

CASTOR OIL PACKS

WHAT IS A CASTOR OIL PACK?

A castor oil pack is an external application of castor oil. A piece of flannel is saturated in castor oil and applied to the abdomen with a heating pad/hot water bottle. The Cayce readings recommend castor oil packs to improve absorption, elimination and circulation (especially of the lymphatic system). Although this therapy may seem unusual, it is one of the best documented of the Cayce therapies.

INSTRUCTIONS FOR CASTOR OIL PACKS

To Make The Pack

Take the piece of flannel and pour castor oil on it, saturating the whole flannel. When you use it, you want it saturated, but not dripping. After each use, you will probably need to add a little more castor oil. You can use the pack many times. When you're not using it, you can store it in a plastic bag in the refrigerator.

Using The Pack

Use the pack when you are able to rest. Spread out a large plastic sheet on the bed so that the castor oil won't leak onto the bed. Fold a towel (that you will use only for castor oil packs, because the oil is almost impossible to wash out completely). Take the cloth cover off the heating pad/hot water bottle. Then put the heating pad on top of the towel.

The readings say that it is important to heat the pack before you put it on yourself. One way is to heat it in the oven on a "low" temperature setting. Another is to heat it in a microwave oven (in a microwave-safe container) for about one minute. Another way is to put the pack on top of the heating pad and turn the pad on high. Let it warm up for a few minutes. **DO NOT HAVE IT SO HOT AS TO BURN YOURSELF.**

Lie down on your back on the plastic bag. Place the pack on your abdomen or where appropriate, with the towel on top and then the heating pad on top of that. Have the heating pad control within easy reach of your hand, because you may need to adjust it so the pack is not too hot or too cold. It should be very warm, but not so hot it burns you. Be careful! If you're not sure how hot is safe, start with a slightly warm session and work up to a warmer one. If it's not warm enough, it may help to rest your arms and hands on the towel to press the pack onto your body.

Keep the pack on for 30mins. Have a paper towel handy to wipe the oil off yourself when you get up, and be careful not to get any on the bed. Make up a solution of baking soda in warm water (2 teaspoons to a pint), and use paper towels or a sponge with the baking soda solution to clean off the castor oil. You might also want to take a shower with soap after that.

Use the pack for 3 days in a row. Then take a break for 4 days, and repeat.

FOR MORE INFORMATION

Read *The Oil That Heals* by William A. McGarey, M.D., (Virginia Beach: A.R.E. Press, 1993).

http://www.edgarcayce.org/health/database/health_resources/castor_Oil_Packs.asp

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