

Castor Oil Pack

Phone: 912-446-4988

Fax: 912-335-3487

www.roothealth.llc

Equipment Needed:

- 1.Flannel or Wool Cloth
- 2.Hot Water Bottle or Heating Pad
- 3.Plastic Wrap
4. 4 - 6 ounces of castor oil

Indications: Castor oil is an anti-inflammatory agent and has analgesic properties. It can be used for many situations. Listed below are just a few.

- 1.Liver Cleansing
- 2.Inflammation, pain and/or infection if closed
- 3.Breast Infection and/or plugged milk duct
- 4.Peptic Ulcers
5. Colitis
- 6.Prostate or female pelvic problems (apply over low abdomen, groin, medial thighs, and seat area).
7. Arthritis
- 8.Chest colds

Procedure:

- 1.Fold 1 to 2 inch thickness of flannel cloth about 10" x 12" for abdominal applications.
- 2.Dampen the cloth and pour castor oil onto the cloth.
- 3.Heat castor oil pack in oven on cookie sheet at a low temperature. You want the cloth to be as hot as possible without burning your skin and/or the cloth while in oven.
- 4.Place over treatment area and place plastic wrap over the castor oil pack to prevent soiling your clothes or sheets.
- 5.Place heating pad or hot water bottle on top. Pack may remain in place 1 - 8 hours. Minimal treatment time is 1 hour.
- 6.After treatment, if you choose, you may clean off castor oil with soda water prepared by adding one teaspoon baking soda to one pint of cool water. Dip a cloth into soda water and rub skin briskly until thoroughly cleansed.
- 7.Castor oil pack may be kept up to one year in a plastic container or zip lock bag.

Directions: Usually, the castor oil pack in an acute situation is used 1 - 3 times/day. For a more chronic situation the pack is usually applied 1 - 3 times/week.



THE
SOLINGER METHOD

by Root Health L.L.C.

