like a triple-decker sandwich. This basic pack is laid on the skin over the painful area, covered with a slightly larger sheet of plastic to prevent nasty stains on bed-clothes or nightwear, and kept securely in position with a bandage or other suitable material. Finally, a mildly warm (not hot) water bottle is placed on top of the pack. This is preferable to an electric heating pad whose electromagnetic output would interfere with the body's own energy field.

The pack can be left in place for several hours, or even all day and all night, provided that the water in the bottle is replaced as it cools. A few patients have felt discomfort as the castor oil pack increased the liver's healing activity. In such cases, the pack was removed and reused another time. The castor oil pack can be saved and reused. Some patients reported the best results from alternating the clay (mud) and the castor oil packs, which is perfectly acceptable.