

## Making a Castor Oil pack

The Castor Oil Pack can be used nightly during the entire week of liver flushing. It will break up the congestion in the liver, allowing the waste to move out more freely. The pack is especially good when doing the extra strength liver flush.



Set heat to Low



Add Oil



Fold Flannel Once

### Items Needed:

- Castor Oil,
- Plastic Wrap,
- Flannel,
- Shallow Pan



Place in warm oil



Soak up oil



Spread Plastic wrap on counter



Place warm pack in center of wrap



Pick up entire Pack



Apply over affected area.

Cover with towel and heating pad. Turn off heating pad before falling asleep. Leave pack on the entire night.

## **Castor oil packs nightly are critical. There's no excuse for skipping them.**

Castor oil fomentations are great eliminative routines. Oil-soaked cloth, usually hot, can be placed over the liver, kidneys, intestines, appendix, lungs, etc., and will assist in elimination.

Every evening, do a castor oil pack over the affected area and leave on all night long. Multiple castor oil packs can be done over different parts of the body. Use a hot water bottle or moist heating pad to keep them warm. Soak a piece of flannel large enough to cover the affected area. Heat the castor oil pack as directed above before putting it on.

Don't be stingy with the size of the castor oil pack, or with the amount of oil you put on it. It is better to cover more body area than less. Cleansing the nearby areas will clear any infection or congestion which is likely to be in these surrounded tissues.

You can go to your local fabric store and get some cotton flannel or the muslin that's used for making baby diapers. They have it in big bolts, just buy a whole bunch. Cut it up as you want.

It is important to cover the pack with plastic to keep it from soaking into your blankets and sheets - which may get stained anyway. Once the castor oil pack is in place put on a good terry cloth robe, this will keep the oil away from the rest of your house.

Baking soda can help remove the oil from unwanted surfaces in the morning, in addition to soap. The baking soda seems to soak up the oil.

The packs are reusable until they become stained from the toxins being drawn from the body. When the pack becomes stained change it with a fresh pack. It is not necessary to refrigerate the castor oil pack during the day.

Some critically-ill patients have done castor oil packs over their entire body. One terminal cancer patient was saved by his own son who soaked a sleeping bag in castor oil and put his Dad in it.

Prepare your bedroom before doing a pack. Castor oil can spoil all your bedding and furniture. The huge plastic garbage bags can be opened and laid out flat underneath the sheets on the bed. When doing a castor oil compress on the head, cover the whole pillow, and the headboard of the bed, with plastic. When doing castor oil packs, use underwear and T-shirts that you keep separate from your regular underwear. The castor oil will leak into your undergarments, causing stains you will never get out.

If you need to do castor oil compresses on your head, cover your head with a plastic sheet, or wrapped-up plastic garbage of the proper size. Then, place over that, a winter cap to hold it all in place. When doing a castor oil pack on the genitals use disposable adult diapers, with plastic underneath to keep it from getting on your bedding. It still may but not as much.

When you get castor oil on your hands, wipe them off with paper toweling before you wash them. Otherwise, you will get the oil all over your bathroom fixtures. What I do after putting the compresses on is put a terry cloth robe on to help keep the oil from brushing onto anything in the house.